



Working better
through wellbeing
www.workwell.health.nz



Have a Hmmm Hints

The below ACC 'Have a Hmmm Hints' provide injury prevention tips for a wide range of contexts/focus areas and aim to reduce the impact of injuries on workplaces and society. Injuries in and out of work can significantly impact on your business. Non-work claims have longer recovery times – averaging 90 days, compared to 60 days for workplace injuries.

The focus areas include sports (netball, football, rugby and league), outdoor recreation activities (fishing, mountain biking, surfing, boating, swimming etc), gym/fitness, DIY, gardening, home based trips/falls prevention and others.

Remember, If you get hurt, who gets harmed, whānau, friends workmates and team mates? Stop have a hmmm and get injury prevention tips to suit your lifestyle.

Sports:

Football: https://www.youtube.com/watch?v=I8_H5IPyyG0&list=PLL8nC8MhKPx4S8UiEkv_JSD-08KsP9st4&index=1

League: https://www.youtube.com/watch?v=2Vwwztc29-w&list=PLL8nC8MhKPx4S8UiEkv_JSD-08KsP9st4&index=8

Netball: https://www.youtube.com/watch?v=c_1m_I98hDg&list=PLL8nC8MhKPx4S8UiEkv_JSD-08KsP9st4&index=7

Rugby: https://www.youtube.com/watch?v=Anz686HkdDk&list=PLL8nC8MhKPx4S8UiEkv_JSD-08KsP9st4&index=6

Gym/fitness

<https://youtu.be/NMNo3xpJU9Y?si=-HhPhFKO7MFLsPie>

Home

Falls prevention: <https://www.youtube.com/watch?v=sDL-Yvh0Mg0&list=PLL8nC8MhKPx7FwHzbAmMDEPI4xkuA1fYr&index=1>

DIY

Video 1 = <https://www.youtube.com/watch?v=M9fIA6mqXzM&list=PLL8nC8MhKPx7FwHzbAmMDEPI4xkuA1fYr&index=3>

Video 2 = https://www.youtube.com/watch?v=q24i0_VCSXc&list=PLL8nC8MhKPx7FwHzbAmMDEPI4xkuA1fYr&index=9



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Gardening

<https://youtu.be/CLle1DQ79og?si=idunwYlcf2SuApaE>

Outdoor recreation

Road cycling: <https://youtu.be/NMNo3xpJU9Y?si=-HhPhFKO7MFLsPie>

Mountain biking: https://www.youtube.com/watch?v=z6HvYC9J7ys&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=31

Trail cycling: <https://youtu.be/NMNo3xpJU9Y?si=-HhPhFKO7MFLsPie>

Swimming: https://www.youtube.com/watch?v=5_8ygROCjDY&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=26

Surfing: <https://youtu.be/Lkz8p-xxx6I?si=mUQtN4Eik31akJna>

Tramping: https://www.youtube.com/watch?v=533-JrNrfBU&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=33

Fishing from a small boat: https://www.youtube.com/watch?v=IWBonNY9Afi&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=28

Snorkelling: https://www.youtube.com/watch?v=cAk6oy2V1tk&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=29

Fishing from rocks: https://www.youtube.com/watch?v=KeatUKRgQRw&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=30

Running: https://www.youtube.com/watch?v=HypJB1_Jdko&list=PLL8nC8MhKPx7etzaDDC15D_g2bpjf7u1l&index=34

Motorcycling

Before you ride: <https://www.youtube.com/watch?v=Y6zARlrPYCE&list=PLL8nC8MhKPx710w2N0y5q9DNxXrOHRmFD&index=10>

Riding tips: <https://www.youtube.com/watch?v=ayzT9icF4aU&list=PLL8nC8MhKPx710w2N0y5q9DNxXrOHRmFD&index=9>

Snow sports

Skiing: [Have a hmmm Hints - On the slopes - Skiing - YouTube](#)

Snowboarding: [Have a hmmm Hints – On the slopes - Snowboarding - YouTube](#)