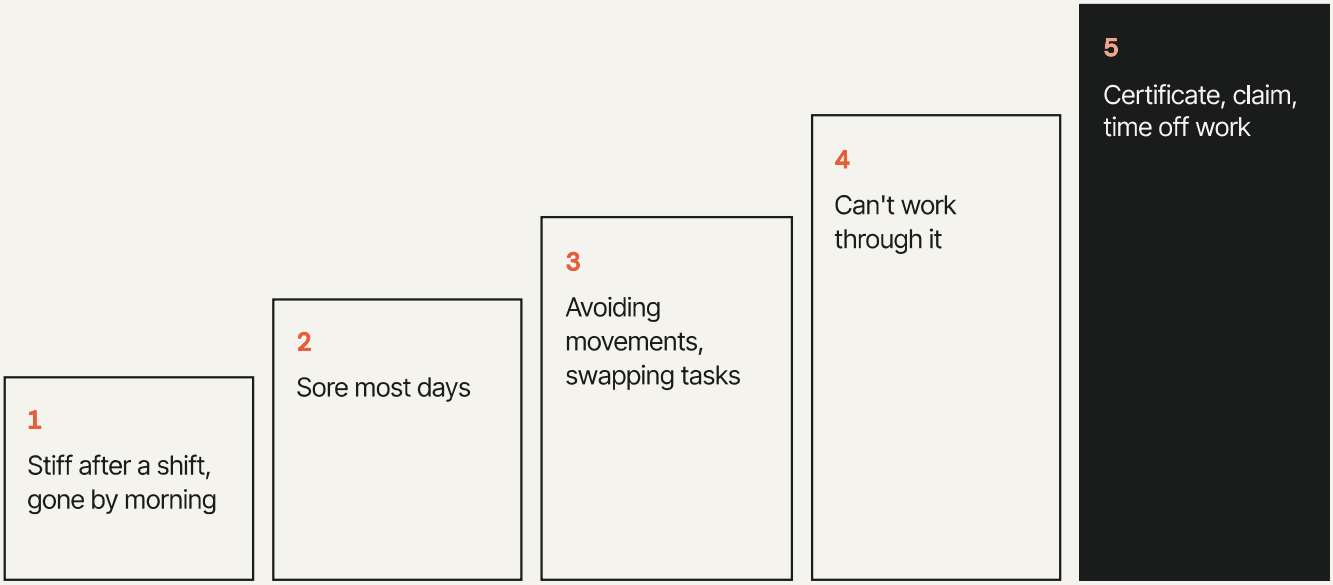
Report it early

Small problems become big injuries.

Telling your supervisor about a niggle isn't lodging a claim. It's a conversation — and it's the only point where fixing the problem is still easy.



Cheap and quick to fix

Expensive, slow, and harder on you

Say something

Soreness that keeps coming back is worth mentioning

Ask early

Seek support before the work becomes impossible

It's the task

A niggle is usually telling us something about the job

Expect follow-up

Your supervisor should come back to you in two weeks

Peak Physiology — occupational health and injury prevention, Hunter region
peakphysiology.com.au · 0434 430 945 · info@peakphysiology.com.au

Read the full article
Why early reporting works