**Mechanism of Injury Guide**

Based on mechanism of injury/disease set out in AS 1885.1. The mechanism is ‘the action, exposure or event which is the direct cause of the most serious injury or disease’.

This list is not specific to any particular sector or area. Examples are generic to provide guidance and are not an exhaustive list. This document can be modified to suit an individual sector or site.

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| Mechanism | Meaning and Examples |
| Contact or exposure to biological factors | Definition: Exposure to blood, faeces, disease, etc, resulting in injury or illness.  Example: Needle-stick; Shingles; |
| Contact with electricity | Definition: Contact with live electrical current.  Example: Electric shock; Electrical burn; |
| Exposure mental stress | Definition: Mental or emotional illness caused by workplace.  Example: Threat of violence; Vicarious trauma; |
| Exposure to mechanical vibration | Definition: Prolonged exposure to vibrating plant or machinery.  Example: Hand tool; Vehicle; White finger syndrome; |
| Exposure to variations in pressure (not sound) | Definition: Increase or decrease in pressure causing illness or injury.  Example: Altitude sickness; Decompression sickness (the bends); |
| Fall from height | Definition: Fall from high level.  Example: Fall off roof; fall off a ladder; |
| Fall on same level | Definition: Injured person lands on same level.  Example: Trip on schoolbag; Slip on wet floor; |
| Heat and cold contact or exposure | Definition: Injury from exposure to higher or lower temperature.  Example: Boiling water; Frostbite; Heat stroke; |
| Hit by moving object | Definition: Injury caused by movement of an object into the person.  Example: Cut by knife; Hit by car; hit by a ball; |
| Hitting object with body | Definition: Person’s body moves into another object.  Example: Walk into glass door; |
| Long term contact with chemical or substance | Definition: Continual contact with a chemical that results in illness or injury.  Example: Lead poisoning; |
| Long term exposure to sound | Definition: Injury or illness from exposure to ongoing sound (high or low frequency)  Example: Tinnitus from working in server room; |
| Muscular stress | Definition: Injury from lifting, pulling, pushing, twisting.  Example: Pulled muscle; Voice strain; |
| Bites or stings | Definition: Bite or sting from animal or plant.  Example: Bee sting; Dog bite; |
| Radiation exposure | Definition: Exposed to ‘radioactive’ substance.  Example: Continuous unprotected X-ray exposure; Melanoma from sun exposure; |
| Repetitive movement with low muscle loading | Definition: Low impact movement resulting in injury.  Example: RSI; Ergonomics; |
| Sharp sudden sounds | Definition: Loud sound causing injury.  Example: Alarm; |
| Single contact with chemical or substance (not bite or stings) | Definition: Injury caused by immediate contact with substance.  Example: Acid splash; |
| Slide or cave in | Definition: Building, earth or rock that collapses into itself.  Example: Trench collapse; |
| Vehicle accident | Definition: Injury as driver or passenger in a vehicle accident.  Example: Car crash; Forklift accident; |
| Fall from different level | Definition: Fall from low level or over small rise.  Example: Fall on stairs; Trip over curb; falling from chair/stool |
| Student | Definition: Injury caused by student’s actions or behaviour.  Example: Student hits teacher; student bites staff; |
| Client/Resident | Definition: Injury caused by client or resident’s actions or behaviour.  Example: Client scratches staff; |