



Notice any discomfort or pain recently?

Stop the task you are busy with

Why? Ignoring the signs could worsen the discomfort and lead to injury.

1

Don't wait. Report it ASAP!

Inform your immediate leader right away. Together, we can assess and address your discomfort or pain immediately.

2

Get treatment

Work with your immediate leader to determine the appropriate treatment response.

3

Record the discomfort or pain

Document the discomfort or pain and actions taken. This will help with any adjustments and support proactive measures to prevent future experiences.

4

Stay connected

Keep your immediate leader updated on your recovery progress. Ongoing communication is essential to support full recovery.

5

Early notification and intervention of discomfort or pain.

Visit shopcare.org.nz for more helpful resources.



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