

# Keep a spring in your step

Avoid sprain and strain injuries during calving season

## Easy-Entry Calf Trailer Gate



- It's got a spring-loaded, self-closing saloon door.
- Loading calves is now easier, safer, and faster without sliding or opening gates.
- It helps lower the chance of hurting your shoulders or back from bending awkwardly when handling calves.
- It fits onto K438, K538, K54, K64, K74 & K84 Kea trailers, and they can make custom sizes too.

Order yours now from Kea Trailers  
Call 0800 869 532  
or email [sales@keatrailers.co.nz](mailto:sales@keatrailers.co.nz)



## Easy-Access Calf Pen Gate



- It's got a spring-loaded, self-closing saloon door.
- Move hands-free between pens, so you can focus on the job whether it's carrying buckets or guiding calves.
- Reduce the risk of back or leg injuries from lifting or climbing over gates.
- Easy to install into your existing pens.

Register your interest with Gallagher  
[am.gallagher.com/en-NZ/Support/Contact-Us](http://am.gallagher.com/en-NZ/Support/Contact-Us)



# Did you know...

In a study from 2022, researchers found that 40% of injuries on dairy farms are sprains and strains. These kinds of injuries really affect farm teams. When someone gets hurt, they usually have to take about 12 days off work, and it takes them around 27 days to fully recover. The most common injuries were:



**1 in 5**

of those injured required more than one week off work



## Six tips from farmers to avoid sprains and strains:

1. Team up: Lift heavier calves with a partner if necessary.
2. Use specialised equipment: Use a trailer designed for transporting calves.
3. Work smarter, not harder: Pipe milk into calf feeders instead of carrying buckets.
4. Stay organised: Tuck away hoses after use in the milking shed to prevent tripping.
5. Choose the right gear: Invest in footwear with great grip and ankle support.
6. Stay informed: Hold brief weekly meetings to identify and address potential hazards on the farm, such as uneven ground or ways to streamline calf pick-up to minimise heavy lifting.

## Thank you to our project partners

QCONZ, Healthy Lifestyle NZ, Pāmu, Farm Source, Scarlatti, KEA Trailers, Gallagher, Wheelco and The Wholesale Matting Co.

For three years, we've been working on the Reducing Sprains and Strains project. Our goal was to make dairy farmers more aware of sprain and strain injury risks and create simple ways to reduce them. The project ends mid-2024 and was made possible with \$900,000 from ACC's Workplace Injury Prevention Grants Programme and \$150,000 investment by dairy farmers through the DairyNZ Levy.



**Dr Callum Eastwood**

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A social scientist, Callum leads projects in workplace design, workplace productivity, reducing dairy sprains and strains, and technology adoption. He specialises in technology adoption and integration using innovative and practical solutions on farm. For Callum, it's not just about creating science solutions, but ensuring they work for farmers.



**Brian Dela Rue**

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A research engineer, Brian enjoys working alongside farmers and technology developers to better understand farmer needs and opportunities to improve workforce productivity and workplace design. Providing information to support farmers in making investment decisions in technologies that will add value to their farm business and farm teams is a key part of his role.