

**MUSCULOSKELETAL INJURIES ARE PREVENTED BY A
UNIQUE DISCOMFORT, PAIN AND INJURY (DPI)
MANAGEMENT PROGRAMME. AN OVERVIEW (AUGUST
2006 – FEBRUARY 2012)**

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Background The Preventing and Managing Discomfort, Pain and Injury Programme (DPI Programme) was launched in August 2006 to address both the prevention and management of musculoskeletal conditions in the workplace. The programme is based on a multifactorial and holistic approach to these problems in the workplace.

The DPI Programme is unique in its approach and has become the largest workplace musculoskeletal injury prevention programme in New Zealand (4,200 members to date).

Objective To reduce musculoskeletal injuries in New Zealand workplaces by combining three pre-existing national workplace programmes into single coherent and effective discomfort, pain and injury (DPI) prevention programme.

Methods The DPI programme was developed in collaboration with workplace health providers and practitioners. Training programmes were developed and delivered, free resources were produced, and the DPI concepts were progressively embedded into a wide range of industry and workplace health and safety resources.

Results This overview document includes graphs and data showing the significant annual claims reductions achieved over the life of the programme.

Conclusions The DPI programme has enabled ACC to make significant reductions in the cost of workplace musculoskeletal injury claims.

Significance to injury prevention This overview provides a history of the programme from conception through implementation, explains its rationale, and details what has been achieved in the first five years. This overview will be of interest to those working in and developing workplace injury prevention programmes as well as DPI programme members, partners and stakeholders.