



**Total Recordable Injury (or Case) Frequency Rate** = The total number of MTI's and LTI's over a given period (eg 3 months) divided by the total number of hours worked in that given period multiplied by 1,000,000 hours

**Medically Treated Injury (MTI)** = Any injury that requires treatment by, or under the order of, a qualified medical practitioner

**Lost Time In jury (LTI)** = Any injury that results in a person missing at least one full day or shift of work resulting from a workplace injury or illness