



Leading causes of on the job injury

The Leading Causes of On-the-Job Injuries

No one wants to get hurt on the job. Yet each year, millions of workers suffer worksite injuries that are largely preventable. Knowing the leading causes of these injuries is the first step in learning how to protect against them.

Hundreds of workers die on the job every day, leaving behind family, friends and co-workers, and an employer who has to explain why. The single most common cause of the problem—complacency. In the realm of workplace safety, practitioners define complacency as the attitude that **"Nothing will happen to me."**

Physical Overload



The number one cause of on-the-job injuries is physical overload—lifting too much, lifting improperly, straining, overreaching, bending, twisting or otherwise making our bodies go in ways that they're not designed to go!

To avoid physical overload, learn and use proper lifting techniques, never bend or twist while lifting or carrying and, whenever possible, use mechanical help, such as a dolly or a cart.

Machine Accidents



The last of the major causes of on-the-job injuries is machine-related accidents—getting caught by moving machine parts, such as conveyer belts, forklifts or freight elevators. When working around any machine that rotates, slides or presses, use extreme caution. Never wear jewelry or loose-fitting clothing that could get caught in a machine. Always use safety guards, shields and appropriate lock-out procedures. And never work on a machine unless you are specifically trained to do so.

Falls



Next in line are injuries resulting from falls. To avoid such injuries be sure that your footing is firm—wear slip-resistant shoes and avoid hurrying, especially on slick, wet floors. Clear obstacles out of walkways and report burned-out light bulbs. Learn how to use ladders and scaffolding safely, and use handrails when climbing stairs.

Impact Accidents



The second most common cause of worksite injuries is impact accidents—being hit by an object or hitting one. The best ways to avoid impact accidents are to *be alert to potential hazards* (for example, avoid walking under scaffolding or cranes), *use the appropriate personal protective equipment* for the hazards you face (such as hard hats, gloves or goggles) and *follow your company's established safety guidelines*.

Construction's "Fatal Four"

- Falls 34%
- Electrocutions 10%
- Struck by Object 8%
- Caught-in/between 4%



Be Safe, Not Sorry

The nature of accidents is that they can happen anywhere at any time. But by using safety sense and making sure you have sufficient training you can eliminate the overwhelming majority of worksite injuries. Be alert to the hazards you face each day and learn what you can do to protect yourself

Overall

Most common type of accidents are

- Trips/ Slips or Falls
- Electrical accident
- Manual Handling/ Lifting

Most common type of injuries are

- Sprains and Strains
- Back Injury
- Head Injury
- Neck Injury
- Repetitive Strain Injury

