

Workplace Injuries

Overexertion Injuries

TOP 10

This includes injuries related to pulling, lifting, pushing, holding, carrying, and throwing activities at work. Overexertion not only consistently been the number one workplace injury according but is also the most expensive.



Slipping/ Tripping

The number 2 cause of workplace injuries, this pertains to falls on wet and slippery floors or trips over something lying on the floor.

Attention to what is going on around them is required of employees and employers will have safety guidelines to ensure spills are promptly cleaned and no debris is present which can be dangerous.



Falling from Heights

This type of fall happens from an elevated area such as roofs, ladders, and stairways. They can be caused by slip and fall accidents or due to faulty equipment. These types of accidents can be reduced by the use of proper personal protection gear, training and employee diligence.



Reaction Injuries

These are injuries caused by slipping and tripping without falling. These incidents can cause muscle injuries, body trauma, and a variety of other medical issues. It can be hard to prevent such incidents but it is important for employees to pay attention to what is going on in the environment around them.



Falling Object Injuries

Objects that fall from shelves or dropped by another person can cause very serious injuries. Head injuries are a common result of this type of accident. Employee's diligence and employer focus on keeping the work environment free from hazards are key to preventing these types of injuries. Of course, proper personal protection gear usage, such as a hard hat, can be instrumental in keeping the employee safe.



Walking Into Injuries

This happens when a person accidentally runs into concrete objects such as walls, doors, cabinets, glass windows, table, chairs etc. Head, knee, neck, and foot injuries are common results.

Employee's diligence and employer focus on keeping the work environment free from hazards are key to preventing these types of injuries.



Vehicle Accidents

Employees who drive for business purposes are often injured in auto accidents, some of which can be fatal. Employee Safe-Driver training and employer safe driving policies are likely to reduce accidents.



Machine Entanglement

This type of injury usually occurs in a factory where heavy equipment and machinery are used. Clothing, shoes, fingers and hair are by everyday equipment when no precaution is taken. Protective equipment and attention to personal details are necessary to avoid these incidents.



Repetitive Motion Injuries

This type of workplace injury is one of those less obvious but definitely harmful ones in the long run. Repetitive motions such as typing and using the computer 24/7 can strain muscles and tendons causing back pain, vision problems, and carpal tunnel syndrome. Employee training and the use of proper ergonomic equipment can help keep these incidents low.



On the Job Violent Acts

Attacks caused by office politics and other arguments have led to serious employee injuries. Work-related physical injuries. Workforce training and employee diligence in watching out for suspicious activities can help keep these incidents at bay.



As reported recently by the **US Department of Labor**, the Top 10 most frequently cited **OSHA** standards violated in 2014 (October 1, 2013 through September 30, 2014) include:

- ✓ FALL PROTECTION
- ✓ HAZARD COMMUNICATION STANDARD
- ✓ SCAFFOLDING, GENERAL REQUIREMENTS
- ✓ RESPIRATORY PROTECTION
- ✓ POWERED INDUSTRIAL TRUCKS
- ✓ CONTROL OF HAZARDOUS ENERGY (LOCKOUT/TAGOUT)
- ✓ LADDERS
- ✓ ELECTRICAL, WIRING METHODS, COMPONENTS AND EQUIPMENT
- ✓ MACHINERY AND MACHINE GUARDING
- ✓ ELECTRICAL SYSTEMS DESIGN, GENERAL REQUIREMENTS

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