

NBSIA Member Services Safety Bulletin

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10 Most Common Workplace Injuries

In 2010, over 4,500 American workers were killed on the job while millions more suffered serious non-fatal injuries. Not only is it the employer's responsibility to ensure a safe work environment, but employees have a responsibility to maximize safety. Here are the top 10 most common workplace injuries:

- **Acts of Workplace Violence**
Workplace violence training and diligence in watching out for suspicious activities can help keep these incidents at bay.
- **Repetitive Motion Injuries**
Repetitive motions such as typing and using the computer constantly 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.
- **Machine Entanglement**
This type of injury usually occurs in a factory where heavy equipment and machinery are used. Protective equipment and attention to personal details are necessary to avoid these incidents.
- **Vehicle Accidents**
Employee Safe-Driver training and employer safe driving policies are likely to reduce accidents.
- **Walking Into Objects**
Head, knee, neck, and foot injuries are common results of walking into objects. Employee's diligence and employer focus on keeping the work environment free from hazards are key to preventing these injuries.
- **Injuries from Falling Objects**
Objects that fall from shelves or that are dropped by another person can cause very serious injuries. Keeping the work environment free from hazards is key to preventing these types of injuries, as well as use of personal protective equipment.
- **Reaction Injuries**
These are injuries caused by slipping and tripping *without* falling. These incidents can cause mus-

cle 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 from Heights**
These types of accidents can be reduced by the use of proper personal equipment, training and using caution.
- **Slips and Trips**
This is the *number two cause of workplace injuries*. To prevent slips and trips employees should pay specific attention to what is going on around them, as well as wear protective equipment such as slip-resistant shoes. Spills should be cleaned up promptly and walkways should be clear.
- **Overexertion Injuries**
This includes injuries related to pulling, lifting, pushing, holding and carrying. *Overexertion is the number one most common workplace injury*. Being mindful of proper body mechanics, ergonomics and safe lifting/carrying techniques can help reduce overexertion.

Training, diligence and proper safety equipment are instrumental elements to reducing workplace accidents and injuries but when it comes to bringing workers home safe, it is not enough. Education is what takes workplace safety to the next level.

Source:

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