

Catholic Mutual . . . "CARES"

LEADING CAUSES OF ON-THE-JOB INJURIES

Every day, thousands of workers suffer on-the-job injuries. An alarming fact is that most of these injuries are preventable. An important first step in reducing your chance of an injury is knowing the leading causes and then learning how to protect yourself against them.

1. **PHYSICAL OVERLOAD** - The number one cause of on-the-job injuries is physical overload --- lifting too much, lifting improperly, straining, over reaching, bending, twisting, or otherwise making our bodies go in ways they are not designed to go. In order to avoid physical overload, learn and *use* proper lifting techniques. Never bend or twist while lifting or carrying. Whenever possible, use mechanical help and/or another co-worker to assist you. Thirty percent of on-the-job injuries fall under this area, but account for over 60% of Workers' Compensation costs.
2. **IMPACT ACCIDENTS** - The second leading cause of on-the-job injuries is being hit by or hitting an object. The best way to avoid an impact injury is to be alert to potential hazards. Never walk under scaffolding. Avoid or take extra precautions around work site and storage areas involving overhead hazards. Maintain safe shelves and stack storage. Wear personal protective equipment such as hard hats, safety glasses, etc.
3. **FALLS** - The next leading cause of on-the-job injuries is falls. Not only are falls the leading cause of employee injuries, but they are the number one cause of injuries for liability claims against the Catholic Church. To avoid falls, employees should wear slip resistant shoes, maintain firm footing, and avoid hurrying. Learn to safely use ladders and scaffolding. Always use handrails on stairs. Stairways should be equipped with slip resistant coverings. Sidewalks and parking areas need to be well lit and maintained.
4. **EQUIPMENT ACCIDENTS** - The fourth leading cause is equipment/machine related accidents --- getting caught, cut, or pinched by moving parts. Never work on or with any equipment or machinery you have not been trained to operate or repair. When working around moving parts, remove jewelry and do not wear loose fitting clothing. Always utilize applicable safety guards, shields and covers.

BE SAFE, NOT SORRY!

Accidents can happen anywhere at any time. However, by using safety sense, the majority of injuries can be eliminated. Be alert to hazards and learn how to protect yourself from being injured and disabled.