



# **CLICK HERE to Add Your Logo**

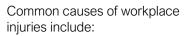
## Types of Workplace Injury

A **workplace injury** is any harm an employee suffers while performing their job duties. Common workplace injuries include:

- Slips and Falls: Caused by wet floors, or poor lighting.
- Strains: From heavy lifting or repetitive tasks.
- Cuts: Resulting from handling sharp objects.
- Contact/Burns: Due to machinery or hazardous substances.
- Hearing Loss: Constant loud noise.

# Injury Causes and Statistics

Every **seven seconds**, a worker is injured, with construction, transportation, and agriculture being the most injury-prone industries.



**Environmental Hazard:** Radiation, wet floors, poor lighting, clutter.

**Equipment Malfunctions:** Broken or improperly functioning machinery.

**Training:** Insufficient operational knowledge.

Safety Gear: Inadequate protection.

**Human Errors:** Distractions and judgement lapses

## The Financial and Personal impact



#### **Direct Financial Impacts**

Workplace injuries incur costs like medical bills, lost productivity, compensation, and legal fees, affecting company finances.

### **Indirect Financial Impacts**

Injuries can cause employees financial strain, lifestyle adjustments, and emotional distress, highlighting the importance of safety and support.



## Occupational Hazards

Occupational hazards encompass a range of risks from unseen dangers to visible threats in the workplace.

- Physical: Extreme temperatures, noise, and radiation.
- ☐ Chemical: Exposure to harmful substances.
- ☐ Biological: Risks from viruses, bacteria, and allergens.
- Ergonomic: Poor ergonomics leading to strain injuries.
- Psychosocial: Stress, bullying, and job insecurity.

Understanding these hazards is key to ensuring workplace safety.

## Equipment Hazards in the Workplace

Manual Tool
Risks: Misuse
of hand tools
can lead to
slips, projectile
injuries, and
strain.

Risks: Powered tools risk kickback, entanglement, hearing loss, and shocks.

**Powered Tool** 

Heavy Equipment
Dangers: Risks
with heavy
machinery include
tipping, blind spot
accidents, and
harmful emissions.

BatteryOperated Tool
Concerns: Faulty
batteries in tools
may explode or
leak
chemicals.

## **Workstation Ergonomics**

**Ergonomics** significantly improves workspace comfort and safety through essential tweaks:

- Adjustable desks and chairs enhance posture.
- ✓ Mix natural and artificial light to lessen eye strain.
- Ergonomic keyboards and mice support wrist health.
- Maintain comfortable temperature and noise for focus.
- Adapt workspace to personal health and efficiency needs.



### Back Injuries in the Workplace

Understanding back health involves recognizing its complex structure, employing prevention strategies, and knowing recovery techniques:

### **Anatomy**

Comprised of vertebrae, discs, spinal cord, muscles, and ligaments for support and mobility.



#### **Prevention**

Address herniated discs, strains, and arthritis with proper lifting, posture, weight management, and sleep.



#### Recovery

Use cold compresses, heat, physical therapy, ergonomics, and diet for back health and injury recovery.



### Head and Spinal Injuries

Promptly addressing head and spinal injuries is vital. Here's what to know:



### **Head Injuries:**

Symptoms vary from nausea to headaches, and visible injuries.



#### **Spinal Injuries:**

Symptoms include neck pain, dizziness (whiplash), numbness, and muscle weakness.

#### **Immediate Care**

- For head injuries, minimize movement, apply ice, and monitor breathing.
- For spinal injuries, stabilize the head and neck, keep the person warm, and call for emergency help.

Spotting these injuries and helping right away really helps with getting better.

# Workplace Injury Prevention

Every workplace, from libraries to manufacturing plants, contains risks. Awareness of these hazards is crucial for prevention. Key prevention essentials are:

- Regularly inspect and use appropriate tools for each tasks.
- Wear helmets, glasses, and sturdy shoes.
- Adjust lighting and seating; take breaks.
- ✓ Keep aisles clear and manage cables.
- ✓ Know emergency exits and first aid.
- Report safety issues quickly.

Being proactive and well-informed about safety practices is key to preventing workplace injuries.

# Eye Injuries in the Workplace

## **How Common Are Eye Injuries at Work?**

According to the *U.S. Bureau of Labor Statistics*, nearly **20,000 eye injuries** occur in the workplace each year.



Key points for preventing and responding to eye injuries:

**Injuries:** Common ones include irritation from foreign objects, burns from chemicals, abrasions, trauma, and radiation effects.

**Protection:** Use safety glasses, goggles, or shields.

**Care:** Keep eye protection clean and in good condition; have regular eye exams.

**Response**: Rinse for chemicals, avoid touching for cuts or objects, apply cold for trauma, rest after radiation exposure.

# Injury Reporting



### What type of injuries can you report?

Ensure to report all types of injuries, any near misses, and identified safety risks in the workplace.

To report any injuries, follow these steps:

- Immediate Action: Provide first aid or medical care.
- Notify: Tell your supervisor or safety officer.
- Document: Record what, where, when, and who was involved.
- Official Channels: Use your workplace's reporting system.
- Follow-Up: Ensure the incident is addressed.

Remember, accurate and timely reporting is essential for maintaining a safe working environment and preventing similar incidents.







Train Your Staff & Community

# Add Your Logo For FREE

Make this cheat sheet yours with a <u>free account</u>.



# 300+ Customizable Courses & Cheat Sheets

Why write your own training, when we've done it for you?

# **Business Skills**

Accounting

Communication

**Customer Service** 

HR

Marketing

Professional Development

Sales

**Training & Education** 

# Career Development

Career

Higher Education

Job Hunting

# ▲ Compliance & Safety

**Active Shooter** 

Discrimination

Harassment

Safety

Security

# **G** Google

Calendar

Chrome

Classroom

Docs

Drive

Gmail

Sheets

Slides

# **Microsoft**

Access

Copilot

Excel

OneDrive

Outlook

PowerPoint

Teams

Windows

Word

# **\*\*\*** Leadership

Leadership

Management

Project Management

# Technology

A.I.

Digital Literacy

Software Applications

# Wellness

Mental Health

Personal Growth

Well-Being

Work/Life Balance

# Diversity & Citizenship

Bias

Diversity

U.S. Citizenship

# Fewer Tools. Lower Costs. Smarter Training.

		Paid Plans		
Includes	Free	Starter	Custom Plans	
Num Active Users	1	5	10+	Compare To
Branded Cheat Sheets	Your Logo	Your Logo	Your Logo	None
Customizable Courses		300+	300+	in LinkedIn Learning
Nourse Builder with Al				Articulate Rise
? Skill Assessments		•		Northstar
<b>■</b> LMS				<b>t</b> Teachable
	Free	\$495		
Annual Cost	Sign Up	Buy Now	Contact Us	



"Customizing the courses saved hours of work."



"So impressed with your features and ease of use!"

