

# **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. **FALLS** - The leading cause of on-the-job injuries within the Catholic Church is falls. To avoid falls, always look where you are walking! Never carry an object that blocks your view. Employees should wear shoes appropriate for their working conditions, preferably slip resistant shoes, always maintain firm footing and avoid hurrying. Take short controlled steps if you can't avoid a slippery walking surface. Learn to safely use ladders and scaffolding. Always use handrails on stairs. Keep all areas adequately lighted. Keep floor storage organized and limited.
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, especially when using any tools. Avoid or take extra precautions around work site and storage areas involving overhead hazards. Maintain safe shelves and stack storage. When appropriate, wear personal protective equipment such as hard hats, safety glasses and/or work gloves to reduce injury potential.
3. **PHYSICAL OVERLOAD** - This includes 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. Always assess the weight of an object before lifting to assure it is not too heavy. Whenever possible, use mechanical help and/or a co-worker to assist you. Get close to the object with one foot alongside the object and one behind. Never bend or twist while lifting or carrying.
4. **EQUIPMENT ACCIDENTS** - Another 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 safely 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. Always shut off and unplug equipment before cleaning or repairs.

### **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.