



# Top 10 Preventable Workplace Incidents\*

And What You Can Do About Them!

Workplace incidents are unplanned, undesired events that hinder completion of a task and may cause injury or other damage. All incidents are preventable. Below, are the **Top 10** most reported workers' compensation injuries as listed by top insurance companies around the country.

NUMBER  
**10**

## On the Job Violent Acts

**FACT:** Attacks caused by office politics and other personal arguments have led to serious physical injuries.

**ACTION:** Provide violence training for employees and create communication channels for reporting suspicious activity.

**ACTION:** Provide proper ergonomic equipment/training, encourage employees to take breaks to stretch and/or rest eyes and muscles, and where possible, cross train employees/implement a job rotation schedule.

## Repetitive Motion Injuries

**FACT:** Repetitive motions such as typing and excessive use of the computer can strain muscles and tendons, which may cause back pain, vision problems, and cumulative trauma disorder.

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## Machine Entanglement

**FACT:** Machine entanglement injuries typically occur in a factory where heavy equipment and machinery are used. Loose clothing, shoes, jewelry, fingers and unbound hair may become caught in machinery.

**ACTION:** Provide protective barriers/equipment and train employees on how to recognize and secure potential entanglement hazards.

**ACTION:** Define safe driving policies with emphasis on distracted and defensive driving and provide employee safe-driver training.

## Vehicle Crashes

**FACT:** Employees who drive for business purposes are often injured in auto crashes, some of which can be fatal.

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## Walking Into Injuries

**FACT:** Head, knee, neck, and foot injuries are common results when a person unintentionally runs into static objects such as walls, doors, cabinets, glass windows and furniture.

**ACTION:** Maintain a neat and tidy workplace, clearly mark potential obstacles/hazards and train employees to be diligent in their surroundings.

**ACTION:** Store/stack materials in a safe and secure manner (banding and stack height limits), use signage in areas where debris may fall and ensure proper PPE is in use.

## Falling Object Injuries

**FACT:** Objects that fall from shelves or are dropped by another person can cause very serious injuries. The most common injury from a fallen object is a head injury.

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**04**

## Reaction Injuries

**FACT:** Reaction injuries are caused by slipping and tripping without falling and can cause muscle injuries, body trauma, and a variety of other medical issues.

**ACTION:** Address slippery areas around the facility by clearing snow and/or placing no slip rugs/strips near entrances/exits, labeling or marking uneven walkways and keeping work spaces clean and uncluttered.

**ACTION:** These types of accidents can be reduced by the use of proper personal protection gear, installation of guard rails and other engineered devices, training and employee diligence.

## Falling From Heights

**FACT:** Falls that happen from an elevated area such as roofs, ladders, and stairways may be caused by slip and fall incidents and/or due to faulty equipment.

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## Slipping/Tripping

**FACT:** Slipping on wet floors or tripping over a foreign object/uneven surface can cause muscle injuries, body trauma and a variety of other medical issues.

**ACTION:** Ensure that Non-Slip rugs are placed in potentially slippery areas (entrances/exits), use signage to indicate slippery areas/conditions, clearly label and/or cover uneven areas/cords on the floor, train employees on proper management of spills and clean-up of debris.

**ACTION:** Train employees on the proper way to perform physical activities (i.e. lifting with legs instead of back), utilize equipment and lean practices to eliminate potential exertion hazards, ensure that employees are given ample breaks to rest in jobs that could result in overexertion.

## Overexertion Injuries

**FACT:** Pulling, lifting, pushing, holding, carrying, and throwing activities at work account for approximately \$13.6 billion in benefit costs annually.

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**01**



For more information on Injury Statistics, please **[Click Here](#)** to go to the National Safety Council Injury and Death Statistics webpage.