

## Personal Injury Prevention

Accidents are unplanned occurrences that result in injuries, illness, death, and loss of property and/or production. While there is no way to completely eliminate accidents, there are certain plans, preparations, and actions that can be taken to reduce them.

Since the Occupational Safety and Health Act (OSH Act) was signed into law in 1970, workplace deaths and reported occupational injuries have dropped by more than 60 percent.

Yet the nation's workers continue to face an unacceptable number of work-related deaths, injuries, and illnesses, most of them preventable:

- Every day, more than 12 workers die on the job – over 4,500 a year.
- Every year, more than 4.1 million workers suffer a serious job-related injury or illness.

## Potential Causes for Personal Injuries

- Taking Short Cuts
- Being Over-Confident
- Unclear Instructions
- Poor Housekeeping
- Mental Distractions
- Failure to Pre-Plan

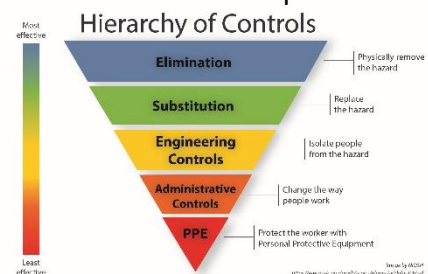
## Injury and Illness Prevention Plan

An injury and illness prevention program is a proactive process to help employers find and fix workplace hazards before workers are hurt. We know these programs can be effective at reducing injuries, illnesses, and fatalities. The key elements common to all of these programs are management leadership, worker participation, hazard identification and assessment, hazard prevention and control, education and training, and program evaluation and improvement.

## Hierarchy of Control

The Hierarchy of controls is arranged beginning with the most effective controls and proceeds to the least effective.

- Elimination (Physically remove the hazard)
- Substitution (Replace the hazard)
- Engineering Controls (Isolate people from the hazard)
- Administrative Controls (Change the way people work)
- PPE (Protect the worker with Personal Protection Equipment)



## Safety Tips for Injury Prevention

- Wear the proper PPE
- Report unsafe areas or practices to management
- Participate in safety trainings
- Use safe lifting techniques
- Be sure to dress for the weather
- Keep an orderly workplace
- Follow policies and procedures
- Stretch! (To avoid muscle strains or pulls)
- Be aware of your surroundings