



HAZARDS

RECOGNIZE THE RISKS

1 OVEREXERTION & BODILY REACTION MOST FREQUENTLY BACK INJURIES

- Avoid bending, reaching and twisting when lifting.
- Take frequent short breaks.

295,830 INJURIES

2 CONTACT WITH OBJECTS MOST FREQUENTLY CUTS, LACERATIONS AND PUNCTURES

- Store heavy objects close to the floor.
- Be aware of moving equipment/objects in your work area.

229,170 INJURIES

3 FALLS, SLIPS, TRIPS MOST FREQUENTLY SPRAINS, STRAINS AND TEARS

- Place the base of ladders on a solid, even surface.
- Always wear a harness or other appropriate equipment when working over 6 feet off the ground.

227,760 INJURIES

4 TRANSPORTATION INCIDENTS MOST FREQUENTLY FRACTURES

- Always wear a seat belt.
- Follow all posted speed limits and avoid distractions.

47,910 INJURIES

5 EXPOSURE TO HARMFUL SUBSTANCES MOST FREQUENTLY FROM CHEMICALS

- Use the proper personal protective equipment.
- Dress appropriately for weather conditions.

37,110 INJURIES



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