June 27, 2016
Edition 9

WORKPLACE INJURIES BY THE NUMBERS

Every 7 seconds... a worker is injured on the job.

540 per hour

12,900 a day

90,400 a week

4,700,000 a year

99,000,000 = Production days lost due to work-related injuries in 2014

Most common types of injuries keeping workers away from work

Sprains, strains or tears

Soreness or pain

Cuts, lacerations or punctures

TOP 3 workplace injury events resulting in lost work days

1. OVEREXERTION **35% OF INJURIES**
- Lifting or lowering
- Repetitive motions

Helpful Tips:
- Avoid bending, reaching and twisting when lifting
- Take frequent short breaks

2. CONTACT WITH OBJECTS AND EQUIPMENT **25% OF INJURIES**
- Struck by or against object or equipment
- Caught in or compressed by equipment or objects
- Struck, caught or crushed in collapsing structure, equipment or material

- Store heavy objects close to the floor
- Be aware of moving equipment/objects in your work area
- Wear the proper personal protective equipment

3. SLIPS, TRIPS AND FALLS **25% OF INJURIES**
- Falls to a lower level
- Falls on the same level

- Place the base of ladders on an even, solid surface
- Use good housekeeping practices

TOP 5 occupations with the largest number of workplace injuries resulting in days away from work

1. **Service** (includes firefighters and police)
2. **Transportation/ Shipping**
3. **Manufacturing/ Production**
4. **Installation, maintenance and repair**
5. **Construction**

Prevention is Power

Take action and spare your workers needless pain and suffering. Join the *Journey to Safety Excellence®* and gain access to free, practical tools and resources to help prevent these injuries in your workplace.

Visit nsc.org/journey today!

Sources: National Safety Council. *Injury Facts*® 2016 edition. U.S. Bureau of Labor Statistics

NATIONAL SAFETY MONTH 2016

Risk Management News

June is National Safety Month. The purpose of National Safety Month is to raise reduce injuries through awareness of injury causes.

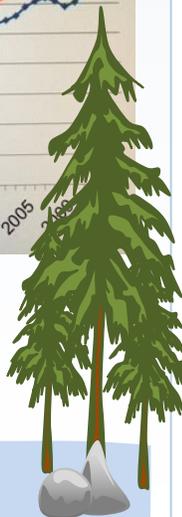To improve your own personal safety:

☑ Start by taking the "Personalized Safety Checkup" which is linked below the chart.

☑ Then review your "Safety Snapshot" to see what the leading causes of injury are for you.

☑ Finally, review your behaviors to identify high risk habits, and work to eliminate them. Focus on behaviors that increase risk or severity of injury, such as not wearing a seatbelt, texting while driving, etc. Specific safety questions can be sent to Risk Management at HR@BonnerCountyID.gov.

Chart: Total Unintentional Deaths

Total U-I Deaths, U.S., 1969-2014

+49%

Turning Point

Get a Personalized Safety Checkup here:
https://www.nsc.org/forms/safety checkup.aspx

NATIONAL
SAFETY
M O N T H **2016**

The National Safety Council released information on fatal accident trends. The charts below show unintentional deaths by age groups (1 year olds on the left, 41 year olds in the middle, and 81 year olds on the right). The four charts are the statistics from 1984, 194, 2004, and 2014.

The charts show several trends.

First, **auto** accident deaths are highest for the 18-31 year olds, then drop quickly and plateau by age 41. Overall, auto accidents continued to drop from 1984 to 2014.

Next, **falls** are low for all age groups except those over 70, these causes are rising greatly since 2004.

Finally, **accidental poisonings** (mostly substance abuse related) were very low in 1984, but suddenly increased over the years to be the leading cause of unintentional deaths by 2014. Remarkably, this cause of death appears to impact all age groups from 21 years of age to 70 year olds.

In summary: when you are a **young adult**; focus on safe driving. For **young adult to pre-retirement** don't abuse drugs, and for the **elderly** remove fall hazard exposures.

Stay Safe!