

:: Injury Prevention ::

Unfortunately, on-the-job injuries can and do occur, but they don't have to. Injuries can be prevented if employees adopt a "safety first" attitude while taking time to think about and practice safe methods for accomplishing their work tasks.

To assist in preventing injuries caused by moving or lifting objects, employees are reminded to use safe lifting procedures, such as lifting with your legs, keeping the load close to your body and avoiding twisting while lifting.

Employees who are required to wear personal protective equipment, or PPE, should make sure the equipment is readily available, in good condition (no rips/tears/holes), fits correctly/comfortably and is stored in an area that is relatively clean and free from anything that may damage or cause deterioration.

Employees who use hazardous products should make sure those products are stored in appropriate cabinets/lockers, used and labeled properly and that no more than a one day's supply of the product is kept at a work station.

Employees need to pay attention to the surfaces they walk on, taking note of any slippery or damaged areas that could contribute to a slip, trip or fall. If employees see unsafe areas, they should report those to their immediate supervisor for any necessary action to insure the hazard is abated.

These are just a few of the things that can be done to ensure injuries do not occur. If we all take the time and opportunity to be concerned with and watch out for our own safety, injuries and resulting pain can be prevented and we can all go home to enjoy our activities, families and friends.