Probably because it is usually out of the routine, one of the most unpredictable types of work related accidents is being struck by a moving object. So what do you look out for? What do you guard against?

You should be careful at blind intersections in and around your workplace and look out for industrial trucks, people pushing carts, or co-workers carrying objects and not paying attention. You should also watch out for co-workers carrying objects that may be too long for them to handle because even a slight change of direction by the person can cause the object to swing into someone else.

Employees carrying objects that obscure their vision are a real threat to themselves and co-workers, as are those who are daydreaming and can bump into others or stacked material. Unbalanced loads on lift trucks and materials stacked too high or too wide should not be allowed.

Another cause of “struck by” hazards is horseplay. While the intent of horseplay is quite innocent the results can be extremely serious, even fatal. People have lost eyes, received broken bones, severe bruises, and lacerations, and have even died. Think before you take part in any horseplay and discourage others from doing so.

Remember, one of the best ways to avoid being struck by moving objects is awareness both on and off the job; be careful, be safe!