



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

- Lifting or lowering
- Repetitive motions

35%
OF INJURIES

2. CONTACT WITH OBJECTS AND EQUIPMENT

- 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

25%
OF INJURIES

3. SLIPS, TRIPS AND FALLS

- Falls to a lower level
- Falls on the same level

25%
OF INJURIES

Helpful Tips:

- Avoid bending, reaching and twisting when lifting
- Take frequent short breaks
- Store heavy objects close to the floor
- Be aware of moving equipment/objects in your work area
- Wear the proper personal protective equipment
- 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!