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


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!
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Workplace injury events resulting in lost work days

1. OVEREXERTION
   - Lifting or lowering
   - Repetitive motions
   - 35% of injuries
   - Helpful Tips:
     - Avoid bending, reaching and twisting when lifting
     - Take frequent short breaks

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
   - Helpful Tips:
     - 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
   - Falls to a lower level
   - Falls on the same level
   - 25% of injuries
   - Helpful Tips:
     - 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

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