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

- **510** per hour
- **12,600** a day
- **88,500** a week
- **4,600,000** a year

104,000,000 = Production days lost due to work-related injuries in 2017

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
   - 33.54% 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
   - 26% 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
   - 25.8% 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

Employers should take action to spare workers needless pain and suffering.

While your safety is ultimately your employer’s responsibility, we must each decide to make safe choices every day. Take the pledge to be SafeAtWork at nsc.org/workpledge.