Watch out, as hazards often lead to these top five causes of preventable workplace injuries:

1. **Overexertion & bodily reaction**
   - Most frequently back injuries
   - Avoid bending, reaching and twisting when lifting
   - Take frequent short breaks
   - 295,830 injuries

2. **Contact with objects**
   - Most frequently cuts, lacerations and punctures
   - Store heavy objects close to the floor
   - Be aware of moving equipment/objects in your work area
   - 229,170 injuries

3. **Falls, slips, trips**
   - Most frequently sprains, strains and tears
   - Place the base of ladders on a solid, even surface
   - Always wear a harness or other appropriate equipment when working over 6 feet off the ground.
   - 227,760 injuries

4. **Transportation incidents**
   - Most frequently fractures
   - Always wear a seat belt
   - Follow all posted speed limits and avoid distractions
   - 47,910 injuries

5. **Exposure to harmful substances**
   - Most frequently from chemicals
   - Use the proper personal protective equipment
   - Dress appropriately for weather conditions
   - 37,110 injuries