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
   - 275,590 injuries

2. **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
   - 244,000 injuries

3. **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
   - 229,410 injuries

4. **Transportation incidents**
   - Most frequently fractures
   - Always wear a seat belt
   - Follow all posted speed limits and avoid distractions
   - 49,430 injuries

5. **Violence and other injuries by persons or animals**
   - If you feel your safety or that of a coworker could be at risk, report it to a supervisor, manager or Human Resources immediately
   - If workplace violence does occur, stay calm and notify authorities as soon as possible
   - 44,480 injuries

Visit nsc.org for more resources.