Prevent Common Workplace Injuries

Creating a safe and healthy work environment is essential for the well-being of all employees. Here are the most common causes of workplace injuries and practical tips on how to prevent them.

Slips, Trips and Falls

- Maintain clean workspaces
- Keep walkways free from obstacles
- Keep floors clean and free from spills, debris, and clutter
- Use signs to warn of uneven or wet surfaces
- Install non-slip mats
- Wear proper footwear
- Conduct regular inspections to identify potential hazards

Three-Point Contact

- Consistently maintain three points of contact when climbing or descending ladders, vehicles or equipment
- Ensure steps are well-maintained, free from defects, and clear of weather-related hazards such as ice and snow
- Avoid jumping

Lifting
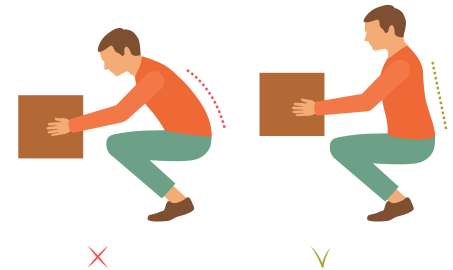
- Use proper lifting techniques; bend at the knees, keep your back straight, hold load close, and avoid twisting
- Use carts or mechanical aids to lift heavy objects
- Ask for help

Implementing effective safety measures helps create a safer workplace. Take your time, be aware, and stay safe.

For more information, contact TOIRMA at (888) 562-7861
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