# INDUSTRIAL ATHLETE DIGE

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 24

## SETTING THE SCENE FOR INJURY PREVENTION

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Cuts and lacerations injuries comprise 10% of workplace injuries, yet there are controllable, concrete strategies to keep you from these types of injuries. This number can easily be sliced with simpleand practical strategies. Let's set the scene at your worksite...

#### PROP CHECK

Before you begin work, (R) Review Your Hazards and (E) Evaluate Your Equipment.

- ☐ Blades to be used aren't dull or in need of replacement
- ☐ Electric drills aren't jammed and have enough battery
- ☐ Ladders are secure with all legs touching the floor
- Harnesses have no rips and the buckles fasten securely
- Lifts are properly rising and lowering
- Area of work is clear of trip and slip hazards.

#### COSTUMING

Personal Protective Equipment (PPE) is equipment worn to help minimize or eliminate exposure to certain hazards - including cuts and lacerations!



**Gloves:** This is a no-brainer (or hander?). Almost 70% of cuts and laceration injuries are hand-related. Wear cut-resistant or heavy duty gloves to diminish injury risk.



**Hard Hats:** Not only do hard hats minimize the effects of blunt force traumas, but reduce injury risk from sharp or pointed objects from above.



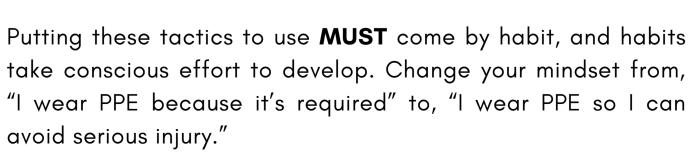
**Eyewear:** Wear glasses/eyewear with side protection if you are working where there are flying objects and particles.

### **GETTING INTO CHARACTER**

The work scene looks right. The tools are in good shape. Your gear is on. What else? Optimize the scene with mindfulness! This means to be aware of where you are and what's going on around you - also known as situational awareness.



alarms. Stay focused while performing mundane tasks.





## **WANT TO READ MORE?** SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.









