

THE INDUSTRIAL ATHLETE DIGEST

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 simple and 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**.

Look for signs, listen for alarms. Stay focused while performing mundane tasks.

Putting these tactics to use **MUST** come by habit, and habits take conscious effort to develop. Change your mindset from, "I wear PPE because it's required" to, "I wear PPE so I can avoid serious injury."



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.

