

# Most common workplace injuries can be prevented

Workplace accidents continue to happen in Pennsylvania and throughout the nation. While a lot has been in the news about different workplace hazards and accidents, do workers really know what type of workplace injuries they are most likely to suffer?

Workplace injuries can range from minor to life-threatening so it is important for workers and employers to be aware of the most common types of accidents and injuries that threaten those working. Understanding the most common workplace injuries should help companies make their workplaces safer, leading to a reduction of accidents and injuries among workers.

Below is a list of the most common workplace injuries from the Liberty Mutual Workplace Safety Index for 2010 and what can be done to prevent these injuries:

- Falls on the same level: these falls are commonly caused by floors being slippery or full of clutter, causing workers to fall over items and suffer injuries. This can be prevented by providing anti-slip floors or shoes for workers as well as keeping floors clean and safe.
- Falls to lower levels: these usually happen when ladders and scaffolding are not properly secured or need repair. These accidents can be prevented by maintaining safe equipment and training workers on how to properly use them.
- Overexertion: these injuries happen from pushing, pulling, lifting and carrying. To prevent these injuries workers should be encouraged to seek help when needed as well receive training on how to properly lift and handle items.

- Struck by object: these accidents often involve using machinery or not wearing the proper protective equipment. Workers should be provided with the PPE and trained on how to use machinery in a safe manner.

Workplace safety and preventing the most common types of workplace injuries should be the top priority for employers and when it isn't, many workers end up hurt. Workers who have been injured at work should know that they have the right to file a workers' compensation claim and should consult a workers' compensation attorney to discuss their case.

**Source:** EHS Today, "[Preventing the Top 5 Workplace Injuries](#),"  
Langdon Dement, March 14, 2013