

What are Work-Related Injuries?

Astutis.

Workplace injuries are injuries that occur at work. The number of workplace injuries is declining over time, largely due to improved health and safety laws, but there are still far too many accidents that happen at work. Whilst some injuries are pure accidents, others can result from an employer's failures to protect their staff and provide safe working conditions.

With that in mind, here are the ten most common injuries people sustain at work.

1. Slips, trips and falls

Slips, trips and falls account for 33% of all non-fatal workplace injuries in the UK, making them the most common type of accident and injury. Regardless of where you work, you're likely to come into contact with a slippery floor, either because it has not been cleaned correctly or something has been dropped.

Whenever there is a wet floor risk, appropriate signage should be displayed to warn you of a wet floor. This means having wet floor signs on hand so that people can adjust themselves to the floor conditions appropriately, i.e. slowing down and walking carefully.

Trips are also common workplace accidents because something is wrong with the floor or has been left on it. You should not have to avoid things like wires or uneven flooring at work.

2. Handling, lifting or carrying

Many people need to handle, lift and carry things as part of their job. For example, factory workers might need to lift heavy boxes, whilst retail workers often handle large deliveries. When not done correctly, lifting and carrying things can cause strains. You should be shown the proper way to lift items and minimise the chances of a sprain or strain.

If the weight you have been asked to move is too heavy, you should advise your employer, who will then arrange assistance or a mechanical way of dealing with the lift.

3. Hit by a moving object

Being hit by a moving object can be extremely serious. A moving object may be considered as falling debris or tools or a vehicle such as a forklift. Like carrying items, there needs to be appropriate training to educate employees on the risks of moving objects at work and how to prevent accidents by following the correct procedures and protocols. Workplaces should ensure that their employees are far from moving objects, whether that is a piece of machinery or a vehicle.



4. Violence

If you have unfortunately been a victim of a violent crime, there may be avenues for seeking compensation. One possibility is to explore a claim through the Criminal Injuries Compensation Authority, which compensates crime victims.

6. Cuts and lacerations

If you work with machinery and blades, there is a risk of cuts and lacerations. It's essential to ensure that you're provided with the appropriate protective equipment to prevent this and that there is a first aider on hand with proper dressings to stem the bleeding should you sustain a cut.

8. Toxic fume inhalation

Most people don't work with toxic chemicals and substances, but if you do, you're at risk of eye and skin injuries and burns or diseases later down the line. If you work in such an environment, you must be provided with proper protection in the form of goggles, gloves and other relevant forms of personal protective equipment.

10. Repetitive strains

The final most common type of workplace injury is repetitive strain injuries, also known as RSIs. Whilst they might not seem the most serious on the list, they can cause ongoing and long-lasting damage to your health and prevent you from living an everyday, active life free of pain. This is why employees must be given the right training and aid they need when it comes to manual labour.

5. Falls from height

Working at height can be incredibly dangerous if a fall occurs, so appropriate safety harnesses and precautions must be in place. Adequate height training also needs to be undertaken. Falling from a ladder or scaffolding can be fatal, and even when it's not, it can cause life-long injuries. For this reason, proper precautions and safety measures must be implemented.

7. Exposure to loud noises

Noise is often overlooked as a workplace risk. Still, if you work in a loud environment, such as a concert venue or construction site, it's essential that you're provided with the right hearing safety equipment to prevent tinnitus and hearing loss.

9. Crashes

Crashes make up a good chunk of workplace injuries. They range from minor to severe, but every duty must be taken to prevent a crash or collision. This means ensuring everyone who is asked to operate machinery such as a forklift or other vehicle must have appropriate training and licensing. It also means ensuring the workplace is free of unnecessary hazards that could contribute to a crash.

