

# Workplace Injuries Infographic: Injuries By The Numbers

Workplace injuries happen more often than we think they do. In fact, every 7 seconds, a worker is injured on the job. That's a pretty daunting statistic and the more we neglect workplace safety, the more we contribute to those numbers instead of reducing them. The National Safety Council has derived this colorful infographic that communicates just how prevalent workplace injuries are, regardless of the industry.

Here's an emphasis on the helpful safety tips shown in the infographic so that we can reduce those high numbers:

- Avoid bending, reaching and twisting when lifting
- Take frequent short breaks
- Store heavy objects close to the floor
- Be aware of moving equipment/objects in your work area
- Wear the proper personal protective equipment
- Place the base of ladders on a flat, even, solid surface
- Use good housekeeping practices.

Implementing a workplace safety program at your workplace is extremely effective in reducing injuries and illness that could be potentially sustained on the job.



# WORKPLACE INJURIES BY THE NUMBERS



Every 7 seconds... a worker is injured on the job.

**540**  
per hour

**12,900**  
a day

**90,400**  
a week

**4,700,000**  
a year



**99,000,000** = Production days lost due to work-related injuries in 2014

Most common types of injuries keeping workers away from work



Sprains, strains or tears



Soreness or pain



Cuts, lacerations or punctures

## TOP 3 workplace injury events resulting in lost work days



**1. OVEREXERTION**  
• Lifting or lowering  
• Repetitive motions **35% OF INJURIES**

**Helpful Tips:**  
• Avoid bending, reaching and twisting when lifting  
• Take frequent short breaks

**2. CONTACT WITH OBJECTS AND EQUIPMENT**  
• Struck by or against object or equipment  
• Caught in or compressed by equipment or objects  
• Struck, caught or crushed in collapsing structure, equipment or material **25% OF INJURIES**

• Store heavy objects close to the floor  
• Be aware of moving equipment/objects in your work area  
• Wear the proper personal protective equipment

**3. SLIPS, TRIPS AND FALLS**  
• Falls to a lower level  
• Falls on the same level **25% OF INJURIES**

• Place the base of ladders on an even, solid surface  
• Use good housekeeping practices

## TOP 5 occupations with the largest number of workplace injuries resulting in days away from work



1.

**Service**  
(includes firefighters and police)



2.

**Transportation/Shipping**



3.

**Manufacturing/Production**



4.

**Installation, maintenance and repair**



5.

**Construction**



### Prevention is Power

Take action and spare your workers needless pain and suffering. Join the *Journey to Safety Excellence*® and gain access to free, practical tools and resources to help prevent these injuries in your workplace.

Visit [nsc.org/journey](http://nsc.org/journey) today!

Sources: National Safety Council, Injury Facts® 2016 edition, U.S. Bureau of Labor Statistics

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