

Safety in the workplace is paramount



By Chris Loomis, Safety Expert

Have you ever been injured on the job? It costs both you and your employer time and money. Thousands of workplace accidents occur each year at a cost of millions of dollars. More than 80 percent of those were avoidable.



Safety is an attitude we all must adopt. Safety is a joint effort between employer and employee. Every accident could be avoided if only we were well-informed and cautious. Accident prevention just doesn't happen though. It takes a bit of thought and training.

First, let's discuss what the **Top 5 Accidents** in the workplace are:

1. Sprains and strains- Trying too hard to pick up on your boss's conversation- that could lead to a strain in your neck. Maintain proper decorum at work!
2. Slipping and falling- In a rush to get back from lunch before your boss? Watch out. In your hurry, you could slip and fall.
3. Cuts and burns- Beware; you can even get a nasty paper cut!
4. Injury due to improper usage of equipment, such as a forklift. What can we say? Follow proper procedure when handling equipment.
5. Inhalation or exposure to toxic fumes or hazardous materials- Use proper gear (masks, etc.) when needed.

What can we do to avoid accidents and work safely?

- Watch where you are going!
- Be aware of dangerous surroundings.
- Use caution around sharp objects or dangerous chemicals.
- Learn to lift heavy objects properly.
- Be well trained before attempting to use machines.

No one wants to cut off a finger in a machine at work. But this type of accident occurs all the time. Even though the time off and sympathy you could get would be nice, you'll miss that finger once baseball season rolls around.

Your safety is mostly up to you. No one can follow you around and warn you when you are about to do something stupid. Stay focused at work. Don't let your mind wander.

Safety is an attitude that begins in our thoughts. We can create an accident-free environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.

For more information or to book your next safety speaker, please visit <http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.