

## **VIGILANCE KEY TO SAFER WORKPLACES**

Reality cable shows like *Deadliest Catch* and *Ax Men* thrill millions of viewers with an inside look at the two most dangerous jobs in America: logging and commercial fishing. But you don't have to get tangled in a runaway fishing net or whacked by a falling tree to get hurt on the job. Every day, 12 Americans go to work and never come home. Every year, nearly 3-million more suffer debilitating injuries.

### **Top 10 Most Dangerous Jobs: (Deaths per 100,000 workers in 2012.)**

1. Loggers – 127.8
2. Fishers, Fishing Workers – 117
3. Pilots, Flight Engineers – 53.4
4. Roofers – 40.5
5. Structural Iron and Steel Workers – 37
6. Refuse, Recyclable Material Collectors – 27.1
7. Electrical Power Line Installers and Repairers – 23
8. Drivers / Sales Workers, Truck Drivers – 22.1
9. Farmers, Ranchers, Agricultural Managers – 21.3
10. Construction Laborers – 17.4

**The Good News:** America's workplaces are safer now than ever. Injuries in 2012 were at an all-time low and fatalities were the second lowest on record, according to the 2014 State of Safety report from the National Safety Council. "Through collaborative education and outreach efforts, and effective law enforcement, these numbers indicate that we are absolutely moving in the right direction," said Secretary of Labor Thomas Perez.

**The Bad News:** There were still 4,383 fatal work injuries in 2012, according to the Census of Fatal Occupational Injuries, and nearly 3-million injuries. Employers, employees, health and safety professionals and government officials must continue working together to keep workplace safety top of mind.

### **10 Safety Tips for Employees:**

1. Be aware. Know the hazards particular to your workplace.
2. Learn good posture. While at your desk, keep your shoulders in line with your hips. And use good form when lifting.
3. Take regular breaks. Many work-related injuries occur when a worker is tired. Schedule tough tasks when refreshed.
4. Don't take shortcuts. Skipping proper procedures when using dangerous tools and machinery is the leading cause of workplace injuries.
5. Keep emergency exits clear. And make it easy to reach emergency shutoffs.
6. Report unsafe conditions to your supervisor. Don't be shy if you see a workplace hazard. Your supervisors are legally obligated to ensure your safety.

7. Use mechanical aids whenever possible. Don't carry something heavy when you could use a wheelbarrow, conveyor belt, forklift or other aid.
8. Stay sober. About 3% of workplace fatalities occur due to alcohol and drug use.
9. Reduce stress. Stress can make it hard to concentrate.
10. Wear proper safety equipment. Earplugs, hard hats, safety goggles, gloves, etc., greatly reduce the risk of workplace injury.

Employee or employer, you should know how to prevent workplace injuries. You can get more workplace safety tips from my "You Should Know" online newsletter. Just go to my website at [www.injurylawfirm.net](http://www.injurylawfirm.net), click on the Media tab, scroll down to Injury Law Firm Alerts and select the "Let America Know: Vigilance Key to Safer Workplaces" newsletter.

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*Nothing in this article should be construed as legal advice. You must consult with an attorney for the application of the law to your specific circumstances.*

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