

BWC Update

Safety news from the Ohio Bureau of Workers' Compensation

Avert injuries: Don't overexert!

The second leading cause of injuries in the construction industry is overexertion. According to the Liberty Mutual Workplace Safety Index, overexertion is the leading cause of work-related injuries, costing businesses up to \$14.2 billion.

Work in the construction industry can be very risky and difficult to monitor. However, there are a number of options for employers to keep their workers safe from injuries associated with overexertion, repetitive motion and trauma.

The more informed your employees are, the safer they will be. That's why you should take preventative and informative measures, such as:

- Training workers on ergonomics and involving them in improvement projects;
- Providing handles, hooks, slings and other handling assists to improve grip and posture;
- Delivering and staging material close to where it will be used;
- Providing employees with well-designed tools and equipment.

BWC provides safety and health services that can assist your business in addressing hazardous workplace conditions and inform your workers about better protecting themselves on the job. These services, such as training, expert consultation and safety grants, are available to your business at no additional cost.

Additionally, BWC provides professional safety consultations on ergonomics, online and in-person ergonomic and musculoskeletal training courses, and training videos to help educate you and your employees about how to avoid circumstances that lead to costly injuries.

BWC's recommended control measures and services can also help to protect workers from other dangers in your workplace, including:

- Airborne dust, fumes and vapors;
- Confined spaces;
- Slips, trips and falls;
- Getting struck by objects.

More information is available about preventing injuries in the construction industry by [clicking here](#).

Connect with a BWC safety consultant at 1-866-569-7805 or via email at besafe@ohiobwc.com.