

Safety News

Snohomish County 

WORK SAFE INFO
FROM THE
SNOHOMISH COUNTY
SAFETY OFFICE

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How We Get Hurt

Accidents can happen anywhere and at any time. Many of the accidents and injuries experienced by Snohomish County employees are preventable if we recognize some of the most common causes and focus on ways to protect ourselves and co-workers.

Snohomish County 2009 Incident Reports

By the numbers:

- 464 - Incident reports filed
- 366 - Injury incidents
- 97 - Slip/trip/fall injuries
- 44 - Back injuries
- 41 - Struck by or against objects

Falls

To avoid injuries from falls, be sure that your footing is always firm and wear slip resistant-soled shoes. Be aware of the condition of walking surfaces. Make sure you can see over any load that you are carrying. Make sure walkways are well lit and clear of obstacles. Clean up spills or grease spots and use handrails when walking on stairs.

Back Injuries

A major cause of on-the-job injuries is physical overexertion. Many of these injuries are caused by lifting (too heavy or lifting improperly), straining, overreaching, bending, and twisting. To protect your back against injury, learn and use proper lifting techniques. Never bend or twist while lifting or carrying, and whenever possible use a mechanical aid (cart, hand truck) or ask for help from a co-worker.

Struck By or Struck Against

Another common cause of injury is being hit by or hitting against an object. The best way to protect against these accidents is to use protective equipment (hard hat, eye protection, gloves) that is appropriate for the hazard. Be aware of your surroundings. Give yourself enough clearance when passing by or through areas with potential hazards.

If you do get hurt on the job make sure you report it as soon as possible.

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