



*Carpet Rentals, Inc.*  
"WE CLEAN AND RENT FLOOR MATS"

# *A Guide to Reducing Workplace Injuries*



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## INTRODUCTION

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There are many potential dangers that a facility owner or manager must take preventative measures against. One of the biggest risks a facility could face is having an employee get injured at work. Not only can this effect the overall health and well-being of the individual, it can also lead to a negative depiction of your facility. Aside from the bad image your business can receive, it can also cripple your financial soundness and diminish trust within your other employees. Though workplace injuries are known to facility managers across the globe, year after year employees continue to get hurt while at work.

Our guide to reducing workplace injuries will walk you through the most common injuries employees have received as well as how they were caused. We will explain the importance of taking precautions around your facility and the costly effects that can occur if ignored. Mostly importantly we will outline ways to help reduce injuries at work and how a commercial mat rental program can be the easy solution you were always looking for.

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## WHAT WORKPLACE INJURIES CAN COST YOU

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Workplace injuries can be one of the most financially damaging accidents to ever occur in your facility. An injury happening to one of your employees can mean time missed from work, potential lawsuits and worker compensation claims. Something as innocent as a slippery or wet floor can end up costing you. According to the NFSI, (National Floor Safety Institute) 85 percent of worker's compensation claims are attributed to employees slipping on slick floors<sup>1</sup>. Of these claims, it is said that the compensation and medical costs of slip and fall accidents amounts to approximately \$70 billion annually<sup>2</sup>.

An employee injured on the job also means time spent away from work. Though slip and falls do not constitute a primary cause of fatal occupational injuries, they do represent the primary cause of lost days from work<sup>3</sup>. When most facilities rely on consistent employees who are already trained to do their job, the long-term absence of crucial employees does not go unnoticed. Once an employee is off the job due to a work-related injury, other employees can more cautious. The last thing you want is your facility to send a message of potential harm and hazards just by doing their job.



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<sup>123</sup> <https://nfsi.org/nfsi-research/quick-facts/>

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## COMMON WORKPLACE INJURIES

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When employees get injured at work it can happen in many different ways. Depending on what kind of business your facility runs, the dangers employees face can be different. In order to help reduce workplace injuries it's important to know the most common causes. Below are some of the most reported worker's compensation claims as listed by some of the top insurance companies around the country.<sup>4</sup>

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- 1. Violent Acts on the Job:** These types of injuries can present themselves in many different forms. They can be caused by office politics or personal arguments which then lead to serious physical injuries.
  - 2. Repetitive Motion Injuries:** Repetitive motions such as typing on a keyboard can have long term physical effects on your employees. Doing any labor work for extended periods of time can cause a strain on your muscles and tendons which can eventually lead to injuries.
  - 3. Machine Entanglement:** These injuries are common in factory or other settings where machines are being operated and handled. Any loose clothing, jewelry, shoes or fingers can become tangled in machines and cause serious harm.
  - 4. Vehicle Crashes:** Employees who are required to drive any vehicle on the job run the risk of crashing and getting hurt in the process.
  - 5. Walking into Objects:** If your facility is not properly maintained, employees can unintentionally run into static objects. This can damage their head, neck, feet etc.
  - 6. Falling Objects:** Falling objects can cause serious bodily injuries. This can happen due to objects not being secure, or other employees accidentally dropping items from up above.

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<sup>4</sup>[http://www.safenebraska.org/files/8113/8444/8700/National\\_Safety\\_Council\\_Top\\_10\\_Preventable\\_Workplace\\_Injuries.pdf](http://www.safenebraska.org/files/8113/8444/8700/National_Safety_Council_Top_10_Preventable_Workplace_Injuries.pdf)

**7. Reaction Injuries:** This is caused by slipping and tripping without falling. It can cause muscle strains or injuries and other body trauma.

**8. Falling from Heights:** Falling from elevated areas such as stairs and ladders can cause serious injuries based on the impact of the fall. If high enough this injury can cause serious harm and even lead to death.

**9. Slipping/Tripping:** Slip and fall accidents can be caused by many different factors. Employees may slip on wet surfaces or foreign objects. These risks are increased when weather conditions are wet and floor surfaces are uneven.

**10. Overexertion:** When needing to lift or operate heavy machinery and objects, employees may overexert themselves. When this happens, they can damage their backs, muscles and cause strain to other areas of the body.

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## HOW TO REDUCE INJURIES

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The easiest way to reduce workplace injuries is by practicing and instilling safety precautions within your employees. In order for all employees of your facility to take this seriously, the work must start from the top down. When hiring employees for the first time, it's crucial to stress the importance of safety. If they learn from the beginning that safety is a number one concern, they can be more aware and even help make suggestions in the future. True success won't come from simply telling employees about safety, but by educating and training them as well<sup>5</sup>.

Once employees are taught the proper way to be safe in your facility, it's then time to monitor how they do. This can be done by watching how they operate machinery and ensuring they are practicing the correct protocols. If you see something that isn't being done correctly, you need to speak up. Talk to that employee and discuss ways they can make improvement. Never forget to stress that fact that these protocols are in place for their benefit and their own well-being. Even if you see things are going well, never miss an opportunity to further educate and keep open communication with things that can be approved upon.

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<sup>5</sup><http://labor.vermont.gov/workers-compensation/employers/how-to-reduce-your-workplace-injuries/>

Safety prevention could ultimately mean nothing without giving employees the proper tools to succeed. If employees are working in hazardous conditions, they need protection equipment in order to combat the effects. This can be anything from gloves, safety glasses, boots, respirators and other tools the job requires. Simply walking around your facility, no matter what kind of business you run, can allow you to identify safety weaknesses. You need to make sure it's being properly maintained everyday so simple mistakes don't end up being costly ones and cause an accident or injury to occur.

After all these techniques and tips have been implemented, praising employees for their hard work can go a long way. Recognizing the hard work of employees and their safety techniques can further prevent injuries from happening. If everyone works towards the same common safety goals, your facility can remain safe and protected.



## THE BENEFITS OF A COMMERCIAL MAT RENTAL PROGRAM

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What if there was a simple, easy way to help prevent workplace injuries long after safety training has been completed? A commercial mat rental program can be the answer to this question. Not only can commercial mats help keep employees safe at work, they can also help reduce the amount of time spent on maintenance. A commercial mat program provides your facility with added benefits in any areas you see fit. No matter what industry or business you provide, there is a mat that can transform the way your facility views safety.



Commercial mats act as silent safety managers in areas where there cannot always be constant supervision. Mats can start performing their duties right when employees first enter your building. On a rainy-day, employees can walk into work while also bringing in the contents from outside. Since slip and fall accidents are one of the most common workplace injuries, this can present a problem in facility's that don't have mats. Once an employee steps on a commercial mat, the mat will then scrape away all the dirt, moisture and debris from the bottom of shoes. The employees can then enter the building knowing that the minute they step off the mat their shoes will be dry and can still grip the floor they are about to walk upon.

Entryways are not the only area in your facility where commercial mats can be used. Safety mats can be used in areas where extra safety precautions need to be seen. Safety mats can have messages on them that read “watch your step” “caution” “stop here” and more. The mats can be customized to your liking in order to fit your facility’s specific needs. This can help warn anyone who enters without knowing the possible dangers that they may face.

Anti-fatigue mats are perfect for employees who need to be on their feet for long periods of time. Repetitive motions can cause strain on the muscles and these mats help prevent that. They are comfortable and allow the feet to slowly move back and forth to increase blood flow and circulation to the legs. When this is happening, your muscles are more relaxed and at ease so you will be less tired from the long shift on your feet. They are also oil and stain resistant so any spills can be quickly wiped up and disposed of properly.

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## CONCLUSION

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The possibility of workplace injuries is something all facility owners and managers face. A workplace injury occurring in your facility could end up costing a lot of money and can seriously harm a trusted and loyal employee. Common workplace injuries include slip and fall accidents, overextension, falling from heights and more. To combat these common injuries, it's important to take the proper preventative measures. This includes educating employees, monitoring their work, and always making sure your facility is well maintained. Another key component to reducing workplace injuries is implementing a commercial mat program. Mats can positively influence the safety of your facility due their endless benefits and capabilities. If you're looking for an easy way to reduce workplace injuries, commercial mats can be part of the solution.

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