Injuries at work are more common than you might think.

BCSP FOUNDATION

BCSP | Board of Certified Safety Professionals

Understanding how to safely perform your work tasks will help ensure that you go home at the end of the workday healthy, injury free, and able to do all of the fun things you like to do!

Get training.

Training on how to complete a job or use equipment safely helps prevent injuries and training on how to save lives.

Ask questions.

Protecting yourself and those around you from getting injured is important.
- Can what I am doing be done in a safer way?
- How can this task be made safer for everyone?
- Is there a way that we can get rid of this hazard?

Report hazards.

- A hazard is any source of potential damage, harm, or adverse health effects on something or someone.
- If you see a hazard that needs to be fixed to make your job safer or prevent an injury, work with your supervisor and coworkers to find a safer solution.

Stop (or do not start) tasks if you feel unsafe.

It is okay to ask for more training or safer equipment if you are asked to perform a task that might injure someone or makes you or your coworkers feel at risk.
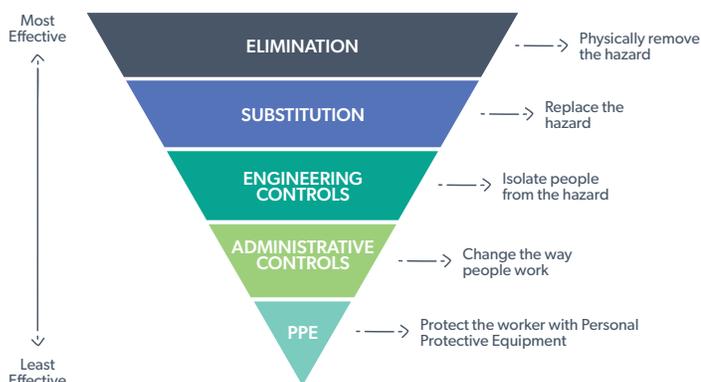
Common First Jobs

- Babysitter
- Cashier
- Grocery clerk
- Landscaper
- Farm hand
- Construction laborer
- Packing and moving
- Automotive service
- Amusement park worker
- Fast food worker
- Barista
- Retail store clerk
- Waitress/waiter
- Food preparation
- Camp counselor
- Recreation assistant
- Sports coach
- Retail sales
- Stockperson
- Dishwasher
- Newspaper delivery
- Receptionist
- Host/Hostess
- Pizza delivery
- Lifeguard
- Movie theater worker

Examples of Common Hazards at Work

- Slippery floors
- Uneven walking surfaces
- Hot grease
- Ladders
- Crushing/pinching actions

- Working at heights
- Moving heavy objects
- Dangerous machinery
- Noise
- Chemicals

- Disease (colds, flu, viruses)
- Vehicle accidents
- Hot surfaces/liquids
- Heat stress
- Electricity

The Hierarchy of Controls is a great way to think about how you can fix a hazard.

The best way to keep yourself safe is to find a way to get rid of the hazard.

Most Effective →
Least Effective

- **ELIMINATION** --→ Physically remove the hazard
- **SUBSTITUTION** --→ Replace the hazard
- **ENGINEERING CONTROLS** --→ Isolate people from the hazard
- **ADMINISTRATIVE CONTROLS** --→ Change the way people work
- **PPE** --→ Protect the worker with Personal Protective Equipment

Example: Noisy Machine

1. Elimination – Get rid of the machine
2. Substitution – Replace with less hazardous alternative
3. Engineering Controls – Fix the machine to be less noisy
4. Administrative Controls – Work near the machine less
5. Personal Protective Equipment – Wear ear plugs

The National Institute for Occupational Safety and Health (NIOSH)