

Health & Safety Moment

Office Safety

You may think that since you work in an office environment you don't have to worry about being injured. However, offices can become dangerous because people don't anticipate the potential hazards, and many people who work in them take their safety for granted.

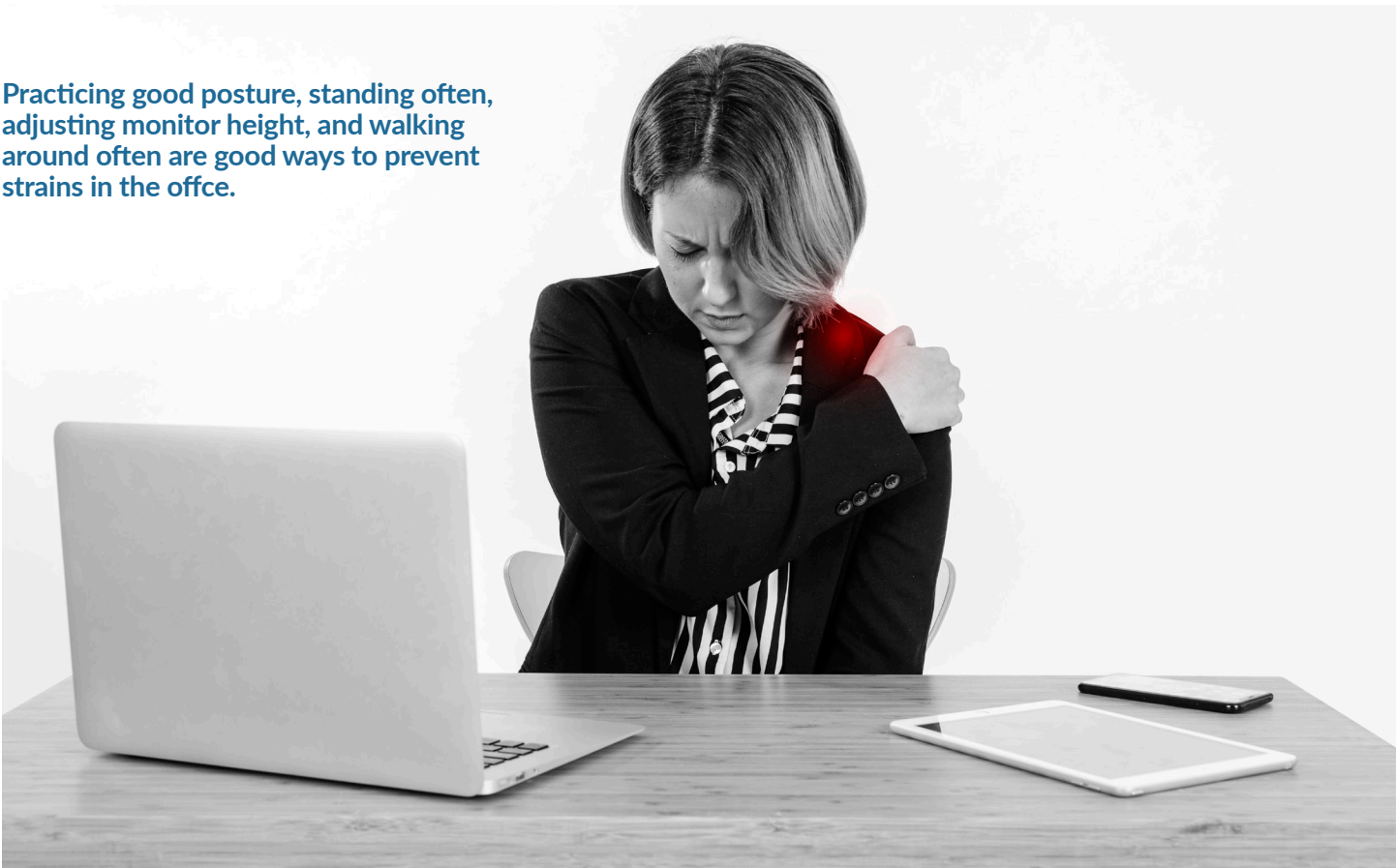
Studies show that over one-fourth of office injuries are caused by falls. In fact, falls of one kind or another account for almost half of the accidents occurring at work. One-third of the falls incurred by women are due to wearing high heels, which make falls more likely.

Other things that can cause falls are spills on floors, worn carpets or exposed carpet seams, electrical cords running across the floor, open desk or file drawers, boxes or supplies stored in aisles or waste baskets placed where you could trip over them. Look around to see if you can spot any of these potential problems. If you find any, take the time to get them fixed.

If you need to use stairs or steps to get to your office, watch out! Falls on stairs cause more than 33,000 disabling work injuries in the US each year. About 2/3 of the workers falling on stairs were not using handrails when they fell. Many were carrying an object or slipped on something left on the steps. Accidents on stairs are usually serious—80% of these falls result in lost workdays. Use handrails, pick up anything you see on the stairs, don't use stairs for storage and don't try to carry things when using stairs if you can avoid it.



Practicing good posture, standing often, adjusting monitor height, and walking around often are good ways to prevent strains in the office.



Use common sense with chairs, and don't use them for anything except sitting. Straight-back chairs aren't recliners, so don't lean way back—the chair could flip over. Chairs should never be used as replacements for stools or ladders.

Perhaps the most prevalent injuries in an office setting are related to ergonomics. Because office workers spend the bulk of their day seated at a desk and working on a computer, they are prone to strains and other injuries related to posture and repetitive movement.

These are just a few tips that can make your office area safer. Look around, and you no doubt will spot other problems that can be easily fixed. [Here](#) is a short video.

Your Health Is Our Top Priority

Thank you to our dedicated ReWa team and all public service professionals for your continued commitment to our communities.

