Tips for preventing young worker injuries

In the last 10 years, SAIF has seen more than 55,000 claims involving young workers.

More than 75 percent of these injuries fall into four categories. Addressing common workplace hazards can have a big impact in preventing injuries.

**Strains**

**Common causes:** Repeated lifting (even if the items are light), bending, and twisting.

**What you can do:**
- **Require** use of lifting aids such as carts or dollies.
- **Provide** training on ways to reduce strain when lifting or carrying.
- **Ask** your supplier to send shipments in smaller boxes.
- **Identify** and redesign processes requiring twisting.
- **Reduce** the need to bend by raising work to waist height.

**Slips, trips, or falls**

**Common causes:** Falling from ladders, tripping on stairs, being distracted, neglecting spills.

**What you can do:**
- **Review** housekeeping procedures, including how to address spills.
- **Provide** hands-on training about proper ladder usage.
- **Implement** a no cell phone policy to minimize distractions.
- **Ensure** stairs are maintained and well lit.
- **Ask** staff to identify hazards such as slippery areas, blind corners, and trip hazards.

**Laceration or puncture**

**Common causes:** Most prevalent in kitchens, but can occur anywhere sharp tools are used.

**What you can do:**
- **Provide** training on how to properly use each tool and piece of equipment.
- **Maintain** equipment and machine guards, and ensure blades are sharp.
- **Purchase** box cutters and razor blades with safety features.
- **Consider** cut-resistant gloves.
- **Identify** ways to eliminate distractions during the cutting process.

**Struck by/against**

**Common causes:** Working in crowded spaces, dropping tools or materials, materials falling from overhead.

**What you can do:**
- **Provide** hands-on training for each tool and task.
- **Identify** opportunities to improve work areas that are crowded or cluttered.
- **Implement** procedures about where and how to store supplies and tools.
- **Coach** employees who are rushing or distracted.
- **Hold** staff accountable for housekeeping procedures.

Young workers have less experience in workplaces and with workplace hazards. Discuss all potential hazards, even the ones you think are obvious.

Between 2003 and 2013, young worker injuries caused more than $139 million in claims costs and more than 375,000 days missed from work due to injury.

Young workers tend not to ask questions or speak up when they are unsure about how to do something. Keep them safe with hands-on training, frequent coaching, and consistent enforcement of your policies.