

# February 2024

- 5 Contributing Factors for Workplace Injuries
- Guidelines for Using Slings to Lift

# 5 Contributing Factors for Workplace Injuries

## 5 Common Contributing Factors for workplace Injuries

1. **Distractions** - There are many distractions that can take away focus from the work task at hand. These distractions can be in our actual work environment, such as clutter or noise, or a mental distraction. Mental distractions stemming from what is going on in our home life can serve as a huge disruption to getting tasks done safely at work.
2. **Complacency** - Many workers do the same tasks over and over for many years. Because of this familiarity with their work, complacency can set in. Complacency leads to taking shortcuts or not following normal work procedures. When this occurs, an injury is more likely to occur on the job.
3. **Poor Housekeeping** - Housekeeping is a major issue in some workplaces. Some common injuries include slips, trips, falls, lacerations, sprains, and strains. A lack of housekeeping often is a signal that there are larger safety issues at hand.
4. **Poor Preplanning** - The lack of planning leads to a huge number of issues. When the hazards of a new task are not evaluated prior to work beginning, hazards are going to be left uncontrolled. This leaves employees at risk for injury. Poor preplanning can also lead to issues with not having the correct equipment, tools, materials, personnel, and training for the work, as well as a lack of time to get the job done. All of these issues have their own unique safety implications.
5. **Taking Shortcuts** - A major unsafe act that results in many workplace injuries is taking shortcuts. There are various reasons why a worker takes a shortcut, but eventually, enough safety shortcuts will lead to a workplace injury.

### Summary

These are just five of the more common factors that cause or contribute to workplace injuries. Evaluate your work today and see if any of these five items mentioned are at play. Work to eliminate these factors to ensure you are able to work safely.

# Guidelines for Using Slings to Lift

## Guidelines for Using Slings to Lift

A sling is a type of device manufactured specifically to lift and move heavy loads, such as construction materials or machinery.

**Do not use slings as tow straps!**

**Do not rig off of the forks!**

Here are some general guidelines for using slings:

- **Always determine the weight and size of the load to be lifted.**
  - This will allow you to choose a sling with adequate strength and length.
- **Select the appropriate sling for the load and hoisting mechanism.**
  - Make sure it is rated for the weight of the load and configuration used and is made of suitable materials.
- **Inspect the sling for any damage or wear.**
  - Look for frayed edges, cuts, burns, and broken stitching. Also make sure tags are attached and legible. **NEVER** use a damaged sling.
- **Position the sling around the load.**
  - Make sure the sling is evenly distributed around the load and it is not twisted or tangled. Protect the sling from sharp edges.
- **Attach the loops of the sling to the hoisting mechanism.**
  - Make sure the hooks are securely fastened and that the sling is positioned so the load is properly balanced.
- **Test the load before lifting.**
  - Gently tug on the sling to make sure it and the load are secure.
- **Slowly lift the load using the hoisting mechanism.**
  - Make sure to keep the load level and stable.
- **Move the load to the desired location.**
  - Use a tag line to maintain control and avoid pinch points.
- **Lower the load.**
  - Slowly lower the load into position keeping it level and stable. Do not let the load crush the sling.
- **Disconnect the sling from the hoisting mechanism and remove it from the load.**
  - Carefully disconnect and remove sling from the load. Do not use the hoist to pull the sling from under the load. Return it to its designated storage area when done.