

# 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.