

# HOW TO PREVENT STRUCK-BY INJURIES

Employees who know how to identify and report hazards can make their workplace safer by recommending solutions to prevent future incidents.

**NEVER WORK UNDER A LOAD**

**“RIG IT RIGHT” TO AVOID UNBALANCED LOADS**

**STAY OUTSIDE THE SWING RADIUS OF CRANES AND BACKHOES**

**USE POSITIVE PROTECTION LIKE BARRIERS AND VEHICLE-ARRESTING SYSTEMS**

## STRUCK-BY INJURIES

happen when you come into forceful contact with a moving vehicle, equipment, or a falling or flying object.

**ESTABLISH ZONES THAT SEPARATE WORKERS AND PEDESTRIANS FROM MOVING VEHICLES AND MOBILE HEAVY EQUIPMENT**

**WEAR HIGH-VISIBILITY CLOTHING AND PROPER SAFETY GEAR**

**TETHER YOUR TOOLS TO YOUR WORK BELT WHEN WORKING FROM HEIGHTS**

POST28 11/23

SCAN THE QR CODE



TO LEARN MORE

## HOW TO PREVENT STRUCK-BY INJURIES IN THE WORKPLACE

**Purpose:** To increase awareness of struck-by hazards in the workplace and discuss how to prevent injuries by implementing controls in the workplace.

**Instructions:** Read aloud the following sections of this toolbox talk. While reading this toolbox talk, the front side of the poster should be shown to colleagues.

**Duration:** 6-10 minutes

### WHAT IS A STRUCK-BY INJURY?

(1-2 MINUTES)

A struck-by incident or injury is produced by forcible contact between a person and an object. That object could be a tool, production materials, debris, machines, equipment, vehicles or even your own co-workers. Struck-by hazards can be so serious and even fatal that OSHA has made them part of its Focus Four emphasis, also known as the Fatal Four hazards:

- Struck-by
- Falls
- Electrocutation
- Caught-in or -between

The mechanics of struck-by injuries can be so varied that in this brief training we cannot possibly address each and every way that you could suffer a struck-by injury. This is why it is so important that your employer performs job hazard assessments to determine what hazards are present in your workplace. Once all hazards have been identified, controls must be implemented to prevent future incidents. This is why it is important that employees identify and report hazards in the workplace.

*Reference: <https://www.cpwr.com/wp-content/uploads/In-1-Strike-You-Could-Be-Out.pdf>*

### DISCUSSION

(3-5 MINUTES)

Ask the following questions to the large group. Allow 3-5 minutes for discussion.

- What are some of the struck-by hazards at our business?
- What controls do we currently have in place to reduce or eliminate the hazards?
- If controls are not in place, what are some possible solutions?

### HOW CAN YOU STAY INVOLVED?

(2-3 MINUTES)

#### Reduce activities that require multitasking:

- Accidents often happen when someone is distracted.
- Remind yourself to focus on the task at hand by removing distractions and by requesting that hazardous tasks be limited to only one at a time.

#### If you see something, say something to remove a hazard:

- If something doesn't look right, say something.
- There are days when something is different or there are changes around the workplace or job site that increase workplace hazards.
- Remember that you have the power to stop work and request that a hazard be safely removed.
- If you are unsure whether or not something is unsafe, ask someone else about the hazard to see if they see anything that is not right.

#### Actively participate in your safety training:

- Training goes a long way toward helping prevent incidents and injuries on the job.
- If you are a new employee or even a veteran employee, make sure you understand how things operate in your workplace.
- Do not be a passive participant in your personal safety.

#### Stay curious:

- Boosting your personal curiosity is a great way to build your situational awareness.
- Being curious also helps keep your job interesting.
- Ask questions to encourage personal growth and development and increase productivity and safety.
- Consider asking questions like:
  - Does something feel off?
  - Is this safe?
  - Should I act now?

SCAN THE QR CODE



TO LEARN MORE