



Loss Control Insights

It Only Takes a Moment

It Only Takes a Moment: Five Great Reasons to Work Safely

Have you ever thought about what would happen to your family if you were seriously injured at work? This is not something most of us like to think about. But, stop for a moment and consider how many times a day you do something unsafe at work, something that could result in an injury.

Sadly, when a worker makes the poor decision to get in a hurry, take a short cut, or not follow safe work procedures, the family can be a victim, too. The impact of a workplace injury on a worker's family can be significant. The family is often affected by the cost of medical care and the impact of recovery time and rehabilitation. The family often has to deal with physiological and psychological changes as well as vocational and economic impacts.

FIVE REASONS TO TAKE A MOMENT FOR SAFETY

Consider the following five reasons to do whatever it takes to avoid a workplace injury.

1. Your spouse may not make a great nurse.

If you are injured, much of your care will probably depend on the support of your family. You may have to depend on family members for transportation, administration of care, communications with insurance companies, and emotional support. Your spouse or other family members may not be the most compassionate people in the world when it comes to taking care of you if you are injured – especially if they know you could have avoided the injury in the first place.

2. An injury can really stress you out.

If you are injured, the psychological impacts can be significant for you and your family. Workers that are injured on the job are often angry, depressed, and stressed. Unhealthy behaviors such as smoking, excessive use of alcohol, or drug abuse can result. Each of these, if not dealt with properly, can strain family function and relationships. Other members of the family may face some of these same psychological impacts. Imagine being injured and having a stressed out family. That's not a pretty picture.

3. Think about what you'll miss out on if you are injured.

A seriously injured worker often can no longer function normally. Often these individuals cannot perform routine activities or are limited in their capacity to perform personal or domestic functions. Picture yourself not being able to walk across the room or hold your child or to take care of your own needs.

4. Mondays will have a whole different meaning.

Imagine not being able to go back to work after being injured. Those days of getting up and going to do productive and enjoyable work may be over. The impacts are not desirable: loss of income, loss of sense of belonging, and loss of productive contribution.

5. Show me the money.

If you are injured, the economic impact to you and your family can be significant. Depending on the severity of your injury, an injured worker may realize a minimal or quite significant economic impact. Some workers mistakenly think that workers' compensation insurance will cover all their expenses if they are injured. While certain medical costs and a portion of income are covered, an injured worker's

expenses are often much higher after an injury.

SAFETY ONLY TAKES A MOMENT

It often only takes a moment to think about what it means to do the task at hand safely. Assess your surroundings, wear the proper clothing, use appropriate protective equipment, and apply safe work procedures. All in all, wouldn't you agree that it is worth whatever it takes to keep yourself safe at work so you can continue to do work that you enjoy and that provides a good income for your family? After all, the goal is to go home every day to you family without injury.