

**OVERVIEW OF FACT SHEET**

As with any work environment at UNC Charlotte, accidents and injuries can happen. Although some injuries may seem minor, they can lead to serious pain and discomfort. It is essential that you as an employee are aware of the causes of injuries and how to prevent or be protected from them.



This fact sheet provides general awareness to what accidents are, how injuries are caused, and how injuries can be prevented. Please remember it is your responsibility as an employee to follow safe working practices, and report any unsafe conditions to your immediate supervisor. The campus has a goal of zero injuries and we need your support to ensure the safety of our campus community.



If you have any questions regarding injury prevention, please contact the [Environmental Health and Safety Office](#) at 704-687-1111.

# Injury Prevention

**Accidents** are unexpected and undesirable events that can result in property damage or injuries.

**Hazards** are existing or potential conditions that can cause harm to life, health, property, or the environment.

**Risk** is the measure of the probability and severity of a hazard to people, property, or the environment.

Accidents, hazards, and risk all play a role in your safety. Preparation, planning, and actions to avoid or stop an injury can lead to its prevention. Preventing injuries contributes to the overall safety of our campus community.

**Injury Causes Include:**

- Unsafe acts
- Lack of knowledge or training
- Faulty equipment
- Environmental factors (or unsafe conditions)
- Lack of attention
- Chemical exposure

**Ways to Prevent Injuries**

- **Slips, Trips, and Falls**
  - Remain aware of surroundings at all times; clean up spills immediately; inspect work area and remove tripping hazards
- **Handling Materials**
  - Use proper lifting techniques- get a secure grip using both hands; use smooth even motions; keep load close to the body; and use your legs
- **Personal Protective Equipment (PPE)**
  - Wear as needed for specific job tasks; ensure it is in good working condition and worn properly; discard or remove from service if damaged
- **Power Tools and Equipment Safety**
  - Ensure rotating parts are guarded when in use; electrical cords are in good working condition; ensure part sizes fit manufacturer specifications
- **Ergonomics**
  - Workstations should encourage neutral body postures; equipment is the appropriate type and size for the task; PPE is provided as needed



**GROUP DISCUSSION TOPICS**

- Has anyone been injured on campus? Could it have been prevented?
- What do think is the leading cause of injuries on campus?
- What are some types of PPE that could help prevent injuries?
- What is ergonomics? How does it apply to your work environment?