

National Injury Prevention Day is July 6



Resources:

[Parachute: National Injury Prevention Day](#)

[Energy Safety Canada – Injury Statistics & Reports](#)

[Workers' Compensation Board – Alberta](#)

[WorkSafeBC](#)

[Saskatchewan Workers' Compensation Board](#)

Social Media Hashtags:

#ParachuteNIPD

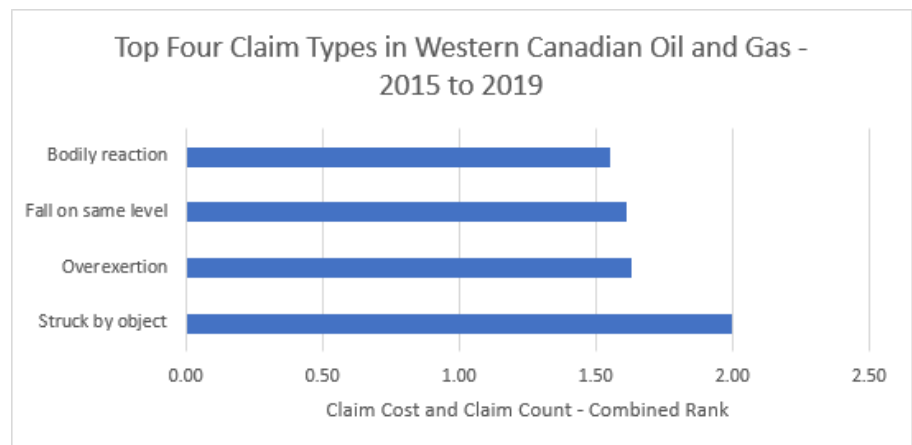
#TurnSafetyOn

Workplace injuries directly impact workers and their families and cost employers millions of dollars annually. Parachute's [National Injury Prevention Day](#) raises awareness around the importance of injury prevention, and Health Canada recognizes this date as an official national [Health Promotion Day](#).

Top four workplace injuries in Western Canada

According to the workers' compensation boards in western Canada, the top four injury types and claim costs in oil and gas are:

- Struck by object
- Overexertion
- Fall on same level
- Bodily reaction



Recommendations for preventing these types of injuries include, but are not limited to:

- Incorporate prevention programs, such as warm up and stretching prior to undertaking physical work.
- Take time to plan work.
- Adopt Energy Safety Canada's [Life Saving Rules](#).
- Collaborate with a health and safety professionals to better understand health and safety prevention measures.

Employer responsibilities:

- Adopt an injury and illness prevention program, such as the Certificate of Recognition (COR) program. Employers will improve their compliance with existing regulations and can benefit from significant reductions in workers' compensation premiums.
- Employee education is key in the prevention of workplace injuries. Provide worker training to create awareness of workplace hazards and the means to control those hazards.
- Early intervention strategies can help mitigate the frequency and severity of workplace injuries. Examples include:
 - Encourage employee participation in review and follow up of incidents.
 - Report potentially serious incidents (PSIs).
 - Ensure managers and supervisors are trained in intervention consultations.
 - Implement safety training and awareness programs: safety meetings, stop and think, formal training programs.
 - Regular workplace inspections.
 - Communicate historical incidents and solicit feedback for prevention.
- Ensure your Health and Safety Committee or Representative (HSC or HSR) is actively involved. Their role is to make suggestions to employers to mitigate risks and reduce workplace injuries. For example, request that HSC members or the HSR:
 - Participate in a walk-through inspection.
 - Perform assessments of work processes.
 - Review past incidents and lessons learned to identify potential areas of concern and priority actions.
 - Provide feedback on the effectiveness of control measures.

Present like a pro:

Use these tips to share the information at your next safety meeting.

- **ASK:** If workers understand their roles in health and safety rights and responsibilities.
- **DISCUSS:** The top reported incidents at your workplace and how the workers might be able to prevent those types of incidents from continuing to happen.
- **REVIEW:** Action plans, lessons learned to determine if controls in place continue to be effective.