

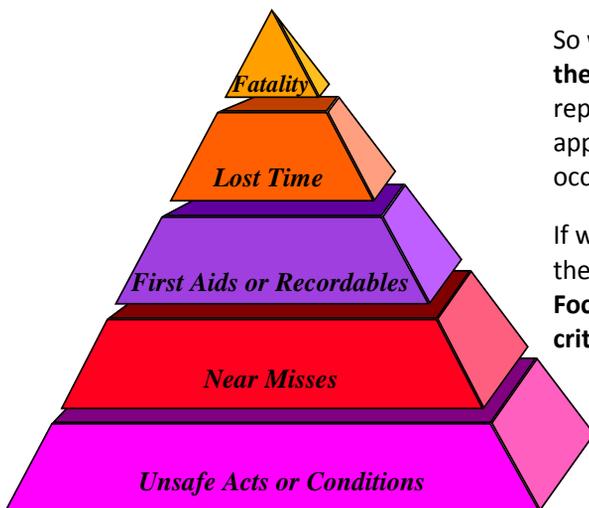
# Middlebury College

## Safety Information Sheet

### Injury Prevention

The incident pyramid below demonstrates the importance of correcting unsafe acts and conditions in the workplace, in order to prevent more serious incidents from occurring.

- Unsafe acts or conditions are the bottom of the pyramid. There can be thousands of these in a workplace. These are things such as not wearing your PPE, rushing/hurrying, or leaving a puddle on floor for others to slip on.
- Near misses are next up on the pyramid. A near miss is an unplanned event that did not result in injury, but had the potential to do so. Only a fortunate break in the chain of events prevented an injury from occurring. For example, someone slips on a puddle on the floor, but does not fall or get injured.
- Next up are first aids or recordable injuries. For all the thousands of near misses and unsafe acts/conditions that are present, sooner or later an injury will occur. For example, someone slips on a puddle on the floor, resulting in a back strain.
- Next up are lost time injuries. For every 600 recordable injuries that occur, year after year, industry after industry, it is likely there will be 30 lost time injuries. These are injuries such as broken bones or injuries requiring surgery. For example, someone slips on a puddle on the floor, resulting in a fractured wrist.
- And finally at the top there is a fatal injury. For every 30 lost time injuries, there will be one fatal injury.



So what does this all mean? **We need to focus on preventing the unsafe acts/conditions at the base of the pyramid**, and report all near misses to your supervisor. This is a proactive approach to safety, rather than simply reacting to injuries that occur.

If we can reduce or eliminate the unsafe acts and conditions, then we will stop the likelihood of actual injuries occurring. **Focusing on the elimination of unsafe acts and conditions is a critical component of a zero injury workplace.**



*Best opportunity  
for injury reduction*

#### How can you correct unsafe behaviors?

- Slow down and follow all safety procedures.
- Stay focused on your task.
- Be sure you understand the task you are doing and ask for help if you need it.
- Pre-plan your work.

#### How can you correct unsafe conditions?

- Correct hazards: "See something, say something!"
- Address hazards immediately or get help if you can't correct it yourself.
- Report near misses to your supervisor.
- Keep your work area clean and organized.