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Safety Focused



According to the Occupational Safety and Health Administration, nearly 2 million American workers are victims of workplace violence every year.

Presented by

Workplace Violence Prevention

According to the U.S. Department of Labor, workplace violence is any act or threat of physical violence, harassment, intimidation or other disruptive behavior that occurs on the job.

No organization is immune to the risk of workplace violence. However, identifying the common causes can help prevent such violence from happening and ensure everyone's safety.

There can be many reasons as to why someone becomes violent in the workplace. Here are some potential causes:

- Financial hardship
- Excess stress or fatigue
- The recent loss of a family member or friend

To keep yourself and your co-workers safe from the threat of workplace violence, consider the following guidance:

- Follow all workplace security measures.

- Be familiar with the organization's workplace violence policies and practices.
- Be aware of the warning signs for potential violence among fellow employees or customers. Such signs include:
 - Screaming or yelling
 - Clenching fists or pointing fingers
 - Slamming or throwing objects
 - Shaking or trembling
- Immediately report all incidents of aggressive or suspicious behavior to your supervisor.
- Treat all threats seriously.

By following these practices, you can play your part in promoting a safe work environment.



Best Practices for Avoiding Fatigue

Fatigued workers can lead to serious problems in the workplace. Lack of sleep can significantly increase the risk of injury, thus creating a dangerous work environment. In fact, according to the National Safety Council, about 13% of workplace injuries are attributable to sleep problems.

To keep the work environment safe, it's important to make sure you are getting enough sleep. Be sure to follow these strategies to decrease your fatigue:

- **Check for consistency in your sleep duration.**
 - Do you sleep more on the days that you are not working? This could mean that you are not getting enough sleep on weekdays. Try to get the same amount of sleep (between seven and nine hours) each night.
- **Keep a consistent sleep schedule.**
 - Be sure to follow a consistent sleep schedule. This trains your body to become sleepy at a certain time, which will help you receive an adequate amount of rest and reduce the risk of insomnia issues.
- **Set yourself up for sleep success.**
 - Avoid consuming caffeine, nicotine or alcohol before bed.
 - Make sure your bedroom is not too cold or too hot before going to sleep. This will help you get comfortable and relax.
- **Create a bedtime routine.**
 - Follow the same bedtime routine every day.
 - Avoid engaging in stressful activities before bed.
 - Don't try to go to sleep unless you are actually tired. Lying in bed and waiting to fall asleep can actually make it harder for you to fall asleep.

By following these tips, you can successfully decrease your fatigue. This will result in a safer work environment, while also minimizing the risk for workplace injuries.