

# Safety Alert

Davis Constructors & Engineers  
Mass Excavation

April 30, 2017  
page 1 of 2

**Toolbox Topic:  
Head Injuries  
with A Fall !**

Success is No Accident!

No Accidents!  
*Yipee!*

## Head Injuries - After The Fall

You can work for years and hardly get a scratch, then one day a fall can turn your life around.

Fall injuries may cause abrasions, fractures and dislocations.

However, one of the most serious results of a fall, other than death, can be a head injury.

How this injury will affect you depends upon which part of your brain has been wounded.

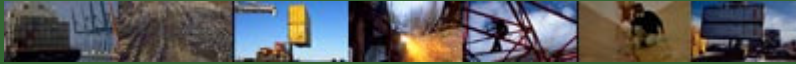


## Hours an Accident April 30th, 2017

Job	2017 Hours	Accidents/Incidents				Hours an Accident
		W Comp Reportabl	OSHA Report	Lost-Time		
Valdez Housing Off/ Warehouse	1638	0	0	0	No Accidents!	
Bethel	6663	0	0	0	No Accidents!	
Turnagain Elem	6716	0	0	0	No Accidents!	
Mass X Operations	12357	0	0	0	No Accidents!	
Museum	20750	1	0	0	20,750	
Providence	8903	1	1	0	8,903	
Small Jobs	391	0	0	0	No Accidents!	
HDJV	98302	0	0	0	No Accidents!	
UAF CPHR Power	12650	0	0	0	No Accidents!	
UAF Engineering Facility	17869	0	0	0	No Accidents!	
<b>Total</b>	<b>186,239</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>93,120</b>	



# Safety Meeting Outline



**SMO 07-0401**

## **HEAD INJURIES – AFTER THE FALL**

*By SeaBright Insurance Loss Control*

You can work for years and hardly get a scratch, then one day a fall can turn your life around. Fall injuries may cause abrasions, fractures and dislocations. However, one of the most *serious* results of a fall, other than death, can be a head injury. How this injury will affect you depends upon which part of your brain has been wounded. Broken bones usually heal, but head injuries can result in serious lifetime problems, such as:

- Personality changes such as increased anxiety, depression or anger.
- Difficulties with eye and hand coordination including the ability to handle tools or play sports well.
- Defects in vision and visual illusions.
- Short-term memory loss or interference with long term memory.
- Increased aggressive behavior.
- Difficulty in distinguishing left from right.
- Changes in social behavior

### ***How You Fall Often Determines Your Specific Injury.***

From the time a worker loses a secure grip, footing or balance, several factors influence what part of the body will be injured and how severe the damage will be. They are:

- Distance of the fall - *momentum and velocity affect the impact on your body.*
- The angle of the body at impact - *we're not like cats landing on all fours.*
- The obstacles the body strikes as it falls - *what if you hit railings, steps, or vehicles?*
- The impact surface - *will it be a pile of hay, broken pieces of concrete & re-bar or a flat surface?*

### **What You Can Do: THINK!**

- Help remind your co-workers to play it safe and avoid taking risks.
- Report unsafe conditions to the nearest supervisor.
- Make it a habit to work safely, regardless of time pressures and productivity goals.
- Practice caution at home - accidents and head injuries from falls happen more often off the job than at work.
- Know how to use fall protection and fall restraint equipment. Never say, "I don't need to fool around with that stuff—I'll only be up there a minute."

**Stay Alert!**

**Head injuries can have devastating consequences that may impact your life forever.**

---

The materials contained in this outline are not intended as legal, business, or risk management advice to any party, and in no way represent advice with respect to specific practices of any party or any undertaking by SEABRIGHT INSURANCE COMPANY in any regard. SEABRIGHT has not confirmed or verified the accuracy or correctness of such materials or any information on which they may be based and makes no representation or warranty as to the content of this outline or its accuracy, or its appropriateness or its suitability for any particular reader, situation or practice, or as to conformance with applicable laws or regulations. Readers should conduct and rely on their own investigations before acting upon or otherwise using such materials. Questions about this material should be addressed in writing to the loss control department, SeaBright Insurance Company, Suite 1600, 2101 4th Avenue, Seattle, WA 98121, or by email to [losscontrol@sbic.com](mailto:losscontrol@sbic.com).