



SAFETY ADVISOR

JANUARY 2024

The TOP 10 OSHA Workplace Injury Risks for 2023

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The Occupational Safety and Health Administration (OSHA) released its top 10 most frequently cited workplace risk of injury for 2023. Their identities are common, with some occurring in more specific occupations than others. Total documentation increased in every category compared to 2022. Roofing, commercial construction, fabrication shops and warehousing were the areas most heavily noticed. However, the types of injuries and the causes of injuries transfer over multiple occupational sectors. Fall protection ranks first for the 13th consecutive year. Employers failing to train employees on chemical hazards also had a high identified risk count. All ten standards can be easily attainable at any job site with frequent workplace inspections, adequate and consistent training for employees so that they know how to recognize the specific hazards, and an established and attainable written hazard communication plan made available and understood by all employees. *(continued on next page)*



In This Issue:

- Top 10 OSHA Violations for 2023
- January Move Over Monthly Flyer
- Quick Cold Weather Planning
- Did You Know?

OSHA's Top 10 (continued)

Below, the top 10 OSHA risk of injury areas for 2023 (totals in parenthesis). While roofing and construction are the highest number of cases of injury, these standards easily stretch into numerous other locations. FDOT employees may find themselves in work zones where all of these same risk factors are present. Can you identify infractions in your work zones? If so, bring this to the attention of your district safety team.

1. Fall Protection, General (7,271) *Lacking guardrails or fall arrest systems.*
2. Hazard Communication (3,213) *No or incomplete hazcom plans.*
3. Ladder Safety (2,978) *Lack of side rails or grasping device.*
4. Scaffolding (2,859) *Lack of fall restriction over 10 feet high.*
5. Powered Industrial Trucks (2,561) *Unsafe operations / lack of training.*
6. Electrical Lockout/Tagout (2,554) *Lack of energy control procedures.*
7. Respiratory Protection (2,481) *Lack of medical evaluations prior to use.*
8. Fall Protection Training (2,112) *Lack of proper training on fall risks.*
9. PPE and Lifesaving Equipment—Eye and Face Protection (2,074) *Lack of providing proper PPE prior to particulate, chemical, particle exposure.*
10. Machine Guarding (1,644) *Failure to properly guard machinery creating sparks, chips, or rotating parts.*



MOVE OVER

or slow down for emergency lights.

and now more!

Move Over, Florida!

Section 316.126, Florida Statutes

If you can't move over - slow to a speed that is 20 mph less than the posted speed limit, for:

* Law Enforcement * Emergency Rescue * Ambulance * Fire Truck * Tow *
* Sanitation * Utility * Maintenance * Construction *

*And Now:
Disabled Motor Vehicles!*

Let's Get Everyone Home Safely



TargetZeroFL.com



The Cold Has Arrived !



Practice the 4 P's of Cold Weather Safety this Winter!

PEOPLE:

- * *Use caution when using portable heating units. Keep 3 feet away from any combustibles.*
- * *Do not use flammable liquids to start fireplace fires.*
- * *Verify your smoke detectors are working.*
- * *Dress in multilayers of lightweight clothing.*
- * *Check on neighbors and family who may be more susceptible to cold weather conditions.*

PIPES:

- * *Insulate pipes located outside or in the attic. Wrap in foam tubes or blankets.*
- * *Allow outside spigots to run lightly so pipes don't freeze and break. Keep water trickling as long as temperatures are below freezing.*
- * *If a pipe freezes and breaks, shut water off at your street meter to prevent interior flooding.*

PETS:

- * *Provide shelter and bedding such as hay or old blankets for outside pets.*
- * *Towel dry your pets paws after being in cold, wet grass.*
- * *Do not allow them to stay outdoors for more than a few minutes.*

PLANTS:

- * *Bring potted plants inside your garage or shed.*
- * *Cover garden beds and rooted plants with plastic sheeting and add a thin layer of mulch around young trees and shrubs.*

Information courtesy of The City of Tallahassee Utilities Department.

Did You Know?

As a new FDOT employee, are you familiar with how to prepare yourself for an emergency in your workplace? Whatever the situation: shelter in place, fire emergencies, alarms, bomb threats, medical emergencies, storms, and much more!! Your district's SharePoint page contains an Evacuation and Emergency Action Plan to prepare you for almost any emergency. This plan may also be posted in a physical location or stored electronically. The purpose of these plans is to provide safety representatives with the guidance necessary to conduct evacuations safely and assist with other emergency response actions. Can't find it? Ask your district Safety and Health Manager. Check out your district plan, and be prepared!



The Safety Advisor is distributed electronically to all FDOT staff monthly, to promote indoor and outdoor workplace safety and generate an overall awareness for safety in our lives. It is produced monthly by the State

Safety Office in Tallahassee, Florida.

For content information or ideas, please email Keith Myhre

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See Department safety information at: <https://www.fdot.gov/safety>

Anonymously report hazards in your workplace: (850) 414-5255

