

Injury Prevention



Hand and lower back injuries are among the most common types of injuries to workers in cement manufacturing.

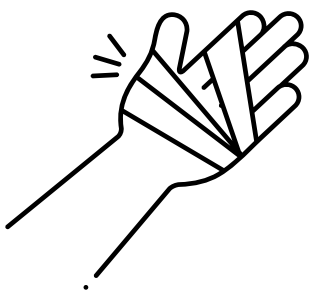
Critical key points include:

1

Key precautions companies and their employees can take to prevent hand injuries include wearing gloves, training and awareness, ensuring tools are safe, designing workplaces to minimize hand contact, developing safe work procedures, and providing first aid and emergency procedures to miners.

2

To prevent and minimize back injuries in cement manufacturing, companies and their employees can design ergonomic workstations, teach and follow safe lifting techniques, exercise and stretch regularly, take break and rest periods, set weight limits for lifting, and wear back support belts.



Data from the Bureau of Labor Statistics show that hand injuries account for 23% and lower back injuries make up 20% of total injuries to workers in the United States; implementing and following preventive measures will reduce pain and suffering.



PCA
Safety
Month

PCA encourages members to access safety and health educational materials for June National Safety Month at www.cement.org/safetymonth