

BRAIN INJURY

Prevention at Work

According to the North Dakota Safety Council,
from 2018-2022 there were

93,949

workers' compensation claims filed in
North Dakota. Don't become a statistic!



You can **prevent brain injuries at work** by following key safety practices and controls that reduce the risk of head trauma.

Use Proper Protective Equipment

- **Wear helmets or hard hats** in areas where there's a risk of falling objects or head impact.
- Ensure PPE (personal protective equipment) fits correctly and meets safety standards (e.g., OSHA, ANSI).
- Replace damaged or expired protective gear promptly.

Maintain a Safe Work Environment

- Keep **walkways, stairs, and work areas clear** to prevent slips, trips, and falls.
- Use **guardrails, safety nets, and fall arrest systems** where falls could occur.
- Ensure **adequate lighting** in all work areas.



Follow Safety Procedures

- Adhere to **OSHA (Occupational Safety and Health Administration)** guidelines for your industry. Review OSHA guidelines at www.osha.gov.
- Conduct **risk assessments** before starting new tasks or using unfamiliar equipment.
- Implement and follow **lockout/tagout procedures** to prevent accidental equipment startups.

Provide Training and Education

- Train employees on **hazard recognition** and safe work practices.
- Include **head injury awareness** in safety orientations and refresher training.
- Encourage reporting of unsafe conditions or near misses.
- Did you know NDBIN provides free onsite training



Promote a Safety Culture

- Encourage workers to **look out for one another** and speak up about risks.
- Recognize and reward safe behavior.
- Maintain clear communication about safety expectations and incident reporting.

Respond Quickly to Incidents

- Have a **first aid and emergency response plan** in place.
- Train staff on how to respond if a head injury occurs.
 - Call for medical help **immediately**.
 - Avoid moving the injured person unless necessary.



For More Information

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