

ACCIDENT PREVENTION

Accidents are unplanned occurrences that result in injuries, illness, death, and loss of property and/or production. While there is no way to eliminate accidents, there are certain plans, preparations, and actions that can be taken to reduce them.

The Accident Prevention training found on Luxottica University will help you understand hazards present in your workspace, and how to work safely to avoid injury. Some quick tips from that module include the following:



Tool use (Box Cutters, Screwdrivers, Optical tools, etc.)

- Make sure both your hands and the tool you are using are clean.
- Always cut away from your body.
- Secure the item you are screwing into, don't hold it in your hand. This is especially true for optical screwdrivers. Use a bench block or place against the counter to secure it.

Lifting and Carrying

- Don't lift something that is too heavy for you. Ask for help!
- When lifting heavier objects, be sure to keep a wide base, then squat and lift slowly. Maintain good posture and hold the item close to you.
- When carrying, keep your back straight and don't lean over or twist. Change direction using your feet.

Slips, trips, and fall prevention

- Slips, trips and falls are more likely to occur when you are hurrying or not paying attention to the task. To prevent these types of accidents, plan and stay focused on the task at hand.
- Clean up spills immediately and address water leaks.
- Make sure carpet and flooring are in good condition, and keep aisles cleared.
- Use a ladder or stepstool to reach items at heights. (Don't climb on chairs or counters to gain height.)

Ladder safety

- Face forward and always maintain 3 points of contact (ex. 2 feet and 1 hand).
- Only use on a dry, flat surface.
- Don't use the top step. If you still cannot reach something while on the ladder, request help.