

SAFETY PREVENTS PTSD

Injury Prevention at Work

Injury is a leading cause of Posttraumatic Stress Disorder (PTSD). Preventing injury can prevent PTSD. Employers, supervisors, and providers (e.g., employee assistance program providers, primary care providers, and mental health providers) can help by focusing on preventing injuries (e.g. falls, motor vehicle accidents, machine injuries, etc.) and advocating for a safe work environment.

From the American Public Health Association

Did you know that approximately 200 U.S. workers are hospitalized each day? Worksite injuries are not “accidents” or “just part of the job.” Employers and employees can work together to build safer and healthier work environments. Taking actions, both big and small, to prevent injury in the workplace is critical.

Here are a few tips to get you started:

If you are an employer/supervisor:

- Educate employees about workplace regulations and train employees to recognize unsafe or unhealthy settings. Create an employee reporting system to allow workers to report hazardous working conditions.

- Create safe work environments by identifying and fixing workplace hazards such as unstable surfaces and malfunctioning vehicles.
- Conduct personal safety training programs that teach employees how to recognize, avoid, or diffuse potentially violent workplace situations.

If you are a healthcare provider:

- Support your family, friends, and neighbors when they try to improve health and safety at their workplace.
- If you are a mental health clinician, include understanding of safety, injury, and accidents as part of your work with patients on their mental and behavioral health.

For more information, please see:

<http://www.nphw.org/>