



Think: Head Injuries



You can work for years and hardly get a scratch, then one day a fall can turn your life around. Fall injuries may cause abrasions, fractures and dislocations. However, one of the most serious results of a fall, other than death, can be a head injury. How this will affect you depends upon which part of your brain has been injured as a result of a fall or impact. Broken bones usually heal, but head injuries can result in life long serious problems, such as:

- Changes in personality, such as increased anxiety, depression or anger
- Difficulties with eye and hand coordination, and inability to handle tools or play a sport well
- Defects in vision and visual illusions
- Short-term memory loss or interference with long term memory
- Increased aggressive behavior
- Difficulty in distinguishing left from right
- Changes in social behavior

How you fall often determines your specific injury

From the time a worker loses a secure grip, footing or balance, until impact, several factors influence what part of the body will be injured and how severe the damage will be. They are:

- Distance of the fall - momentum and velocity affect the impact on your body
- The angle of the body at impact - we're not like cats landing on all fours
- The obstacles the body strikes - falling on railings, steps, or vehicles
- The surface eventually landed on - grass or broken concrete & re-bar



What you can do: THINK!

- Maintain focus on the task at hand; avoid distractions that can put you at risk of falling
- Report unsafe conditions to the nearest supervisor
- Make it a habit to work safely, regardless of time pressures and productivity goals
- Practice caution at home – accidents and head injuries from falls happen more often off the job than at work
- Know how to use fall protection and fall restraint equipment
- Use handrails when walking along staircases

Stay Alert! Head injuries can have devastating consequences that may impact your life forever.

