

TAILGATE SAFETY

**SAFETY
FIRST**

The FGI believes it is important to always put safety first.

Our Tailgate Safety Program is a safety training resource for construction and other high hazard industries.

Safety training for the job site & the office!

Office Injuries Are a Real Risk - 6/12/2026 - FGI Safety Tip

Office environments may seem low-risk — but office workers are 2 to 2.5 times more likely to suffer a disabling injury from a fall than non-office workers. Add repetitive strain, flying objects, and poor ergonomics, and the office demands the same safety awareness as any job site.

Top Office Injury Risks

#1 Falls

- Tripping: open drawers, cords, loose carpet, objects in walkways.
- Bending or reaching while seated in an unstable chair.
- Inadequate lighting in hallways.
- Prevention: Keep walkways clear, close drawers immediately, stand up to reach.

#2 Lifting

- Even small loads (files, monitors, paper) can injure your back, neck, and shoulders if lifted incorrectly.
- Prevention: Bend at knees, keep load close to body, avoid twisting. If too heavy — ask for help.

#3 Flying Objects & Struck-By

- Items falling from cabinets or dropped on feet.
- Doors opening into someone; fingers caught in drawers or machines.
- Prevention: Stay alert, open doors slowly, keep hair/jewelry away from machinery.

#4 Repetitive Stress / Strain

- Using a workstation that doesn't fit your body.
- Repeating the same motion with excess force (typing, stapling).
- Prevention: Adjust chair/keyboard/monitor, use ergonomic tools, stretch, take breaks.

What You Can Do

Supervisors Can Do:

- Rotate physically demanding tasks when possible.
- Encourage proper posture and workstation setup.
- Normalize speaking up about discomfort — no stigma.
- Schedule realistic workloads; no marathoning through pain.
- Lead by example — safety includes ergonomics and breaks.

Crew Members Can Do:

- Speak up before discomfort becomes an injury.
- Take breaks before mistakes happen — not after.
- Adjust your workstation to fit your body.
- Pay attention to posture, hydration, and lighting.
- Remember: pushing through pain increases risk.

Other Office Safety Hazards

Computer Vision Syndrome: Staring at screens causes eye strain, blurry vision, headaches, dry eyes. Use the 20-20-20 rule.

Allergies & Irritants: Poor ventilation, dust, mold, or strong cleaners can trigger coughing, sneezing, and sinus issues.

Presented by: Annette De Havilland, Ohio EPA | June 12, 2026

Protect the Office. Protect the Crew. Protect Yourself. | Safety is everyone's job.

FGI

Safety tips are presented monthly by FGI members & industry experts

FabricatedGeomembrane@gmail.com - (217) 333 3929
2215 Newmark Civil Engineering Lab, 205 N. Mathews Avenue, Urbana, IL 61801