



AT YOUR OWN RISK: A SAFER APPROACH TO WORK LIFE AND SPORT QUICK FACTS ON EMPLOYEE SAFETY

At Your Own Risk is a public awareness campaign sponsored by the National Athletic Trainers' Association designed to educate, provide resources and equip the public to act and advocate for safety in work, life and sport. In an effort to provide comprehensive information, the association has launched a website, AtYourOwnRisk.org, that provides recommendations on keeping student athletes and communities active and employees safe on the job.

AtYourOwnRisk.org offers:

- Important information on safety for employers, the benefits of physical activity, and how athletic trainers can play a substantial role in mitigating risk and reducing costs.
- An interactive quiz for users to test their knowledge of occupational safety protocols, along with information on how to reduce risk.
- An opportunity to share personal stories on how a policy, procedure or athletic trainer improved safety, saved a life or made a substantial difference in the workplace or community.

Key statistics:

- In 2013, the rate of nonfatal workplace injuries and illnesses reported by private industry employers to the Bureau of Labor Statistics was 3.3 cases per 100 equivalent full-time workers.¹
- Work-related musculoskeletal disorders, including those of the neck, upper extremities and low back, are one of the leading causes of lost workday injury and illness.²
- The estimated national annual cost of occupational injuries and illnesses is \$250 billion.³
- Companies that employ athletic trainers report a decrease in costs associated with workplace injuries by more than 50 percent.⁴
- Employee health programs with an athletic trainer double the odds of an employee returning to work after an injury within three weeks.⁵
- 80 percent of surveyed companies that employ athletic trainers found a positive return on investment of \$3 or more for every \$1 invested in an athletic training program.⁶
- 90 percent of surveyed companies who employ athletic trainers report that lost work days decreased by 25 percent or more.⁷

Call to action:

- Employers should take the interactive quiz to assess the risk their employees face and test their knowledge of basic safety.
- Employers should examine how working hand-in-hand with medical professionals, specifically athletic trainers, and developing a proactive injury prevention plan can help to keep employees on the job and significantly decrease the costs associated with workplace injuries.

For resource and specific recommendations for employee safety, visit www.AtYourOwnRisk.org.

References

¹Bureau of Labor Statistics. Employer-Reported Workplace Injuries and Illnesses 2013. <http://www.bls.gov/news.release/pdf/osh.pdf>

²Bureau of Labor Statistics – US Department of Labor. Prevention of Musculoskeletal Disorders in the Workplace <https://www.osha.gov/SLTC/ergonomics>

³Occupational Health & Safety Online. US Work-Related Injuries, Illnesses Cost \$250 Billion Annually: Study. <https://ohsonline.com/articles/2012/01/23/us-workrelated-injuries-illnesses-cost-250-billion-annually-study.aspx> Accessed 9/21/2015

^{4,6,7}Hall, Craig. Certified Athletic Trainers Deliver ROI in Occupational Work Settings. http://www.nata.org/sites/default/files/ROI_Occupational_Settings_2009.pdf

⁵Larson, M., Renier, C., & Konowalchuk, B. (n.d.). Reducing Lost Workdays After Work-related Injuries. *Journal of Occupational and Environmental Medicine*, 1199-1204