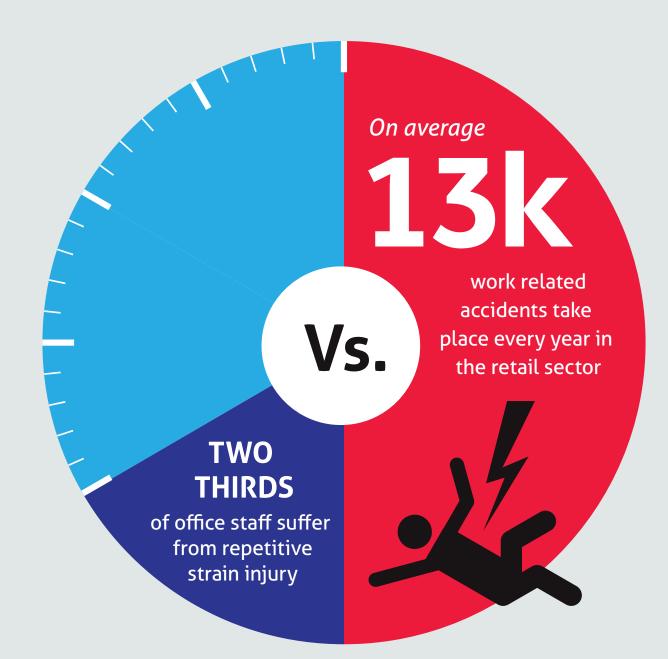


It's Health and Safety at Work Day on 28th April and we're taking a look at some of the dangers faced by two popular professions. Over 25% of jobs are based in offices while 2.27 million people work in retail; but in which one are you more likely to get hurt?





office & administrative workers suffer some form of injury whilst at work

Office workers are times more likely to suffer an injury



from a

than any other job – tripping over desks and carpets or slipping on wet floors

Office workers

### **ACCOUNT FOR** THE HIGHEST

number of working days lost from stress, depression & anxiety

STARING **AT A COMPUTER** 



for long periods of time can cause damage to your vision, along with possible headaches or

**MIGRAINES** 

Sitting at your desk all day puts you at a higher risk of muscular skeletal disorder, diabetes & obesity



Retail has the

#### **2ND HIGHEST**

number of manual handling injuries

**EVERY YEAR** 

with approximately

5% of injuries

lasting for 7 days+

**HOWEVER** 

The biggest by far

is construction

in retail you are

more likely to be

assaulted by

customers than in

any other job

Standing up for long periods of time can

## **INCREASE** THE RISK

of Atherosclerosis

(hardening and narrowing of the arteries)

#### **THOSE WORKING**

in retail experience the

# 3RD

highest number of workplace violence victimisation

> The 1st and 2nd are

law enforcement **AND** mental health professionals

## **INCORRECT**

handling of boxes, stock and heavy items can lead to a higher risk of muscular skeletal disorder

year old motorway service station worker was injured when she attempted to prevent a robbery

She was later awarded

£63K

**IN COMPENSATION** 

Take precautions when working and always remember to report and log any incidents in your company's accident book

Your safety at work is extremely important