

# MOST COMMON CAUSES OF INJURY TO INDEPENDENT CONTRACTORS

+ how they may occur

**34%**  
of all injuries  
*and*  
**32%**  
of all injury costs

## SLIPS, TRIPS OR FALLS

**REASONS INJURIES OCCURRED:**

- Wet, snowy, icy (including black ice) conditions
- Walking with packages preventing IC from seeing hazards in and around walking or working surfaces
- Stepping into holes, speed bumps, uneven patches of concrete
- Poor physical condition of the customer's walkways or staircases
- Slips and falls on non-walking surfaces, including lawns, yards and landscaped areas
- Stepping onto or off of sidewalks, curbs, ramps or other changes in elevation
- Exiting or jumping out of truck with packages in hands, preventing three points of contact
- Objects, such as packages or dollies, in the way
- Not planning the lift and determining a clear path

**12%**  
of all injuries  
*and*  
**26%**  
of all injury costs

## MOTOR VEHICLE ACCIDENTS

**REASONS INJURIES OCCURRED:**

- ICs rear-ending other vehicles
- Striking other vehicles in intersections
- Lack of seat belt use – when accident occurs, workers bounce around inside vehicles
- Other vehicles running red lights or stop signs and striking vehicles, frequently T-bone collisions
- Hit head-on or rear-ended by other drivers
- Rear-ended by other drivers while working in back of vehicle loading or unloading
- Falling asleep behind the wheel
- Hitting patch of ice or black ice
- Losing control on sharp curve, going off road
- Avoiding animals in road
- Driving on a rough road with truck door open and employee falling out of vehicle

**31%**  
of all injuries  
*and*  
**32%**  
of all injury costs

## MANUAL LIFTING/CARRYING INJURIES

**REASONS INJURIES OCCURRED:**

- Lifting while also bending or twisting
- Lifting in awkward positions
- Lifting below knee or floor-level
- Lifting above head or shoulder-level
- Holding loads for long periods of time
- Lifting with high levels of repetition
- Lifting weight that exceeds ability and not seeking assistance with heavy or awkward loads
- Injured while lifting or using two-wheel carts

**12%**  
of all injuries  
*and*  
**8%**  
of all injury costs

## EQUIPMENT & CARGO-RELATED INJURIES

**REASONS INJURIES OCCURRED:**

- Lifting, pushing or pulling of trailer dolly
- Smashing hand between truck and dolly or trailer
- Dolly crank handle striking face or mouth
- Hooking or unhooking airline connections
- Striking tongue gear while trailering
- Being struck or run over by truck or trailer
- Unexpected movement of truck, trailer or dolly
- Caught when trailering, coupling or uncoupling
- Struck by cargo or package that is improperly secured
- Hand and fingers caught in doors

MOST FREQUENT INJURIES

