

# CONSTRUCTION SITE INJURIES: *Fatal Four and Prevention*

The construction site is one of the most dangerous places to work. Below are the four most common causes of workplace death aside from highway collision, which have been dubbed the “Fatal Four”:

51 of 971  
construction-related  
deaths in 2017

**5.1%**



## CAUGHT IN/BETWEEN

This figure includes collapsing structures or materials, as well as being compressed by machines. Communication is highly important in the avoidance of such mishaps.

71 of 971

**7.3%**



## ELECTROCUTION

Construction sites often feature electrical wires and other components that hold charges. Gloves, as well as hard hats, are important for avoiding electrocution.

80 of 971

**8.2%**



## STRUCK BY OBJECT

Construction sites are full of objects that can fall from high places, which is why you should always wear a hard hat on the job.

381 of 971

**39.2%**



## FALLING

Falling from heights is by far the most common cause of death in construction, often a result of violating OSHA's fall protection guidelines.

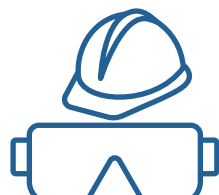
**These four made up almost 60% of construction site deaths in 2017.** Per 2017's stats, eliminating the Fatal Four would save the lives of nearly 600 workers annually.

## WHAT YOU CAN DO TO PREVENT THE FATAL FOUR:



### Follow OSHA guidelines

OSHA put workplace guidelines in place for a reason. Many injuries are a result of not abiding by them.



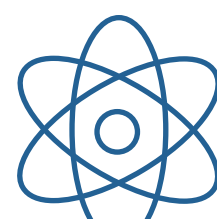
### Wear PPE

Personal protective equipment is usually your last line of defense against injury or death in the construction site. Be sure to gear up properly.



### Get an education

Knowledge is power, as they say. Enrolling in a training program, such as one for heavy equipment operation, will arm you with the knowledge to help cut down on the occurrence of the Fatal Four.



### Keep Learning

Safety protocols, such as the OSHA guidelines, are improving all the time. Make an effort to stay up to date on the current safety policies to prevent injuries to yourself and others in the workplace.



**Learn more about the courses offered at HEC, or to schedule a tour of the location nearest you.**

If you're interested in a career in construction, safety is important. That's something the Heavy Equipment Colleges of America take to heart, which is why it's a point of emphasis in their heavy equipment training programs.

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