When it comes to managing risk in the workplace, knowledge is power. The Liberty Mutual Workplace Safety Index helps employers, risk managers, and safety practitioners make workplaces safer by identifying critical risk areas so that businesses can better allocate safety resources.

Developed annually, the index ranks the top 10 causes of serious, nonfatal workplace injuries by their direct costs to U.S. businesses.

According to the 2018 Liberty Mutual Workplace Safety Index, serious, nonfatal workplace injuries amounted to nearly $60 billion in direct U.S. workers compensation costs. This translates into more than one billion dollars a week spent by businesses on these injuries.

Top 10 Injury Causes

Overexertion involving outside sources ranks first among the leading causes of disabling injuries. This event category includes injuries related to lifting, pushing, pulling, holding, carrying, or throwing objects. Overexertion costs businesses $13.67 billion in direct costs and accounts for 23.4 percent of the overall national burden. Falls on same level ranks second with direct costs of $11.23 billion and accounts for 19.2 percent of the total injury burden. Falls to a lower level ranks third at $5.85 billion and 10.0 percent of the burden. Struck by object or equipment ranks fourth at $5.33 billion and 9.1 percent. Other exertions or bodily reactions ranks fifth at $4.19 billion and 7.2 percent of the total injury burden. These top five injury causes account for 68.9 percent of the total cost burden.
The remaining five injury causes combined account for 19.1 percent of the total direct cost of disabling injuries. These include roadway incidents involving motorized land vehicles, slips or trips without falling, caught in/compressed by equipment or objects, struck against objects or equipment, and repetitive motions involving micro-tasks. Direct costs of all disabling work-related injuries equal $58.50 billion, with the top 10 causes comprising 87.9 percent - or $51.44 billion of the total cost burden.

**Scientific Methodology**

The Liberty Mutual Workplace Safety Index is based on information from Liberty Mutual, the U.S. Bureau of Labor Statistics (BLS), and the National Academy of Social Insurance. BLS injury data are analyzed to determine which events caused employees to miss six or more days of work; then those events are ranked by total workers compensation costs.