First Day Back to Work – Picture This



What's wrong in this picture? According to the Bureau of Labor Statistics, returning to work after a period of absence come with many risks. Recorded injury data of workers nationwide, including Oklahoma, shows an increased likelihood of workplace injuries on Mondays, which is often the first day back at work after absence due to days off, vacation or an injury. Safety authorities say one of the reasons for this could be a lack of focus and low energy levels.

One way for a returning worker to get his or her mind focused on the job might be to carry out an inspection of his or her workstation, including all the tools and equipment, before working with it. Checking the presence of all the necessary safeguards before work commences is crucial. Returning workers might need a few days to get their heads in the game and focus on job safety.