



Safety Message of the Day for IMEA Members



First Day Back to Work Safety Message

There is a multitude of different risk factors for workplace injuries. One risk factor for an increased likelihood of injury is working after an extended break such as coming into work on a Monday after a few days off. It has been statistically shown that a worker is more likely to be injured on a Monday.

The Bureau of Labor Statistics reported that since 2007, Mondays have had the highest number of workplace injuries out of all the days of the week every single year with the exception of two years.

Why is the First Day of Work Back More Dangerous?

While the Bureau of Labor Statistics provides injury data where we can see that more injuries occur on Mondays than any other day of the week, they do not give an explanation why. There can be a multitude of possibilities as to why more injuries occur on the first day back to work. Lack of focus or attention could be one reason why someone is more likely to fall victim to an injury on their first day back to work.

The first day back to work has its many unique hazards. It is important to consider how or why injuries are more likely to occur on the first day back to work. Take the time to ensure you are taking the necessary steps to avoid injury during the first few hours of work after being off for a few days.

Discussion point: Why might the first day back to work here create more hazards?