



Self Audit Checklist

Top 10 Causes of Industrial Injuries- Are You at Risk?

#1- Overexertion & Bodily Reaction

- Do employees receive training on safe lifting and material handling techniques?
- Are mechanical aids (carts, hoists, conveyors) available and used properly?
- Are workstations and tasks ergonomically designed to reduce strain?

#2 - Slips, Trips & Falls – Same Level

- Are floors kept clean, dry, and free of obstacles or clutter?
- Are walking-working surfaces inspected regularly and repaired when needed?
- Are slip-resistant shoes required in wet or oily environments?

#3 - Falls from Heights

- Are ladders, scaffolds, and elevated work platforms inspected before use?
- Do workers use appropriate fall protection (e.g., harnesses, guardrails) when required?
- Are all elevated work areas equipped with fall prevention systems?

#4 - Struck by Object or Equipment

- Are tools and materials secured to prevent them from falling or shifting?
- Do workers wear hard hats and other necessary PPE in high-risk zones?
- Are exclusion zones marked and enforced around operating equipment?

#5 - Contact with Objects or Equipment

- Are machine guards and barriers in place and functioning properly?
- Do employees avoid wearing loose clothing or jewelry near machinery?
- Are lockout/tagout procedures used and followed during maintenance?

#6 - Repetitive Motion Injuries

- Are repetitive tasks rotated or broken up to reduce strain?
- Do employees receive training on proper posture and motion techniques?
- Are ergonomic assessments performed regularly for at-risk jobs?

#7 - Transportation Incidents

- Are company drivers trained on defensive driving and distracted driving policies?
- Are motor vehicle records (MVRs) reviewed at least annually for all drivers?
- Are vehicles inspected and maintained regularly for safe operation?

#8 - Exposure to Harmful Substances or Environments

- Are Safety Data Sheets (SDSs) available and current for all hazardous substances?
- Are employees trained on chemical handling, PPE use, and emergency response?
- Are ventilation systems and exposure controls effective and tested regularly?

#9 - Electrical Injuries

- Are electrical panels, cords, and outlets inspected for damage or wear?
- Do only qualified personnel perform electrical work?
- Are lockout/tagout and arc flash protection procedures followed?

#10 - Machinery-Related Injuries

- Are machines inspected regularly and properly maintained?
- Is operator training documented and up to date?
- Are emergency stop buttons clearly marked and tested?

What's Next?

If you answered "No" to any item, there may be preventable risks in your operation. Request your FREE V360™ Risk Discovery Call to explore how Veltera Risk Advisors can help.