

## Struck-by Incidents

### Protect Yourself, Abolish Struck-By Hazards Now



No job is worth risking your life, yet employees are injured from “struck-by” incidents. Struck-by is defined by OSHA as:

*Injuries produced by forcible contact or impact between the injured person and an object or piece of equipment.*

#### Common types of struck-by incidents:

- Falling objects - an object falling from heights and hitting workers below. This includes tools, equipment, materials, and debris.
- Flying objects - when an object has been thrown, hurled, or is being propelled across space, such as a nail from a nail gun.
- Rolling object - workers struck by a vehicle or heavy equipment while in motion.
- Collapsing structures - when structures collapse or parts of them fall.
- Improperly secured loads - loads that are not properly secured that can shift and fall.
- Swinging object - loads that are mechanically lifted and have a potential to swing and strike.

#### Common Causes:

1. Lack of understanding the hazards, lack of training on hazard identification and prevention
2. Time constraints caused by scheduling pressures, or emphasis on production
3. Lack of equipment maintenance
4. Overloading equipment
5. Inattention

#### General Guidance:

##### Heavy Equipment

- Stay away from heavy equipment when it’s operating
- Wear high-visibility reflective clothing
- Stay clear of lifted loads and never work under a suspended load
- Wear seatbelts when provided
- Do not exceed a vehicle’s rated load or lift capacity

##### General Safe Work Practices

- Reduce air pressure of when using compressed air to 30 p.s.i. if used for cleaning, and use only with appropriate guarding and proper protective equipment
- Operate tools and equipment according to manufacturer’s instructions
- Ensure all required guards are in place
- Secure materials against wind gusts
- Be trained to operate power tools

##### Personal Protective Equipment (PPE)

- Provide head protection (e.g., hard hats) whenever there is possible danger of head injuries from flying or falling objects
- Wear eye protection any time work operations involve eye flying particles e.g., cutting, grinding, nailing, welding
- Inspect PPE for dents, cracks or deterioration

**Stay Informed of Workers Rights: [OSHA.GOV/WORKERS](https://www.osha.gov/workers)**



For more information, please contact HIOSH at:  
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