Workers' Comp

6 Common Causes of Work-Related Injuries and How to Treat Them

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4 MIN READ

Work-related injuries are an unfortunate reality in many professions, and as claims professionals, it’s crucial to understand the common causes and effective treatment options available for these injuries. Below, you’ll find practical solutions tailored to each type of injury, equipping you with the knowledge necessary to enhance recovery outcomes and improve the well-being of your injured employees.

1.

Common Types of Injuries:Non-impact injuries from excessive physical effort towards an external source, such as lifting, pushing, turning, holding, carrying or throwing. Also, repetitive motion injuries from microtasks causing stress or strain on the body due to their repetitive nature, often without intense exertion.

Specialty Solutions May Include:

- **Diagnostic Imaging Services:** X-rays, MRIs and other imaging tests can diagnose the extent and nature of overexertion injuries to help guide appropriate treatment and rehabilitation.

- **Physical Medicine:** Physical and occupational therapists provide tailored exercises to help improve strength, flexibility and endurance. They offer modalities to reduce pain and training in proper body mechanics and work techniques to prevent future injuries.

- **Electrical Stimulation Devices:** An alternative to pain medication, these devices can be used to manage chronic pain, muscle weakness and nerve damage.

2.

Common Types of Injuries:

Injury scenarios, including incidents like a moving object hitting someone, collisions with objects or equipment, body parts getting squeezed, pinched, compressed, or crushed in machinery, being caught between shifting or stationary objects, or in a wire or rope. Also, injuries from collapsing structures, equipment or materials, as well as those from friction, pressure or vibration.

Specialty Solutions May Include:

- **Durable Medical Equipment:** Treatment of lacerations, puncture wounds and other injuries caused by contact with objects or equipment often requires specialized equipment and supplies. This may include wound care supplies, compression therapy, crutches or walkers, wheelchairs and scooters.

- **Diagnostic Imaging Services:** CT scans, X-rays and other imaging tests are often used to evaluate the extent of injuries from contact incidents. This helps guide appropriate treatment and monitor healing.

- **Orthotics & Prosthetics:** In more severe cases, assistive devices or artificial limbs may be needed to regain as much function as possible.

3.

Common Types of Injuries:

Injuries range from slips and trips without falling, falls on the same level (while sitting, colliding with objects) to falls to a lower level (from collapsing structures, ladders, roofs or scaffolding) and jumps to a lower level (controlled descents).

Specialty Solutions May Include:

- **Durable Medical Equipment:** Devices like crutches, walkers or wheelchairs may be needed to help injured employees regain mobility and prevent reinjury.
- **Diagnostic Imaging Services:** Imaging testing like X-rays and MRIs can correctly diagnose fractures, sprains and other injuries. This also helps evaluate an individual's response to treatment.
- **Physical Medicine:** Physical therapists help injured employees regain strength, balance and mobility after falls, slips and trips by providing treatments like exercise, gait training and balance exercises to aid in recovery.

4.

Common Types of Injuries:

Exposure to various hazards, such as electricity, radiation, noise, extreme temperatures, changes in air and water pressure, contagious and infectious diseases, oxygen deficiency and traumatic or stressful events.

Specialty Solutions May Include:

- **Respiratory Services:** A range of medical treatments, management and care to improve an individual’s lung function for respiratory issues stemming from inhalation exposures.
- **Durable Medical Equipment:** A broad selection of equipment and supplies for virtually any type of injury including burn care, hearing aids, wound care and ostomy products, bone growth stimulators, oxygen and respiratory therapy and TENS supplies.

- **Home Health Care:** Care givers, equipment and medical supplies help injured employees recover function and regain independence after neurological, musculoskeletal or sensory impairments from harmful exposures.

5.

Common Types of Injuries:

Both intentional and unintentional injuries caused by other people, as well as incidents involving animals and insects.

Specialty Solutions May Include:

- **Catastrophic Care:** Products and services designed for acute and long-term catastrophic injuries including multiple gunshot wounds, amputees, traumatic brain injury, spinal cord injury and more.
- **Medical Transportation:** Safe and reliable transportation prevents missed appointments that can delay recovery and worsen health outcomes.
- **Physical Medicine**: Various therapy types including physical, aquatic, hand and occupational help injured employees recover strength, mobility and range of motion following injuries sustained during a violent encounter or animal attack.

6.

Common Types of Injuries:

Accidents involving aircraft, rail, water and motorized land vehicles, including collisions with other vehicles and objects. Also accidents with individuals struck by vehicles in work zones.

Specialty Solutions May Include:

- **Home & Vehicle Modifications:** Alteration and equipment installation services can provide individuals with day-to-day assistance that increases mobility, prevents additional injuries and promotes rehabilitation.
- **Orthotics & Prosthetics:** These advanced devices do more than replace lost limbs; they are crucial for rehabilitation and help injured employees reintegrate into their daily lives.
- **Home Health Care:** Catastrophic and complex cases resulting in the need for home health care may receive services such as wound care, I.V. therapy and skilled home nursing.

Whether it's home health, durable medical equipment, diagnostics or another specialty service, Apricus Specialty Solutions offer a one-stop-shop experience to make sure those recovering from an injury get what they need, when they need it.

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