



Safety Message of the Day for IMEA Members



Why is the first day back at work more dangerous Safety Message

Statistically speaking, Mondays show the highest rate of worker injuries over any other day of the week. In fact, the Bureau of Labor Statistics (BLS) reports that since 2007, Mondays have have the highest number of workplace injuries every single year with the exception of two years. The same is going to apply on Mondays after a long break and/or the first day back after a **holiday break**.

There are likely a multitude of reason. While the BLS does not provide any data on why Mondays have the highest incident rate, we can take an educated guess that lack of focus or attention are major factors. Some other reasons may include:

- Lower energy or morale
- Personal matters from the weekend creating addition stress or distraction
- Hectic or busier coming back from the weekend or time off

It's important to fend off low energy or morale at the start of the week. Remember that you set the tone for you day and can help influence those around you. Choose to bring good energy, excitement for the week and support for your team to Monday morning and see how that changes the day not only for you but for the entire job site.