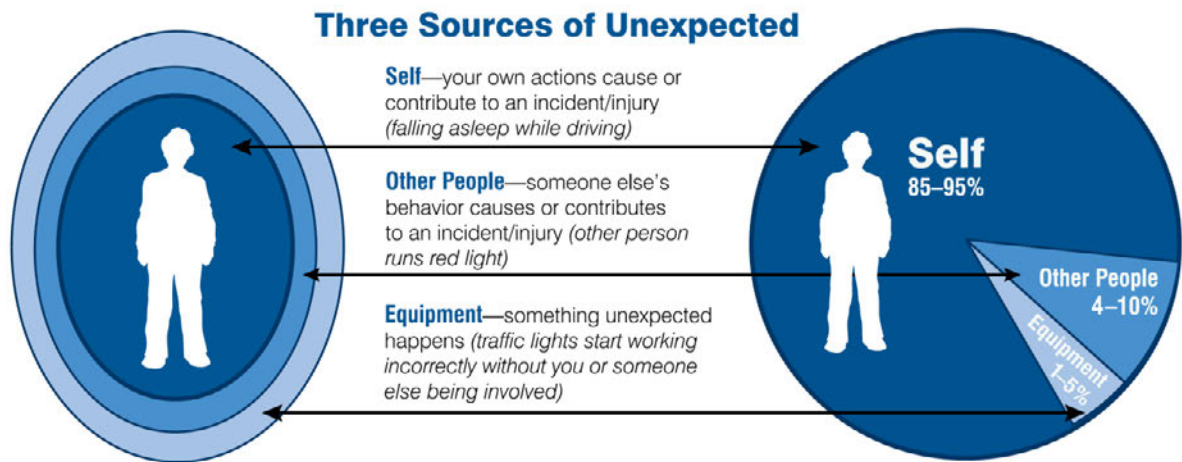


Injuries Occur When We Unexpectedly Come in Contact with Hazardous Energy

(review pages 13–19 in the Unit #1 Introduction & Overview Workbook)

Since we don't contact hazardous energy or get hurt on purpose, something unexpected must always happen when we get hurt. For almost everyone, the vast majority of their lifetime injuries have been the result of something unexpected occurring in the "self" area.



"I can't think of a time it's been other people or equipment that injured me! I should ask my spouse."

How would you explain this concept to your family, friends or work colleagues?

What real world examples would you use to help them to understand this concept better?

(Hint: Car accidents and how they occur are a common example of this concept)
