

FACT SHEET

FS No. 12-012-0522



Installation Injury Summaries for Department of the Army (DA) Civilians

What are Installation DA Civilian Injury Summaries?

The U.S. Army Public Health Center (APHC) Installation DA Civilian Injury Summary is an annual analysis of the injury-related workers' compensation data for all Department of Defense and DA Civilians working on Army or Joint Base installations.¹ DA Civilian data provides an important part of the overall "injury picture" for each installation. Each installation's summary is presented in briefing slide deck format and includes:

- DA Civilian lost time rates for 5 years, by fiscal quarter
- Top causes of DA Civilian lost time (prior fiscal year (FY))
- Top occupations with DA Civilian lost time (prior FY)
- Top units with DA Civilian lost time (prior FY)
- Costs for compensation claims (prior calendar year)
- Comparisons of installation data to all DA Civilian and Joint Base Civilian data

Want your DA Civilian Installation Injury Summary?

Installation DA Civilian Injury Summaries are produced by the APHC Injury Prevention Branch (IPB) and are available by request. They are typically provided in 1-2 weeks.

Why are DA Civilian injury summaries created and how can they be used by installations?

DA Civilians make about 2,000-3,000 injury compensation claims per year, typically resulting in over 50,000 lost duty days over time.² These claims often lead to \$3-5 million in medical costs within the first year alone, which can continue to accrue over many years, depending on the severity of the injuries.³⁻⁵ This is based solely on workers' medical compensation data because DA Civilian employees do not receive medical treatment from the Military Health Service.

Understanding the DA Civilian injuries at an installation (e.g., trends, causes) will help leaders prioritize injury prevention efforts to focus scarce resources on the leading causes, occupations, and/or workplaces. To help complete the overall installation "injury picture," annual Army Active Duty injury summaries are also prepared for each installation from analyses of Soldiers' medical records.⁶

What are the data sources?

DA Civilian lost time data are obtained from the Force Risk Reduction System (FR2).² Lost-time cases and lost days are determined from workers' compensation claims submitted via the Electronic Data Interchange and Safety First Event Reporting (SaFER), and from Continuation of Pay and Leave Without Pay data from the Defense Finance and Accounting Service (DFAS) pay files.

Costs are obtained from the Defense Injury and Unemployment Compensation System (DIUCS)^{3,4} and the Department of Labor Employees' Compensation Operations & Management Portal (ECOMP).⁵ DIUCS and ECOMP report unemployment compensation and total medical treatment costs paid out (sometimes \$0, if the claim was denied or no payments have yet been made). There is often a time lag since accrued costs are assigned to the original claim date, and payments are made only after the claim is approved.

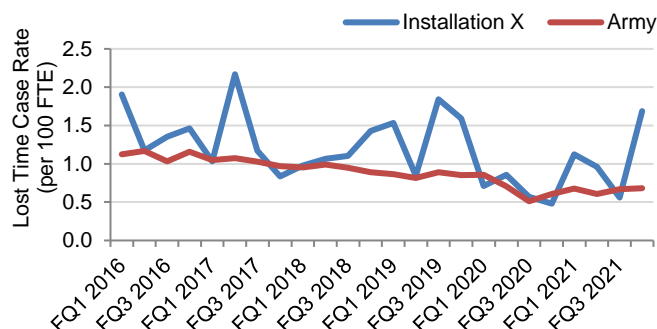
What are the leading DA Civilian injury types?

Historically, Civilian injuries resulting in the highest compensation costs are—

- Sprains/strains (not back);
- Pain/swelling/stiffness in joints;
- Back injuries (sprains/strains); and
- Fractures.

In general, these same types of injuries (sprains, back injuries) lead to the most time away from work for DA Civilians. The specific amount of lost duty time varies by installation and over time (see *Figure*).

Figure. Example-Installation DA Civilian Workers' Compensation Case Rates over Time



What are the leading causes of DA Civilian injuries?

The data systems used to track DA Civilian workers' compensation claims contain a pre-determined list of "causes." Leading injury causes resulting in the greatest number of injury claims, lost duty days, and highest compensation costs often include:

- Handling materials or equipment
- Fall/jump
- Slip/twist/trip
- Physical training
- Motor Vehicle

It is important to note that these are general categories that do not provide specific details about the conditions leading to the incident. For example, an injury from handling equipment could result from picking up a heavy box one or more times, or from a repetitive activity like cutting boxes. Slips, trips, and falls may be related to icy conditions outside in a parking lot, water spilled on a floor, a crack in a sidewalk, or a loose floor mat.

Who are at the greatest risk of injury?

Occupation groups with the highest number of lost duty days often include:²

- Medical
- Protective
- Administrative/clerical

Civilians in these specialties also typically accrue the highest costs associated with claims.³

How can common DA Civilian injuries be prevented?

The general recommendations below can help reduce occurrence of injuries. The resources listed below the table offer further guidance.

Injury Causes	Common Activities & Hazards ⁷⁻¹³	Injury Prevention Recommendations ⁸⁻¹⁴
<p>Handling materials or equipment</p> <p>See <i>Fact Sheets</i>:</p> <p>How to Safely Carry Loads</p> <p>How to Safely Perform Pushing and Pulling Tasks</p>	<ul style="list-style-type: none"> • Repetitive strenuous activity (lifting, lowering, pushing, pulling, or carrying heavy loads), vibrations,^{7,10} or continuous/routinely repeated non-strenuous activity (computer typing, sitting/standing) • Excessive bending or twisting at the waist^{7,8,11} • Lack of training on proper lifting techniques and protective equipment^{9,10} 	<ul style="list-style-type: none"> • Request an ergonomic worksite assessment from APHC Ergonomics or your local industrial hygienist to help evaluate, train, and provide recommendations for equipment options (e.g., sit/stand workstations or mechanical devices, such as lift trucks, cranes, or conveyors to eliminate manual lifting and lowering). When medical conditions warrant, certain equipment may be obtained at no charge to the installation.¹² <i>Submit ergonomic assessment requests to:</i> usarmy.apg.medcom-aphc.mbx.army-ergonomics@mail.mil or call 410-436-2439. • Assess workplace training needs and ensure all personnel complete the appropriate training on equipment and safety procedures.^{8-10,12} • Ensure proper lifting techniques (e.g., keep the load close to the body; use the legs to lift the load).^{9,11}
<p>Slips, trips, twists, and falls</p> <p>See <i>Fact Sheet</i>:</p> <p>Fall-Related Injury Prevention</p>	<ul style="list-style-type: none"> • Ice and snow on steps and walkways^{12,13} • Wet floors, worn carpeting, loose floor mats^{8,10,12,13} • Poor maintenance and housekeeping practices^{8,10,12,14} • Unsafe ladder positioning and scaffold assembly^{8,10} • Insufficient procedures, training, or supervision^{10,13} 	<ul style="list-style-type: none"> • Reporting: Make sure employees know how to report unsafe worksite conditions/problems.¹⁰ • Outdoor hazards: Keep walking surfaces clear and well-maintained, ensure timely snow/ice removal.^{8,10,13,14} • Indoor floor hazards: Ensure timely removal of hazards (e.g., spills, loose floor mats, equipment left out) and needed worksite repairs.^{8,10,13,14} • Safe ladder climbing techniques: Ensure personnel are properly trained (e.g., always maintain three points of contact, stay off the top two rungs).¹⁰ • Equipment and safety training: Ensure personnel are familiar with procedures to maintain safe, injury-free working conditions, know how to report problems, and receive training (with annual updates/seasonal reminders).¹²

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