

Injury Free Culture

A workforce that strives to work **Injury Free** because it supports strong teams, strong business performance, and let us all return home to those we love.



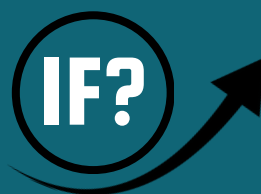
Join the movement

Being **Injury Free** starts with you.
Be the change you want to see in the workplace.



To learn more:

Visit: www.doli.virginia.gov/what-if/



“What IF?”

What **IF** you worked your entire career **Injury Free (IF)**?





What is “What **IF**?”

A Cultural Attitude

“What **IF**?” encourages businesses to view safety as a value rather than a priority; priorities change but assuring your workforce is injury-free remains a constant responsibility.

Creating a **new** mindset

It’s a way of thinking that avoids injuries, reduces costs, and keeps safety top of mind.



What **IF** is not

- 01** The same as zero injuries programs.
- 02** A numeric goal, but rather a journey of continuous improvement.
- 03** A guarantee.

Many people think that an Injury Free culture can’t happen yet many workers retire successfully navigating their career Injury Free. **IF** is about working together to assure your workforce has the opportunity to work Injury Free.

How to start?

- Present the concept of experiencing an Injury Free Career culture.
- Promote the change in safety culture.
- Designate and agree on what role management and employees will fulfill in the process.

