



## **NIOSH Study: Paid Sick Leave May Reduce Workplace Injuries**

According to a study conducted by the National Institute for Occupational Safety and Health (NIOSH), workers with paid sick leave benefits are 28 percent less likely to suffer nonfatal workplace injuries than employees without paid sick days.

The NIOSH study, published in the *American Journal of Public Health*, found workers in high-risk industries such as construction, agriculture, health care, and social assistance appear to benefit most from company policies that include paid sick time. The study's research suggests by offering paid sick leave to employees, they may stay at home to fully recover from an illness, rather than returning to work too early and potentially increasing the chances of a workplace injury.

Interestingly, the study also stated previous research has shown paid sick leave is associated with shorter employee recovery times and reduced complications from minor health issues.

Improved access to paid employee sick leave may lead to a reduction in the number of occupational injuries and, in turn, a reduction in employers' operational and insurance costs. The NIOSH researchers concluded, "We hope that our study...will encourage policy makers and employers to consider the overall well-being of workers when making policy or funding decisions. Such a holistic approach would lead to more integrated development of programs that both prevent occupational injury and illness and improve other aspects of worker health."

AMRRP received a total of 866 workers' compensation claims in 2011, representing approximately 57 percent of total new claims received by the Pool.

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