

# Injury Rates Are Rising in Home Care: What the Latest OSHA Data Tells Us

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- **Care at home workers continue to experience a high rate of injuries**
- **Strategies needed to improve worker safety**



The Occupational Safety and Health Administration (OSHA) [recently released its 2024 data on work-related injuries and illnesses](#) — and once again, the healthcare sector stands out for all the wrong reasons.

While the data covers all industries, one trend is clear: **home health and personal care workers continue to experience high rates of workplace injuries**, often surpassing those in hospitals and nursing facilities. The nature of home care — working alone in unpredictable environments — places caregivers at unique risk.

## Key Injury Trends in Home Care

According to OSHA:

- **Musculoskeletal injuries** from lifting, transferring, and repositioning clients remain one of the most common and costly injury types.
- **Slips, trips, and falls** are frequent due to cluttered or unsafe conditions in patient homes.

- **Workplace violence**, including physical and verbal aggression from clients or others in the home, continues to rise — a trend OSHA has flagged as especially concerning in healthcare.

These aren't new challenges, but they are growing more urgent.

### **What Agencies Can Do Now**

The latest data reinforces what many in home care already know: **we need stronger, more proactive safety strategies**. Agencies can take action in several key areas:

1. **Enhance Safety Training**

Train caregivers in proper body mechanics, safe transfer techniques, and how to de-escalate tense situations. Don't stop at orientation — offer ongoing refreshers.

2. **Assess Home Environments Early and Often**

Incorporate safety checklists into your intake process. Reassess periodically as a client's needs or environment changes.

3. **Prioritize Violence Prevention**

OSHA is placing increasing scrutiny on workplace violence in healthcare. Agencies should develop clear reporting policies, support caregivers in speaking up, and implement incident response protocols.

4. **Foster a Culture of Safety**

Empower caregivers to report hazards or injuries without fear of blame. Respond swiftly when concerns are raised. When caregivers feel safe, retention improves — and so does care quality.

5. **Review the Alliance's Workplace Safety Resources**

Resources developed by members of the Alliance along with assistance from Polsinelli are [available for reference](#).

### **Reporting Rules Are Changing, Too**

A reminder: Under OSHA's updated electronic reporting rule, home care agencies with 100 or more employees in certain classifications must now electronically submit **Form 300 and 301 data**, not just the 300A summary. Agencies should ensure they're in compliance or seek guidance if unsure.

### **The Bottom Line**

Home care is deeply personal work — but it can't come at the cost of caregiver safety. As the 2024 OSHA data shows, the risks are real. It's time for agency leaders to double down on creating safe, supportive environments for the people who make home care possible.