

LESSONS LEARNED FROM LOSSES

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How to Lift Safely

It is one of the most common claims we see. Though not all lifting injuries can be prevented, many can be. Many times an injury results from an employee simply not taking a moment to determine the best way to lift or move something, or asking for help. The employee should use "S.M.A.R.T." lifting techniques.

Size up the load.

Move the load closer.

Always bend your knees

Raise the load with your legs

Turn your feet in the direction you want to move

Consider the employee who hurriedly lifted a barbecue grill onto a trash truck and injured his neck and shoulder. This employee has had 3 spinal surgeries and several complications resulting from this injury that will potentially affect him for the rest of his life. The costs involved in the medical treatment and lost wages are in the hundreds of thousands of dollars, but pale in comparison to the change in the course of this person's life.

