

LESSONS LEARNED FROM LOSSES

Monthly Newsletter – September 2018

SAFE LIFTING



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

Example 1: Employee assisting in the lifting of an obese patient in a non-emergency situation with too few people involved. A 2-level spinal surgery was necessary and the total incurred in that claim at this point is \$267,000.

Example 2: Employee was lifting a generator by himself from the back of a truck and injured his back. A cervical discectomy and 2-level fusion surgery was necessary and the total incurred on this claim currently is \$235,000.