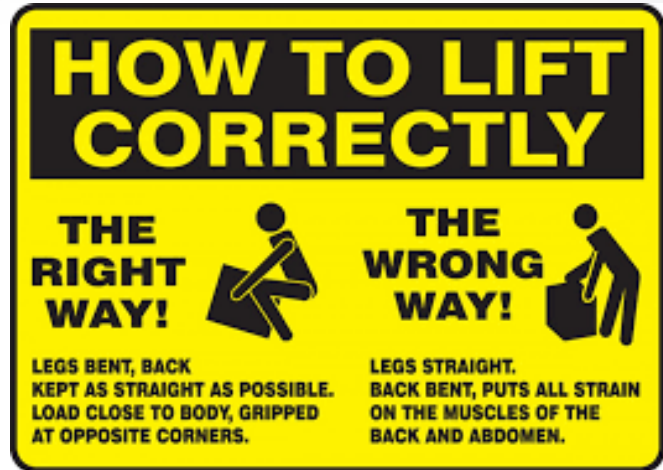


LESSONS LEARNED FROM LOSSES

Monthly Newsletter – October 2019

SAFE LIFTING



It is one of the most common causes of injuries to employees, but proper technique can greatly reduce the frequency of these claims. Many times an injury results from an employee simply not taking a moment to determine the best way to lift or move something, or to ask 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 removing sweeper head by himself caused severe lower back injuries. Several herniations were sustained and 2 back surgeries including a fusion were needed. The total incurred on this claim is well over \$300,000.

Example 2: Employee was lifting small engines in the engine workshop and strained their back in the process. A spinal surgery and injections were required and the total cost on the claim is over \$125,000. .