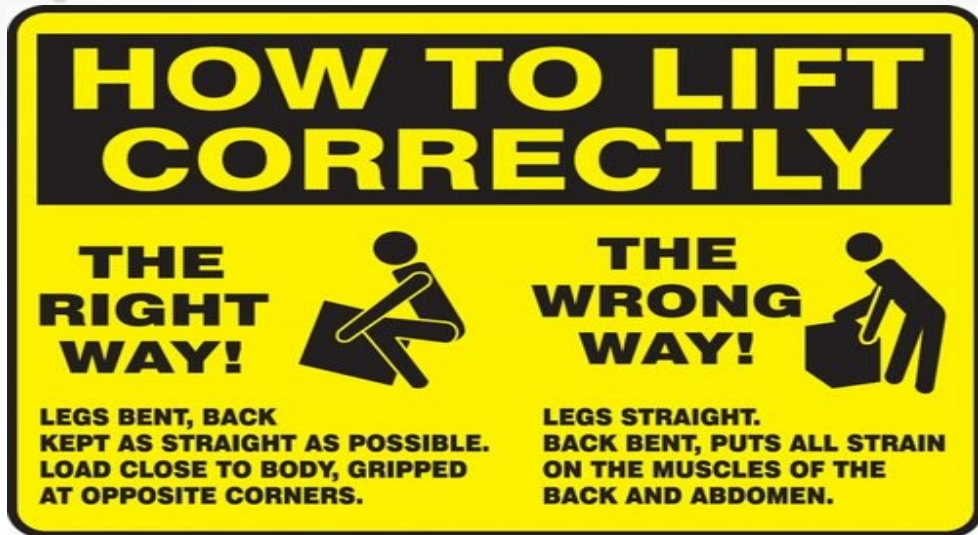


LESSONS LEARNED FROM LOSSES

September 2021- SAFE LIFTING



It is one of the most common causes of injuries to employees, but proper technique and taking a moment to determine the best way to lift or move something, or asking for help, will greatly reduce the numbers and severity of these claims. Employees 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: EMT assisting with lifting of patient and immediately felt pain in the upper back. Conservative treatment has failed and a 2 level cervical fusion surgery is being scheduled. The total incurred on the file is \$130,000.00

Example 2: Employee was lifting a trash bag to be thrown into a dumpster and strained their shoulder and upper back. Conservative treatment has succeeded on the back, but the shoulder required arthroscopic surgery. The total incurred on the claim is more than \$85,000.