

# LESSONS LEARNED FROM LOSSES

## September 2022- 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: Employee collecting trash turned toward the garbage truck while holding a filled trash can causing a sharp pain in the lower back. Extensive conservative treatment to avoid surgery has taken place and surgery may still be the ultimate outcome. The total incurred on the file currently is \$111,000.00. It is important to turn your feet in the direction you want to move before twisting your body while carrying the weight.

Example 2: Employee dumping a trash can strained their left shoulder. 2 arthroscopic surgeries have taken place and the total incurred on the claim is \$241,000. This employee failed to properly size up the amount of weight in the trash can,