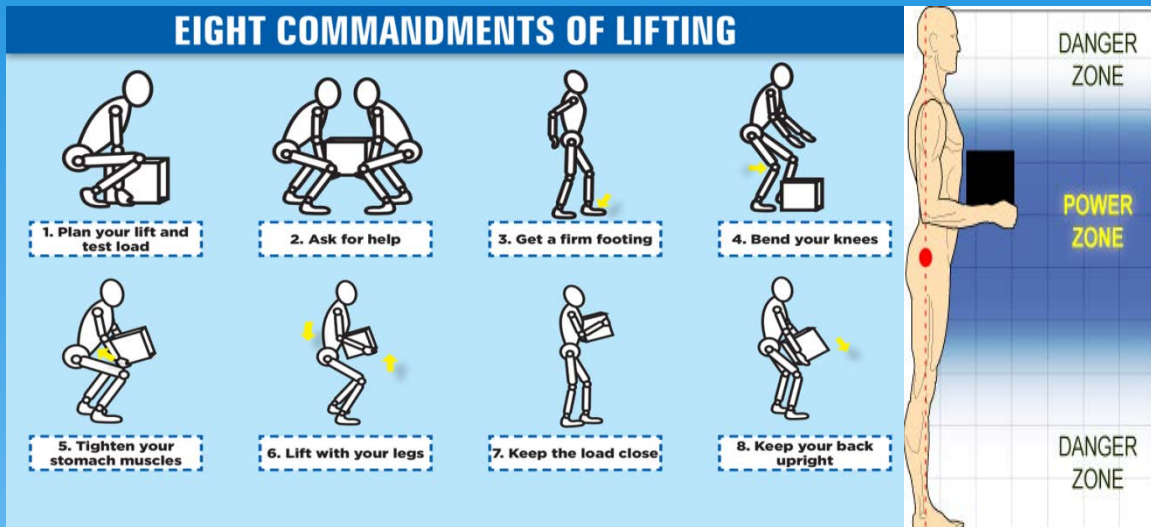


# LESSONS LEARNED FROM LOSSES SPELL JIFS--SEPTEMBER 2016

## LIFTING SAFETY



- Lifting injuries are one of the leading cause of claims for custodians and other employees.
- When employees use “smart lifting” practices and work in their “power zones” they are less likely to suffer from strains and sprains, muscle pulls, spinal injuries and other injuries.
- Make sure employees take 15 seconds to think and ask themselves, “am I abiding by the safety rules” and “do I have the right people and equipment.”

### Examples of lifting injuries in 2016:

- Custodian was lifting trash which was heavy into dumpster and injured shoulder. THIS WILL BE A 6-FIGURE CLAIM!
- Custodian was lifting tables and injured right arm
- While moving boxes, employee injured lower back

### OTHER THINGS TO KEEP IN MIND

- ✓ Take pictures, take pictures, take pictures
- ✓ Safety Bulletins/Checklists