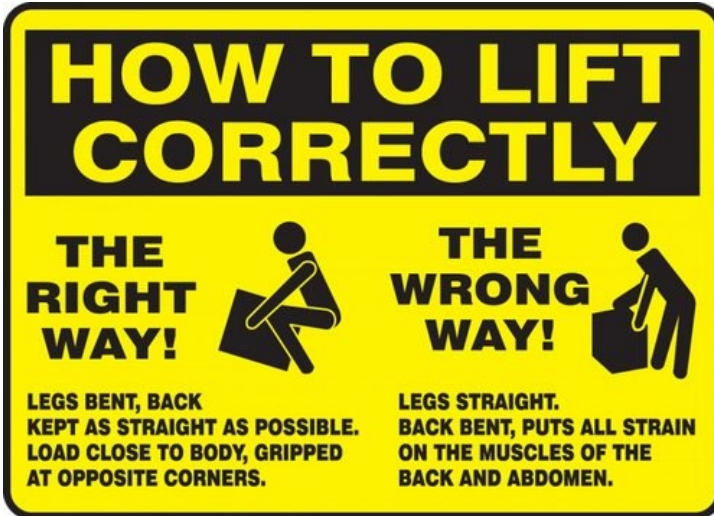


LESSONS LEARNED FROM LOSSES

SEPTEMBER 2024 – SAFE LIFTING



- It is one of the most common claims we see.
- Not all lifting injuries are preventable, though many are.
- Many times an employee is injured simply because they do not take a moment to determine the best way to lift or move something, or ask for assistance.
- Employees should employ “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: Custodian lifting a trash bag hurt his lower back and shoulder. Conservative treatment may work on the shoulder, but surgery may be required on the low back. The total reserves on this claim are over \$135,000.

Example 2: Maintenance Foreman was lifting a table and felt a pop in his right shoulder. A rotator cuff tear was diagnosed and arthroscopic surgery on the shoulder was necessary. The total reserves on this claim are \$121,000.