

LESSONS LEARNED FROM LOSSES

SEPTEMBER 2018 – 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: An employee was lifting boxes to move them to other side of the room and felt a pull in her lower back. She has had two 2-level fusions and a 3rd surgery and the total cost of the claim is over \$627,000.

Example 2: An Employee was lifting cases of juice and injured her back. This employee has had a 3-level fusion and the total cost on the claim is over \$671,000.