

# LESSONS LEARNED FROM LOSSES

## SEPTEMBER 2019 – 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: Throwing trash into a dumpster, a custodian felt pain in her right shoulder and forearm. Surgical repair was required for the shoulder and the total costs on this claim is over \$115,000.

Example 2: Custodian lifting a bag of trash into the dumpster felt pain in her lower back. This employee a spinal fusion and the total cost on the claim is approaching \$427,000.

Example 3: A custodian lifting books felt a strain in his abdomen. The injury sustained was an umbilical hernia that required surgical repair. The total costs on this claim are over \$47,000.