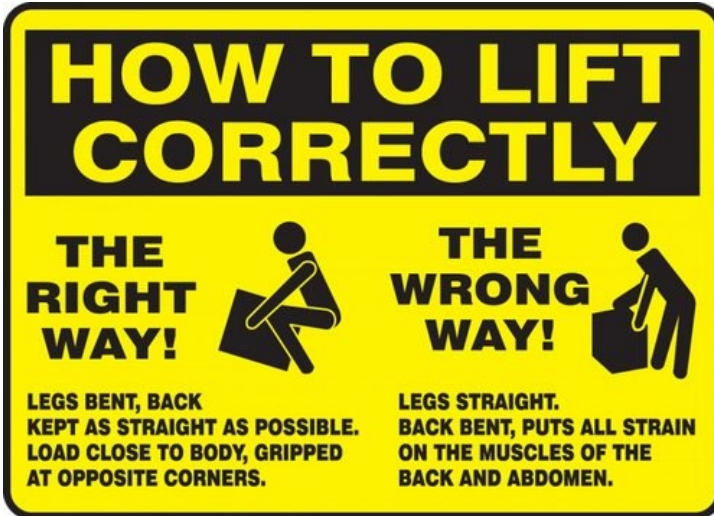


LESSONS LEARNED FROM LOSSES

SEPTEMBER 2021 – 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 was lifting lunch room tables and chairs and immediately felt pain in his lower back and stopped the work. Conservative treatment failed and a 2 level lumbar fusion was required. The total costs on this claim are over \$135,000.

Example 2: Cafeteria employee lifting boxes of food supplies felt pain in shoulder and back. Conservative treatment is ongoing and it seems as though surgery to both the back and the shoulder will be necessary. Total incurred on this claim as of this time is \$90,000. If surgery will be needed for the back and shoulder this number will increase