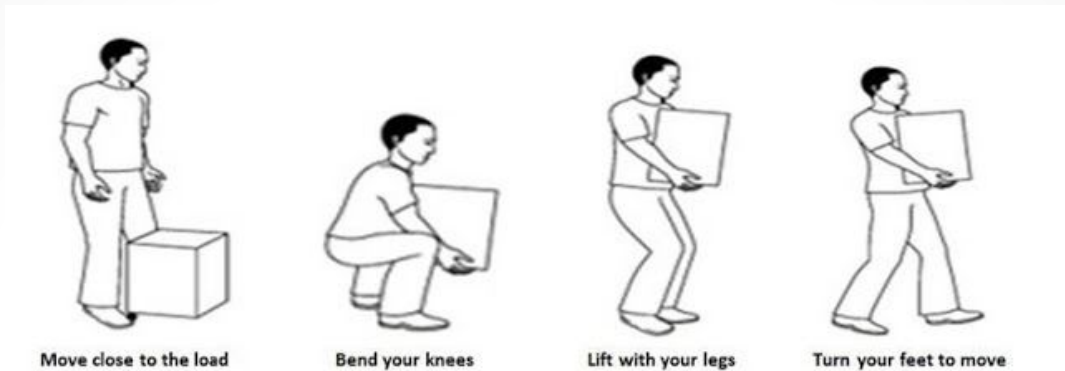


# LESSONS LEARNED FROM LOSSES

Monthly Newsletter – September 2020

## SAFE LIFTING



It is one of the most common causes of injuries to employees, but proper technique and taking a moment to determine the best way to lift or move something, or asking for help, will greatly reduce the numbers and severity of these claims. Employees should use “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: Employee/firefighter assisting with the moving of a patient and immediately felt pain between the shoulder blades and in the neck. This employee, in their 30s has had 2 surgeries including a cervical fusion. This claim is approaching \$500,000 and the employee will likely have neck and back problems for the rest of their life.

Example 2: Employee was lifting an empty stretcher and strained his left elbow. The employee had surgery on the elbow and the claim is valued at more than \$75,000.