

LESSONS LEARNED FROM LOSSES

October 2023 - 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 lifting a heavy toolbox in the Public Works Building injured low back = \$152,000.

Example 2: Employee lifting heavy garbage can during pickup and injured shoulder and back = \$87,000.

Example 3: Employee lifting boxes of food and injured low back = \$79,000.

Example 4; Employee injured during emergency call lifting a patient = \$111,000