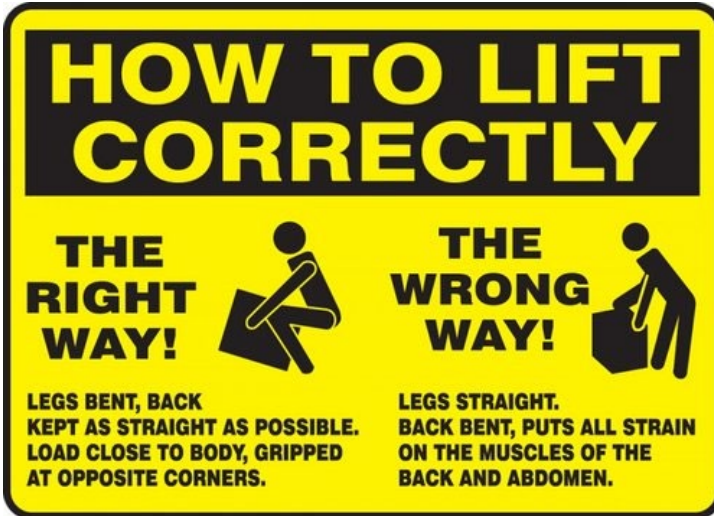


# LESSONS LEARNED FROM LOSSES

SEPTEMBER 2025 – 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 lifting a container to throw into the trash and felt a “pop” in his low back. No surgery was needed as extensive conservative measures were successful, but the total costs in this claim are still approaching \$74,000.00

Example 2: While carrying a heavy filing cabinet, a custodian bent down to walk through a door and injured his lower back. Spinal surgery was ultimately necessary and the total costs in this claim are over \$252,000.00.