

BWC Update

Safety news from the Ohio Bureau of Workers' Compensation

Let BWC ease your pain

Overexertion is a common type of injury that can occur in any industry where physical activity is required. Lifting, carrying, reaching and repeated bending at the waist can all lead to overexertion injuries. Overexertion was the most common type of injury workers sustained, according to the 2013 Liberty Mutual Workplace Safety Index. Such injuries cost businesses nationwide \$14.2 billion in compensation claims in 2011.

There are many measures you can take to ensure your employees handle equipment safely and protect themselves against overexertion. BWC recommends:

- Providing mechanical equipment to minimize manual lifting;
- Analyzing work conditions for potential ergonomic risk factors;
- Eliminating long carrying distances by providing powered carts and dollies;
- Providing ergonomically-designed tools and equipment.

BWC also offers consulting services, safety intervention grants and training courses on back trauma and ergonomic safety, all at no additional cost to your company.

There are many ways in which workers become injured on the job. That's why BWC offers training and resources that will help you reduce hazards present in your workplace. These include:

- Airborne dust, fumes and vapors;
- Getting caught in or between moving parts or equipment;
- Slips, trips and falls;
- Getting struck by moving equipment, falling and flying objects, or debris.

More information is available about preventing injuries in the agriculture industry by [clicking here](#).

Connect with a BWC safety consultant at 1-866-569-7805 or via email at besafe@ohiobwc.com.