

# BWC Update

Safety news from the Ohio Bureau of Workers' Compensation

## Avert injuries, don't overexert

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. According to the Liberty Mutual Workplace Safety Index, overexertion is the leading cause of work-related injuries nationwide, costing businesses up to \$14.2 billion per year.

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

- Analyzing work conditions for potential ergonomic risk factors and providing ergonomic hand tools;
- Providing mechanical equipment to minimize manual lifting;
- Eliminating long carrying distances by providing powered dollies;
- Reducing the size and weight of loads that employees must manually handle.

BWC also offers a number of services to your business at no additional charge, including safety consultation, safety intervention grants and training courses on back trauma and ergonomic safety.

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

- Confined spaces;
- 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 transportation and warehouse industry by [clicking here](#). Connect with a BWC safety consultant at 1-866-569-7805 or via email at [besafe@ohiobwc.com](mailto:besafe@ohiobwc.com).