

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 the work conditions for potential ergonomic risk factors;
- Providing mechanical equipment to minimize manual lifting and transporting of materials;
- Providing well-designed storage racks and adequate space for handling;
- Providing well-designed tools and equipment.

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

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

- Slips, trips and falls;
- Cuts and lacerations;
- Exposure to chemicals and temperature extremes;
- Exposure to electrical shock.

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

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