

BWC Update

Safety news from the Ohio Bureau of Workers' Compensation

Be alert, don't overexert

Overexertion is a common injury for health-care workers who directly handle patients. The manual lifting of patients causes strains and sprains that can lead to musculoskeletal disorders. BWC recommends the following control measures to help reduce overexertion injuries at your work site:

- Thoroughly assess residents to determine the safest, most appropriate handling method;
- Develop and communicate a safe patient handling and mobility program;
- Provide adequate space in bathrooms and areas where transfers are made;
- Train caregivers and evaluating competency on proper transfer techniques and equipment use.

BWC also provides ergonomics consulting services, safety intervention grants and training courses on back trauma and ergonomic safety. Your company can take advantage of these services and programs at no additional cost.

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 a number of hazards present in your workplace. These include:

- Sharp needle injuries;
- Slips, trips and falls;
- Getting struck by or struck against objects;
- Chemical exposure.

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

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