Rockwood Casualty Insurance Company (Rockwood) may provide safety management services to its insureds in order to reduce the risk of loss that may lead to insurance claims. The information and advice we provide is not intended to include all possible safety measures and controls. Rockwood does not warrant that losses and claims will be avoided or mitigated if our recommendations are followed. The safety management services we provide do not relieve the insured of its own duties and obligations with regard to safety matters, nor does Rockwood guarantee to the insured or others that the insured’s property and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The insured remains responsible for its own operations, safety practices and procedures and should consult with legal counsel and safety professionals, of its own choosing, as it deems appropriate.

Avoid Hazards to Your Back

Poor Lifting Posture

- Always lift with legs and not with your back.
- Maintain load close to your body in the power zone.
- Maintain your back in a straight position.

Overexertion

- Get assistance when lifting heavy or awkward objects.
- Use mechanical lift device—dolly, forklift, cart, or hoist.
- Limit the load—lighten the load and make more trips.

Avoid Twisting

- Change direction with your feet and turn whole body.

Limit Bending and Overreaching

- Place frequently used or heavier objects at waist level.
- Do not lift over your head.

Safety Tip # 125
02-12-08