Safety Advisory

Event:
An employee injured their back lifting a heavy bag of garbage from a bin. In 2011 in Saskatchewan 2875 overexertion injuries related to lifting were reported to WCB. 1504 of these injuries were lost time, 137 required medical treatment only. This continues to be the # 1 injury type at the University of Regina as well. This type of injury has the potential to have long term effects on your health and well being as well as your family and personal life style outside the University.

Corrective recommendations:

1. Prior to lifting, test and size the load and if it is too heavy ask your supervisor for help.
2. Practise pre-stretching before and during your shift.
3. Ask your supervisor to schedule more emptying of the garbage container(s).
4. If the garbage is mainly paper then talked to supervisor about recycling bins options.
5. Also always beware and suspect that every container make contain sharp objects.
6. If you need training ask your supervisor.

Please remember to communicate this information to all personnel.

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