



**Ergonomics** – Ergonomic-related injuries are among the most common and expensive incidents that occur at Hubbell. Ergonomic Claims (Strains, Sprains, Inflammation from overuse, Cumulative Trauma, etc. due to material handling).

- 498 Claims
- \$3,032,192
- Average cost/Ergo claim = \$6,088.74

## MARCH SAFETY CAMPAIGN!!

### ERGONOMIC SAFETY

2021

#### Techniques for Safe Bending and Lifting

1. Plan the lift and travel path
2. Check the weight of the load
3. Bend using your knees, not your back
4. Lift with your legs, not your back