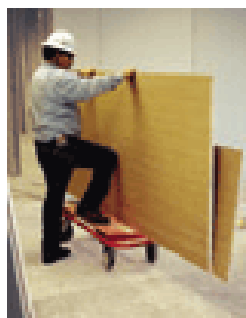


Building Material Wholesalers- Overexertion

During 2000–2004, building material wholesalers experienced 199 serious overexertion injuries that directly led to about 20,500 lost workdays.



Serious overexertion injuries are costly and affect your industrial insurance premiums. They contribute to the reason for the average base rate of \$0.77 per hour per employee paid by building material wholesaler employers in 2006. If your company has a higher than average number of injuries (claims), your “experience rating” could increase by as much as 25% in one year to \$0.95 per hour per employee.

Stated in another way, if you had 10 full-time building material wholesaler employees and had an average number of injuries (claims), you would pay about \$15,500 in premiums in 2006. If your experience rating increased by 25% because you had higher than average injuries, you would pay about \$3500 more or \$19,000 in premiums in 2006.

Causes of overexertion injuries

Over 43% of all serious injuries for lumber yard/millwright employees were overexertion injuries.

The most commonly identified sources involved either lifting, carrying, pushing, or pulling...

- Timber/slabs
- Doors
- Bundles/bales
- Boxes/cartons
- Wood items



Tipping method

Ways to prevent overexertion injuries

- Use mechanical assist devices such as forklift trucks, hoists, vacuum lifts, etc. to lift bulk loads, and large or heavy items.
- Use carts and dollies to transport heavy or bulky unit items, including specialty dollies.
- When possible, slide or tip items rather than lifting the whole item.
- Use height adjustable carts or pallet jacks to keep the load at a reasonable height before sliding or lifting.
- Use conveyors when possible.
- Team lift