

## FEATURED ARTICLE



### Overexertion in the Work Center

Overexertion is well known in the labor field as being the #1 leading cause of injury in workers compensation. Overexertion includes heavy lifting, pushing/pulling, or holding/carrying heavy objects. Overexertion is well known and well-regulated as far as policies and programs employers are required to have, yet is still the leading cause of injury nationwide.

Armed with the knowledge there are many steps you can take to prevent yourself from adding to that statistic and more importantly, saving yourself from a lot of pain.

The first step you must take in protecting yourself and the co-workers around you is to first realize that there is risk of injury from overexertion in all fields of work. Overexertion is not limited to the labor intensive jobs. A worker can strain him/her self by simply moving a box of paper in the copy room. Even bending over to pick up a dropped pen to quickly can cause the muscles in your back to retract rapidly to counteract your movement and has the potential to strain.

Education is the most effective tool in any situation. You can educate yourself on the proper ways to lift heavy or even moderately heavy objects. Do not be ashamed to ask someone to assist you if something is a little too heavy for your comfort. Asking for help to lift an object or lifting with a proper technique is a lot easier and a lot less painful than a trip to the hospital with a sprained back.

- Do not lift with your back by leaning over the weighted object. Instead keep your face up, squat in front of the weighted object grab firmly and lift with your legs. This prevents strains in your arms, back and neck.
- Do not lift a weighted object over your shoulders unassisted. Lifting these objects over your shoulders uses a set of muscles not particularly conditioned to handle such weight in that position and is highly dangerous.
- Avoid turning or twisting your back while supporting a weighted object. Doing so compromises the control and stability of the muscles causing strain on weaker parts of the muscle groups.
- Ask a co-worker for assistance in lifting anything over 50 pounds. The risk of injury radically reduces when two people are co-lifting a weighted object.

The biggest way to make the workplace safer is to get your whole team involved in this education. This can be done by suggesting a co-worker read up on proper lifting or teaching them yourself

## OUR SERVICES

Job Specific Rehabilitation

Work  
Conditioning/Hardening  
Programs

Functional Capacity  
Evaluations (FCE)

Fit for Work Assessment

Post Offer Pre-Employment  
Screening (POET)

Job Demands Analysis (JDA)

Job Transfer Testing

Preventative Maintenance  
Testing for the Aging  
Workforce

Fitness Programs for the  
Industrial Athlete

Ergonomic Workstation  
Assessments

Ergonomic Hazards Analysis

On Site Therapy Support

Educational Programs  
(CEU's)

# Fit2WRK<sup>®</sup> CONNECTION

*"An integrated approach towards the evaluation, management & treatment of soft tissue injuries in the workplace."*



Founded in 1956, Williams-Sonoma, Inc. is the premier specialty retailer of home furnishings in the United States and Canada. Their brands are among the best known and most respected in the industry. They successfully market them through all three major channels — retail stores, catalogs, and the Internet. Their brands include: Williams-Sonoma, Pottery Barn, Pottery Barn Kids, PBTeen, West Elm and Rejuvenation.

*"Williams-Sonoma, Inc., - Sutter Street Manufacturing recently contracted the services of Fit2WRK to conduct on-site Job Demand Analysis for our furniture manufacturing division (Pottery Barn). The experience has been overwhelmingly successful in helping us identify hazards, update job descriptions and implement new policies and programs nationally." K. Hurt - Health & Safety Williams-Sonoma Executive Team*

*"It has been a pleasure to work with Williams-Sonoma especially due to their health and safety focus for their employees. From detailing job demands to post offer pre-employment screening protocol development and job specific rehabilitation, we are committed to assisting their employees both from a preventative as well as a post injury standpoint. Our drive is to be the premier provider of services for the manufacturing, distribution/logistics/warehouse and retail operations nationally." R.Gagne, VP Works Compensation and Disability, Fit2WRK & USPT*

Fit2WRK specializes in the integrated management of soft tissue injuries in the workplace. Essentially offering services for the entire employment continuum – hiring to retiring. From ergonomic and job demands analysis to employee placement and post injury care we are able to offer solutions for employers nationally in a consistent and standardized methodology.

*Did you know that  
The #1 leading  
cause of injury is  
overexertion and  
that overexertion  
is one of the most  
avoidable injuries  
in the labor force?*

Simple awareness, education, and good practice drastically reduces any workers risk of overexertion.

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Fit2wrk is featured on  
[PTandMe.com](http://PTandMe.com)



*An informational site for patients  
interested in or considering  
physical, occupational,  
and/or hand therapy.*