

# 8,499 OVEREXERTION ONTARIO

in 2015<sup>1</sup> Lost Time Injury (LTI) claims

## ROLES IN SMALL BUSINESS MOST AFFECTED<sup>2</sup>

- Landscaping
- General Labourers



# SAFETY IN THE WORKPLACE

### HAZARD



Pulling & Pushing

Lifting & Lowering

Carrying

Twisting

### FIX



▪ Make loads smaller

▪ Don't store things on the floor

▪ Use a cart

▪ Face direction of travel and turn feet when carrying

**Work shouldn't hurt**

#simplesafetysolutions

For more information contact Workplace Safety & Prevention Services  
**wsp.ca 1 877 494 WSPS (9777)**



Sources: <sup>1</sup> 2015 WSIB By the Number Report Schedule 1 and Schedule 2.  
<sup>2</sup> Custom EIW report, snapshot date March 31, 2016.