



## **Musculoskeletal Injury Reduction**

Over the last twelve months, the cost of claims continue to increase, especially for back and shoulder injuries. How do we identify and prevent the injury from even occurring?

### ***Solution***

**WEAR IT.** Wearable technology is becoming a normal part of life. Our Risk Management Advisory Committee (RMAC) members were able to have a hands-on demonstration of one wearable designed specifically for limiting injuries while lifting, bending, and turning. With Longitude6 Technology, specific job duties are entered in the programming and the subject is recorded performing those duties while wearing the technology. Once complete, the program evaluates the risk involved in the subject's movements. The results would then be used to provide additional training on postures, lifting, etc. The ATA Comp Fund/Alliance Interstate Risk team is excited about this program and creating videos of ergonomically correct movements to share with members.

**DRIVER HEALTH AS A EXPOSURE?** A driver's overall health could be a factor in raising the risk of injury. Underlying health issues, weight, and poor habits can increase a driver's exposure to injuries while performing job duties. Tune into our Safety Blitz recap for more insight on how we can create awareness for this issue.

**DEPARTMENT OF TRANSPORTATION (DOT) PHYSICALS AND THEIR RELIABILITY.** DOT Physicals may be a requirement of the job, but they are only as reliable as the information provided by the driver. If health issues, ailments, or prior injuries are not disclosed during the Physical, a driver could be given a card for much longer than they should qualify for. Be mindful of where DOT Physicals are being performed and ask questions if red flags exist. The ATA Comp Fund recently settled a lawsuit for an undisclosed amount against a medical clinic that issued a medical card to a non-qualified driver, placing the driver and the public in danger.