



“Protect Your Back through Safe Lifting” Is Focus at CONN-OSHA Employer Roundtable



Mark Wantroba (center) Certified Safety Professional employed by the H.D. Segur Insurance Co. in Middletown, was guest speaker at the Division of Occupational Safety and Health (CONN-OSHA) June 18 Roundtable Discussion Group. Wantroba talked about strategies to protect the back through safe lifting. Wantroba is an OSHA Outreach Trainer for General Industry, a Certified Playground Safety Inspector, and a National Safety Council Trainer for Defensive Driving. During his talk, Wantroba addressed safe lifting and back injury prevention, including the biomechanics of the back, risk factors, and general lifting techniques. Pictured with Wantroba is Rick Kaletsky (left), a safety consultant from Bethany, and John Able, CONN-OSHA Occupational Safety Training Specialist and roundtable project coordinator.

A complete CONN-OSHA calendar of events and workshops for employers can be found at:
<http://www.ctdol.state.ct.us/osha/calendar.htm>