

Ready, Set, Lift

From the National Safety Council and the Holmes Murphy Risk Management Center

We all do it with little or no thought, and that is lifting objects. Lifting can cause serious harm and it accounted for more than 111,000 workplace injuries in 2017. In fact Urbandale has averaged 1 serious (days off from work) lifting related injury the past five years in a row. So how can we mitigate injury from lifting objects? You can start by asking yourself a few questions:

- Can it be moved mechanically with available equipment?
- How heavy is the load and will it be awkward to control?
- Should I ask for help?
- Is my pathway clear and can I see where I am going?

When you are ready to lift consider:

- Your footing and your feet should be:
 - Close to the object and shoulder-width apart for good balance.
 - One foot slightly ahead of the other to help keep your center of gravity under control.
- Bend your knees and go down to a crouch—not to a full squat. Standing up from a full squat takes twice as much effort as standing from a crouch.
- Keep your back as straight and vertical as possible.
- Lift by straightening your legs and keep the load close to your body.
- If you have to change direction, do not twist your body; move your feet as you turn.
- When setting the load down: Keep your back straight and bend your knees just as you did when you lifted the object.



Focus on Mental Health – DASS 21

From Employee & Family Resources (EFR)

The City of Urbandale is focusing on mental health in 2020 and May is National Mental Health Month. Mental health has had a difficult and stigma filled history. To break that stigma we need to talk about mental health and it has been a frequent topic in this newsletter. The City is also talking about it with several trainings being offered in 2020.

Mental health is also difficult because we often don't have a way to determine how sick we are. To help with that EFR offers the [DASS 21](https://www.efr.org/dass-21/) (<https://www.efr.org/dass-21/>). DASS 21 is a clinical assessment that measures the three related states of depression, anxiety and stress. It has 21 questions and takes about 3 minutes to complete. There is no right or wrong answer, just how you feel. It does not give a clinical diagnosis. Depression and anxiety have ranges of severity and the DASS 21 describes these ranges.

If you are in crisis, call the **National Suicide Prevention Lifeline**, a free, 24-hour hotline, at **800.273.8255**. If your issue is an emergency, call **911**. EFR is also available at 800-871-5532.

[Urbandale's Safety Leadership Newsletter](#)