

## SAFETY TRAINING

### Learning “Proper lifts” isn’t just for manual labor...

In fact, strain & sprain injuries are a leading cause of worker injury across the U.S. *regardless of job category*. That is why it is in the Town’s interest to AVOID injuries— for employee health, and to reduce work disruption from missed days. Thus, Public Works takes advantage of all HR offered OSHA & supplemental training.

#### SAFE LIFTING TIPS

##### Bend your knees

Bend your knees, and not your waist. This helps keep your center of balance and lets your leg muscles do the lifting.



##### “Hug the load”

Try to hold the object you’re lifting as close to your body as possible as you gradually straighten into a standing position.



##### Avoid twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees, and torso are pointed in the same direction when you are lifting.



##### Get help

Get help with heavy, awkward or long items.



This Winter one such effort was **Safe Lifting**. “Right, bend at the knees—” you may think. But this workshop expanded on that age-old guidance by offering the whys. Introduction to body mechanics and anatomy of the back, knees, and shoulders gave insight into types of injuries and control strategies which reduce strain frequency and severity. **Think Before You Lift**, and **Plan Your Path** were added simple tips for the 34 Public Works members in attendance for the Zoom class.



### What do Roads & Streets crews do in the winter when *it is NOT* snowing?

Street sweeping, catch basin cleaning, sign repairs, and stormwater outfall cleaning (above) are some of the important year-round tasks the Division fits in between snowfalls.

## GROTON JOINS THE *Pollinator Pathways* MOVEMENT



Without pollinators, we can’t feed ourselves. Pollination enables plants in our yards, parks, farms, and orchards to reproduce. Imported European honey bees are the bees we think of most often, but there are over 4000 species of bees native to the U.S. **Pollinator populations are in decline due to pesticide use and loss of habitat.** The “Pollinator Pathway” group is made up of conservation-minded volunteers working to establish **pollinator-friendly habitats** with shelter and food sources for bees, butterflies, hummingbirds, and other pollinating insects and wildlife along a series of continuous migration corridors. Most native bees have a range of appr. 750 m. (.5 mile), so the goal is to connect properties no farther apart than that. The work began in Wilton, CT in 2017. Since then, pathways can be found in CT, NY, MA, NJ, PA & beyond. *Please join us!*

### “From Rain Gardens to Riparian Buffers: Pollinator Pathways for Healthy Watersheds”

The Eastern Connecticut Conservation District (ECCD) was recently awarded a grant by the Long Island Sound Futures Fund to help bring Pollinator Pathways to Groton, Ledyard, and Preston— communities joined by the Tri-Town Trail— as well as to Stonington. **The grant will fund plantings to improve stormwater management**, which falls under the purview of Public Works. Rain gardens & riparian buffers (deep rooted vegetation at the edge of water bodies) provide flood control and filter and trap pollutants, while riparian buffers further discourage Resident Canada Geese from feeding on lawns where bacteria-laden poop can enter sensitive waterways. Choosing suitable native plantings for these will also support pollinators. Groton Conservation Commission member Kristin Distant and ECCD Natural Resource Specialist Maura Robie, will work with others to recruit volunteers, select sites, and design installations.

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