



## MEDIA RELEASE

CT Department of Labor *Communications Office*  
Commissioner Kurt Westby

# “Protect Your Back through Safe Lifting” Is Topic of June 18 CONN-OSHA Roundtable

WETHERSFIELD, June 6, 2019 – In observance of National Safety Month, the Connecticut Department of Labor’s Division of Occupational Safety and Health (CONN-OSHA) is offering a Roundtable Discussion Group on safe lifting and back injury prevention. The roundtable, to be held 8:15 to 9:45 a.m. on June 18 at the Labor Department’s Wethersfield office, 200 Folly Brook Boulevard, will examine the biomechanics of the back, risk factors and general lifting techniques.

Guest speaker Mark Wantroba, a certified safety professional employed by the H.D. Segur Insurance Co. in Middletown, will present “Protect Your Back through Safe Lifting.” Wantroba, a Risk Management Specialist, holds Associate’s degrees in Risk Management and Loss Control Management.

“As an expert on the subject of back safety, Mark often points out that something very simple, if done incorrectly, can be very painful,” notes CONN-OSHA Occupational Safety Training Specialist and roundtable project coordinator John Able. “In addition to his credentials as an OSHA Outreach Trainer for General Industry, a Certified Playground Safety Inspector, and a National Safety Council Trainer for Defensive Driving, Mark has a Bachelor’s of Science in Biology and a Master’s of Science in Exercise Physiology.”

Admission to the breakfast is free, but pre-registration is required. Please contact Able at [john.able@ct.gov](mailto:john.able@ct.gov) to register or for additional information. Visit [www.ConnOsha.com](http://www.ConnOsha.com) for newsletters, upcoming seminars or events and related safety information.

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