



Bulletin Date:	Thursday, August 09, 2018
Bulleting Number:	8
Originator:	Executive Director: Physical Plant
Reference:	Incident Prevention

Body Positioning

Employee was repairing a valve and needed to open it. While pushing on a pipe wrench at an awkward angle to open the valve, the employee heard a noise and felt a tremendous amount of pain in his shoulder.

Root Cause: Trying to open a valve that was already fully open with a pipe wrench at an awkward angle put undue stress on employee’s shoulder causing an injury.

Safety Moment: Perform a “check position” review of equipment before interacting with it and make sure you have the right tools that allow for proper ergonomics (if more force is needed, a longer lever could help prevent fatigue/injury) .

Employee was replacing a barrel spring on an overhead door during a repair activity and struck an elbow on the concrete wall adjacent to the work. During the disposal of the failed barrel spring, struck elbow again on the trash container.

Root Cause: Body and material positioning on the assisted lift require further adjustment to make certain no part of the body remains in the hazard area while completing the activity.

Safety Moment: Proper body positioning and ergonomics are an important part of properly setting up an activity. Make sure you ask for help when appropriate to ensure material loads are in control and the body remains out of the path of hazard. Additional PPE can be recommended for crowded work areas where the body remains unprotected from a hazard.