



Bulletin Date:	Friday, August 24, 2018
Bulleting Number:	9
Originator:	Executive Director: Physical Plant
Reference:	Incident Prevention

Proper Lifting of a Load:

Employee bear hugged a rolled-up floor mat and simultaneously tried to use a foot to keep the door open while moving the floor mat from the hallway into the classroom. When the employee lifted and twisted to move the rug into the classroom the employee strained an abdominal muscle.

Root Cause: Awkward bodily movement while handling large/heavy object; failed to use available moving tools.

Safety Moment: Take the time to use necessary to make us of the proper tools to move heavy items, flat cart, hand dolly and door stop. Supervisors must reinforce it is okay to ask for assistance and ensure employees learning new tasks/activities are competent in performing tasks/activities before releasing to do on their own.

Employee was relocating a pipe machine from a building to the loading dock; the path of travel required pushing the equipment up an incline. The piece of heavy equipment is on wheels with handles and can be moved similar to moving a wheelbarrow. While pushing the equipment up the incline the employee strained their lower leg.

Root Cause: Overexertion while pushing the pipe machine up the incline.

Safety Moment: Perform micro-stretches to warm and loosen muscles up before performing tasks that require extra physical exertion. **Remember, it is okay to ask for assistance.**

Stuck by:

Employee was assisting with the installation of a new track onto a skid steer. Employees were using pry bars to guide the track onto the idler arm. The track jumped, resulting in one of the pry bars coming loose from the employee's hand, and striking the other employee on the finger.

Root Cause: Employees were inexperienced and unaware of the hazards. As a result, they were improperly positioned in the line of fire of stored energy.

Safety Moment: Some jobs are better left to someone trained and experienced. In this case, we don't change tracks often enough to ever be proficient. Consider contracting for specialty work.