



TRANSPOWER



FIRST ALERT

Date: 8 September 2015

Maximo Reference: TBC

Forearm Strain

EVENT



A Tower Painter, with 1 years experience, was painting a tower on Saturday 5th September when he began to experience pain in his forearm. After attempting to work through the pain for a short period he notified his supervisor and was instructed to stop work and descend from the tower. On the following Monday the area of his forearm just behind his wrist was sore and swollen. He did not have full range of movement in his wrist, and he was instructed to go to the doctor to be checked out..

This Tower Painter had previously started back at work on August 17th after having a week off as a result of a similar injury in the same forearm caused by improper manual handling of 25kg garnet bags. He had been given full medical clearance to return to work.

IMMEDIATE ACTIONS

- The Tower Painter went to the doctor, with the Project Manager in attendance, and the doctor diagnosed him with a inflamed tendon in his wrist. He was given a brace to immobilize the area in question and instructed to ice and stretch the area 4 times per day.
- The Tower Painter was given time off work to recover.
- The Tower Painter is to return to the Doctor on Monday 14th September to review progress with the injury.
- An investigation is currently underway.



For more information
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