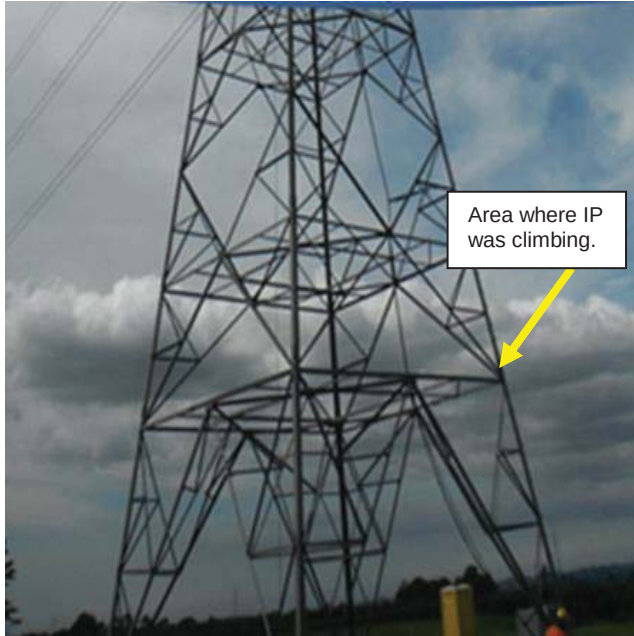
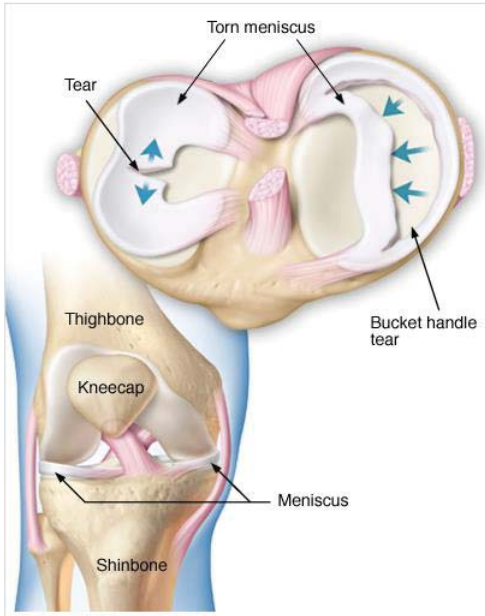




Safety Advice 41-2013 (Oct) (NZ)

The following Safety Alert is issued by Fitzroy Engineering Group Limited in relation to a knee injury suffered by a Tower Painting employee on 1 November.

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Incident title	Site	Date
Suspected meniscal tear and sprained cruciate ligament.	Tower #63 Inglewood	01/11/13
Description	Attach Any Photo's here	
Injured person was ascending the tower to go and assist his workmates to bolt torque. He had climbed to a height of approximately 4 metres (first diaphragm) and repositioned himself for the next step up. He placed his left foot on the horizontal structure and pulled himself up and felt his left knee 'pop'. He yelled out to his Supervisor that his knee had gone, he couldn't straighten it out when instructed to do so by his Supervisor, but could bend it OK and he told his Supervisor that he couldn't move any further because of the pain. He was rescue assisted down off the tower by a workmate.		
Cause/s of the Incident	Attach Any Photo's here	
Body stressing as weight was applied during climbing up to next level.	Torn meniscus  © MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED. The meniscus is a C-shaped piece of tough, rubbery cartilage that acts as a shock absorber between your shinbone and thighbone. It can be torn if you suddenly twist your knee while bearing weight on it.	

Discuss With Your Team/s	
Can this happen in my work area?	
If yes, how can I prevent it happening?	
Have I got all the necessary controls in place?	

Key Learning Points

It was not the first time that the IP had climbed the tower on the day. He was warmed up for the task.

As is natural when climbing up or down, most of a person's bodyweight is on the knee as they climb up/down to the next level.

Ways To Prevent a Meniscal Tear.

Because they generally happen without any warning, meniscal tears can be hard to prevent. You can reduce the risk by taking these precautions:

- Get regular exercise, including strength training for your leg muscles. Strong leg muscles help stabilise and protect the knee. Those muscles include the hamstrings, quadriceps, and calf muscles.
- One popular exercise used to strengthen the hamstrings is the leg curl. It is also important to properly stretch the hamstrings; doing standing toe touches can do this. Seated leg extensions strengthen the quadriceps and doing the quadriceps stretch will help loosen the muscles. Toe raises are used to strengthen and stretch the calves.
- Always warm up and stretch properly before beginning work or playing sports or engaging in any strenuous activity involving your legs.
- Give your muscles plenty of time to rest and recover between activities.
- If you've previously had another knee injury, wear a brace or wrap to give your knee added support.

Discuss With Your Team/s

Can this happen in my work area?

If yes, how can I prevent it happening?

Have I got all the necessary controls in place?