



SAFETY! ALERT!

REF No. 000 | 07 July 2014



Back Injury While Lifting a Stack of Road Cone Delineators

WHAT HAPPENED?

On Thursday 26 June 2014 an Altitude Resurfacing Employee injured his back while lifting a stack of approx. 8 or 9 road cones.

The team were dis-establishing a work site when a stack of road cones were lifted onto the back of a truck. The injured person felt a sudden discomfort and pinching in his back as he lifted the cones.



IMMEDIATE ACTION TAKEN

Supervisor was informed and injured person taken for medical assessment.

Outcomes:

ARL's findings are that refresher training on manual handling needs to be carried out in the immediate future. A group toolbox session was held during which a mandatory ruling of no more than 3 road cones are to be lifted in a single person lift was communicated.

Other heavy and bulky items such as capstan winches, wash down blasters and motorized water pumps will have labels attached on the item displaying the weight of the item and the minimum number of persons required to lift. A single person lift of 25kg together with consideration of the size and shape of the item will be reinforced as per the Code of Practice for Manual Handling.

ROOT CAUSE/S

Standard 900mm high road cone / delineators weigh around 4.5 – 5kg each and stacking 8 or 9 creates a heavy lift increasing the potential for a manual handling injury.

LEARNINGS

- Weights should be known for all items, as well as consideration for the size, shape and reach at which each item is to be lifted before undertaking manual handling.
- Break down items to manageable size and weight or if this is not practical use mechanical lifting means. If repeated lifts are required mechanical means should also be considered.