

Back Safety + Stretches

# Safety Talk **AGENDA**

**ENGINEERING SAFETY**

Volume 4, Issue 43 Monday October 27, 2008

October's Monthly Safety Focus- 'Chemical Safety'

## 'STRUCK BY' INJURIES INCREASING



Struck By incidents are on the rise-of the 11 Engineering injuries in September, 5 were 'struck by' incidents. Of the 58 injuries we've had this year, 14 are 'struck by' incidents, or 1 out of every 4. At the Rail Road these type of injuries can be very serious and some have the potential to be fatal.

Have you ever asked yourself- as I perform this task, am I putting myself or any part of me in a potential DANGER ZONE? Am I creating a potential hazard to any of my co-workers? Am I using the right tool for the job & following the right procedure. Am I working carefully-not short cutting?

What about protecting yourself from, not just your own actions, but the actions of your co-workers- Are you within a co-workers DANGER ZONE?

The best way to avoid a 'struck by' injury is to stay clear of the DANGER ZONE, but this is not always possible. Limited track time & multiple tasks within one area often require us to work within the DANGER ZONE of our co-workers. When we are in this situation, we must make sure that we are fully protected against the risks of all activities in the work zone.

These risks should be discussed during the job briefing and periodically as work progresses. Communication with co-workers is key. Constantly reminding each other & being aware of the area & conditions we are working in.

Where we place our feet, hands, arms or any other part of our body when working with tools, equipment or materials is also critical & is a great habit to develop.

By having open discussions during your safety meetings & thinking of ideas to help avoid these kind of injuries you're taking an active role in eliminating them.

## Expecting The Unexpected

To help you drive your fleet or personal vehicle safely among the inexperienced, aggressive, or unsafe drivers that we share the roads with every day, driving experts recommend focusing on these 2 methods:

Always anticipate unexpected or unusual driving maneuvers from other drivers. This is one of the most critical defensive driving principles.

Take your time. This is most important when driving in the city. It is a more complex driving situation-there are more distractions, pedestrians, constricted lanes, construction, & vehicle movements per block in the city than in the suburbs or the country. The more relaxed your approach to driving is (not too relaxed of course), the greater your ability to react to the unexpected will be.

## TODAY'S SAFETY RULE

5.03- Do not use open flames in the following places except when necessary to make repairs:

- In storehouses, warehouses, freight houses, material storage yards or sheds.
  - On freight platforms.
  - In lumber sheds or yards.
  - On cars being loaded or unloaded.
  - In engine rooms of locomotives.
- In oil houses, around fueling stations, near oil storage tanks, in manholes or in other places used for storing & handling flammables or explosives.
- In buildings equipped with smoke detectors as part of an automatic fire alarm system, unless the detectors have been disabled or alternative measure have been employed to avoid a false alarm prior to commencing work.

## SAFETY NEWS

M/W Repair Shop Safety Milestone

Congratulations to all the employees of the M/W Repair Shop. The shop has just reached another milestone with it's ongoing safety record. They have not had an employee injury for 1000 consecutive days!

### INJURY UPDATE

YTD INJURIES = 58  
YTD MVA's = 52

October 8-October 14 (3 Injuries)

- 1-While tapping bolts out of joint, employee swung hammer to break bar loose & pulled his back.
- 2-Employee injured knee while connecting equipment trailer.
- 3-Employee (inspector) injured lower back while pulling cable.

Attached is a 'Importance of Proper Lifting' & 'Everyday Stretches' guideline for distribution & discussion.



## *BACK ON TRACK- Your Back and Neck Solution*

### **The Importance of Proper Lifting**

#### *Proper Lifting Techniques*

- Avoid lifting by hand if possible, use mechanical devices-dollies or lifts if possible.
- Don't be too proud to ask for help-know your limitations.
- Keep load as close as possible to the body
- Keep back straight
- Spread feet for good balance
- Tighten stomach muscles and buttocks
- Lift with your legs, not your back!
- When lifting with another person, give verbal instructions clearly – say: “lift”, “walk”, or “unload”.

#### *Do Not:*

- Twist while lifting (move feet/legs instead).
- Lift above shoulders or below waist.

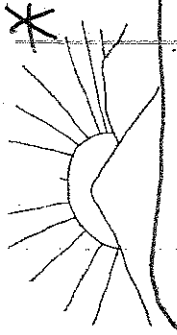
Proper lifting technique is critical to back safety, but perhaps more important is proper planning.

Before you lift that box, or tool, or piece of equipment, take a moment to consider your action:

Do you need to lift the item manually? How heavy is it? Where are you moving the item from? Where does it have to go? What route do you have to follow? Is the ground I'm stepping onto uneven or slippery?

#### *Risk Factors for Back Injury*

Lifting with your back bowed out. Bending and reaching with your back bowed out. Slouched sitting. Twisting or jerking movements. Trying to lift too much weight. Lack of proper rest. Obesity and poor nutrition. Stressful work and living habits. Poor conditioning. Poor body mechanics/work habits.



# Everyday Stretches

For a free catalog, Stretching Inc. publications write or call:  
 P. O. Box 787  
 Palmer Lake, CO 80133 USA  
 fax (719) 481-8058  
 1-800-333-1307

Stretching should be done before and after activity or whenever you feel like it.

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-30 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch, move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch, which should be held for 5-30 seconds. This feeling of stretch tension should also slightly diminish or stay the

same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.



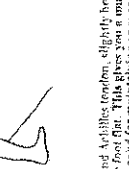
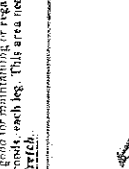


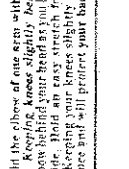
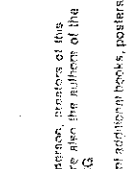
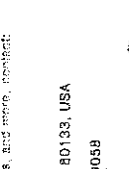

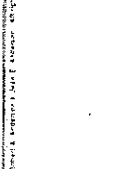

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmic. Don't worry about how far you can stretch, stretch relaxed and limberness will become just one of the many by-products of regular stretching.

\* Note: If you have had any recent surgery, muscle or joint problems, please consult your doctor before starting a stretching or exercise program.

The dotted areas are those parts of the body where you may need extra help in the stretch.

This series of stretches takes approximately twenty minutes.

<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>
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<p><b>15</b> Repeat stretches #12-15 for other leg.</p> 	<p><b>16</b></p> 	<p><b>17</b></p> 	<p><b>18</b></p> 	<p><b>19</b></p> 	<p><b>20</b></p> 	<p><b>21</b></p> 	<p><b>22</b></p> 	<p><b>23</b></p> 	<p><b>24</b></p> 	<p><b>25</b></p> 	<p><b>26</b></p> 
<p><b>15</b> Straighten your right leg. The sole of your left foot will be resting next to the inside of your straightened leg. Lean slightly forward from the hips and stretch the hamstrings of your right leg. Hold for 30 seconds. Do not lock your knees. Your right quadriceps should be soft and relaxed during the stretch. Keep your right foot upright with the ankle and toes relaxed. Do both legs. Breathe relaxed.</p>	<p><b>16</b> As shown in the drawing, move one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting directly in front of the ankle. Your feet should be resting on the floor. The knee of the forward leg should be directly in front of the ankle. This stretch should be held in the front of the hip and possibly in your hamstrings and groin. This will help relieve tension in the lower back. Hold the stretch for 30-40 seconds on both sides.</p>	<p><b>17</b> With your feet shoulder-width apart and pointed out to the sides, bend your knees and lean forward. If you have trouble staying in this position, hold onto something for support. Be sure to keep the feet of the straight leg on the floor and your toes pointing straight ahead. Hold an easy stretch for 30 seconds. Do not bounce. Stretch both legs. Do both your breath.</p>	<p><b>18</b> Turn your chin toward your left shoulder to create a stretch in the neck. Hold for 15 seconds. Switch to the other side.</p>	<p><b>19</b> Interlace your fingers above your head. Now, with your palms facing upward, push your arms slightly back and up. Feel the stretch in the arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch can be done in any posture, anytime. Excellent for stiffening shoulders.</p>	<p><b>20</b> Now, to stretch the vastus and Achilles tendon, slightly bend the back knee, keeping the foot flat. This gives you a much better angle for hamstringing or relaxing the sole of the foot. 15 seconds each leg. This area needs only a slight feeling of stretch.</p>	<p><b>21</b> Opposite hand to do if you have had trouble or feel pain stretching in the hurdle stretch position leaning back, or when pulling the right heel back with the left hand. Pull the right heel back with opposite hand does not create any adverse angles in the knee and is especially good in knee rehab and with problem knees. Hold for 15-20 seconds. Do both legs. Breathe deeply.</p>	<p><b>22</b> Especially good to do if you have had trouble or feel pain stretching in the hurdle stretch position leaning back, or when pulling the right heel back with the left hand. Pull the right heel back with opposite hand does not create any adverse angles in the knee and is especially good in knee rehab and with problem knees. Hold for 15-20 seconds. Do both legs. Breathe deeply.</p>	<p><b>23</b> Place both hands shoulder width apart on a fence or ledge and let your upper arms hang straight down. Your hands should be directly above your feet. To change the area of the stretch, bend your knees (not your height). Find a stretch that you can hold for the whole stretch. This will be the best stretch. Do this stretch. The top of the refrigerator or a file cabinet are good to use for this stretch. (Remember, in always hold your arms when coming out of this stretch.)</p>	<p><b>24</b> Place your feet flat on the ground and rest the ball of your feet on a chair. Your low back should be flat and not arched or off the floor. Do not relax your feet for the long in the beginning. Gradually increase the time to five minutes, or longer.</p>	<p><b>25</b> With arms overhead, hold the elbow of one arm with the hand of the other arm. Keep one knee slightly bent (1 inch), gently roll your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance and will prevent your back.</p>	<p><b>26</b> Stand with knees palms on lower back, just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the back. Repeat for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.</p>
<p>Bob and Jean Anderson, creators of this stretching chart are also the authors of the book <b>STRETCHING</b>. For a free mailing of additional books, posters, videos, body tools, and more, contact: Stretching, Inc. P.O. Box 787 Palmer, MA, CO 01053, USA FAX (719) 481-9059 1-800-333-1307</p>											
