

# Safety Talk **AGENDA**

## \* **AVOID A BACK INJURY IN 2010**



Every year, injuries to the back involving lifting; bending; pulling; or pushing cost Engineering & the LIRR many lost work days & great pain & suffering for those employees who injure their back. A few days ago an employee injured his lower back assisting with the outriggers on a fleet truck.

**DID YOU KNOW?** Most on-the-job back injuries happen at the initial part of a lift when a load is first being manually lifted. By following the basics when lifting, you can greatly reduce your chance of having a back injury this year.

### PREPARING FOR THE LIFT:

- Before starting to lift or carry anything, check your entire walkway to make sure your footing will be solid. Your shoes should give you good balance, support and traction.
- Clear any movable obstacles out of your way, and make sure you know where the unmovable ones are.
- Performing the lift - this is the part that causes most on-the-job back injuries. Follow these keys to safe and easy lifting:
  - Size up the load first to see if assistance is required. Acknowledge your limitations! - Face the object squarely and get as close to it as you can.
  - Squat down, bending your knees-not your back. Keep your back arched.
  - Grip the object firmly. Take a breath and hold it, tightening your abdomen. Cautiously heft the object you'll be moving, to check its weight and center of gravity.
  - Use your legs to bring you to a standing position, keeping your back arched.
  - Perform each lift smoothly and under control.
  - Don't lift objects over your head and avoid reaching over an obstacle to lift a load.

And don't forget one of the biggest dangers to your back-twisting, especially when carrying a heavy object. By using your feet to pivot, instead of twisting, you will turn your whole body and not twist your back.

## **EXPECT THE UNEXPECTED!**

Earlier this year, one of our fleet trucks was driving along Skillman Ave, a very congested, narrow avenue. A van that was parked illegally on the sidewalk suddenly opened his door as our vehicle was passing & took out the passenger side mirror of our vehicle. This scenario is why Defensive Driving teaches us to:

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

- Take your time & slow down. 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.

## ENGINEERING SAFETY

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MAY

### TODAY'S SAFETY RULE

\*Refer to 2010 Safety Rule Calendar/Rule Book

### SAFETY REMINDER

Before lifting heavy objects take a moment to consider your action:

How heavy is it?

Do you I need to lift it manually?

Can I use a dolly or other mechanical means to lift it.

Ask for help when you need it!

### INJURY UPDATE

YTD INJURIES = 13

YTD MVA's = 16

April 21-April 27  
(3 reported)

-Mechanic was applying wax to a drill he had just shut down when his right gloved hand was pulled into the drill. He sustained cut & twisting to right index finger.

-Signalman injured his lower back assisting with the outriggers on a fleet vehicle.

-While working on Trk #4 wayside power at Richmond Hill, EE injured his left torso/leg with wayside plug.

### Dept #Inj-To-Date Final

	2010	2009 Total
Track	5	31
Signal	2	16
Power	2	11
B&B	1	9
Comm	3	7
Infrastr	0	1

\*Attached is a Safety Reminder from President Helena Williams & the May Safety Rule Calendar.