

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.