



1300 apprentice

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Incident Investigation LTI – Lower Back Injury

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WHAT HAPPENED:

An apprentice was working on a refrigeration chiller. The apprentice was bending over the edge of the chiller and installing the FDC unit. He felt a pain in his lower back but continued to work until the pain was worse. The prognosis was a lower disc bulge.

WHY DID IT HAPPEN (DIRECT CAUSE):

There was no specific cause for the injury. The weight of the FDC unit the apprentice was working with was well within an acceptable standard of less than 5kgs. The apprentice was not bending in an awkward position nor was he repetitively completing the same task. The apprentice was perhaps in the bent over position for an extended period of time which could have irritated the back injury.

Contributing Factors:

- Bending over the unit whilst positioning the FDC unit
- Extended bent over position
- Bending from the lower back and not the knees (Manual Handling)
- Not resting when the pain first occurred

Corrective Actions Required:

- All personnel informed of the injury and instructions on correct Manual handling
- Ensure the workers are not carrying any previous injuries to lower back
- Ensure workers know to break up the task and not stay bent over the chiller unit for extended periods of time.

Key Learning's:

This event highlights the importance of correct manual handling techniques and the apprentices to understand their limitations.

You must Stop when you are feeling fatigued and go back to the task after you have recovered.

Remember to STOP THINK ACT REVIEW prior to the commencement of any Activity

For further information contact: Darren Gibson – OHS Manager 1300apprentice