

Incident Learning: FIRST AID INJURY

Date of incident: 12 May 2020

BRIEF DESCRIPTION OF THE INCIDENT

The injured person (IP) was offloading two 25 litre foam drums from a vehicle (bakkie). As the IP walked with the two 25 litre drums the IP noticed the drums were leaking and extended his arms to an outward position (away from his torso) which resulted in a muscular strain of the lower back.



What are the learnings for implementation?

KEY FINDINGS:

- The correct lifting techniques was not followed.

LESSONS LEARNT:

- Before you carry out any work ensure that you do a task/risk assessment.
- Seek assistance if the load is too heavy. STOP and ask for assistance.
- Only lift one item (+/- 25 kgs and/or liters) at any given time.
- Keep your back straight and apply correct manual lifting techniques, bend your knees and keep your back straight.

