



SAFETY ALERT

Campus Incident—Hernia

RISK MANAGEMENT & SAFETY

Date: August 2016
Category: Personal Injury
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Description

An employee sustained a hernia while breaking down and putting away large tables. While lifting a table over the shoulder, the employee felt a pop and discomfort in the abdomen. The employee sought treatment at the Wellness Center and surgery was recommended resulting in time away from work.

Findings

- The employee was lifting tables over the shoulder, sometimes two at a time.
- Tables are awkward size and shape. They are 8' X 32" and weigh 55lbs each.
- Using the NIOSH lifting equation, the Recommended Weight Limit to safely perform this task is 25lbs.
- A lifting mechanism was not available for moving the tables nor were two person lifts performed.
- Ergonomics training has not been conducted for employees.

Root Causes

- Lifting tasks that required two people were only being done by one person.
- There is no job procedure specifying appropriate lifting techniques or when to follow two-person lifts.

Recommended Actions

- 8' X 32" tables and other heavy and awkward sized objects should be lifted using two person teams or with a lifting mechanism.
- Introduce ergonomics training.