



Network Bulletin

Refrigeration/Air Conditioning

Safety Bulletins:

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SAFETY BULLETIN #6 CARRYING

Statistics have shown that certain types of lost-time-injuries are more prevalent to HVAC Work. This bulletin has been prepared to create awareness and suggest solutions to reduce these causes of lost-time-injuries.

Case Histories

HVAC/R mechanic was carrying a chiller (nitrogen) tank (50lbs) when he lost control of the tank and injured his lower back.

HVAC/R mechanic was carrying freon bottle (70lbs) on his shoulder up ladder when he fell 20', hit electrical panel and fell another 5' landing on his back.

HVAC/R mechanic was carrying empty oil tank (75lbs) down stairs when he lost his grip causing right hand to be pinned between wall and tank.

HVAC/R mechanic was carrying furnace (100lbs) with co-worker from house when he sustained an injury.

HVAC/R mechanic was carrying air- conditioning unit when he slipped and twisted his back.

HVAC/R mechanic was carrying tools down stairs when he slipped and fell, injuring his tailbone.

Activity

Carrying tanks, cylinders or HVAC equipment continues to be a factor in lost-time injuries for HVAC/R Work and for construction generally.

Prevention

- Use a buddy system when carrying heavy loads or use mechanical means.
- Wear non-slip footwear with green triangle CSA standard (grade 1).
- Incorporate material handling during weekly toolbox talks.
- Start a regular exercise program to strengthen muscles.

Please photocopy this bulletin and distribute as widely as possible

