



Network Bulletin

Refrigeration/Air Conditioning

Safety Bulletins:

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- #2 CLIMBING & DESCENDING
- #3 REPAIRING/SERVICING
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SAFETY BULLETIN #1 LIFTING

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

Case Histories

Refrigeration mechanic was lifting a furnace when he sustained an injury.

HVAC mechanic was bent over lifting tools when he felt his pain in his back.

HVAC mechanic was lifting air handler (150 lbs) when he slipped and twisted his right knee.

Refrigeration mechanic was lifting extension ladder when he sustained pain in his back.

Refrigeration mechanic was lifting heavy steel beam when he strained his right groin.

HVAC mechanic was lifting tank off truck (50 lbs) when he slipped and twisted his back.

Activity

Lifting material, equipment and power tools continues to be a factor in lost-time-injuries for refrigeration work and for construction generally.

Prevention

- Use a buddy system when lifting heavy loads or use mechanical means.
- Plan your move before attempting physical lifting.
- Start a regular exercise program to strengthen muscles.
- Incorporate materials handling during weekly toolbox talks.

Please photocopy this bulletin and distribute as widely as possible

