



# Network Bulletin

## Refrigeration/Air Conditioning

### Safety Bulletins:

- #1 LIFTING
- #2 CLIMBING & DESCENDING
- #3 REPAIRING/SERVICING
- #4 INSTALLING
- #5 WALKING
- #6 CARRYING
- #7 REMOVING
- #8 LOADING/UNLOADING
- #9 MOVING
- #10 INSPECTING
- #11 CUTTING
- #12 REACHING
- #13 HANDLING
- #14 TIGHTENING
- #15 PULLING

## SAFETY BULLETIN #9 MOVING

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 moving pails of chemicals on a hand cart when chemicals splashed, burning worker's face and eyes.

HVAC/R mechanic was moving motors from truck to truck when he slipped and fell injuring his left shoulder.

HVAC/R mechanic was moving a plastic pipe into position when the trench wall collapsed, breaking ribs on his left side.

HVAC/R mechanic was moving a compressor (75 lbs) across roof when he slipped and twisted his right knee.

HVAC/R mechanic was moving a refrigeration unit (500 lbs) with co-worker when he sustained a strained back and stomach muscles.

HVAC/R mechanic was moving material when dust entered his right eye.

### Activity

**Moving** motors, pipes, pails, compressors, refrigeration units or other HVAC equipment continues to be a factor in lost-time injuries for **HVAC/R Work**.

### Prevention

- Use a buddy system when lifting heavy loads or use mechanical means.
- Wear proper personal protective equipment at all times (eyewear).
- Plan your move before attempting physical lifting.
- Incorporate material handling during weekly toolbox talks.

*Please photocopy this bulletin and distribute as widely as possible*

