



# 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 #15 PULLING

Statistics have shown that certain types of lost-time injuries are more prevalent to HVAC/R 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 pulling compressor (200 lbs) up the side of a building with ropes when he sustained an injury to his back.

HVAC/R mechanic was pulling chimney liner down chimney when cone attached to the bottom came loose and hit him in the face, cutting his forehead.

HVAC/R mechanic was pulling fan blower out of furnace when he slipped and fell injuring his back.

HVAC/R mechanic was pulling heat exchanger out of truck when 15lb. vacuum pump fell onto his left foot, injuring his foot.

HVAC/R mechanic was pulling a vacuum pump (25 lbs) up the side of a building when pump came loose at 10' and fell, hitting co-worker on upper back.

HVAC/R was pulling a freon container (20 lbs) into place in service vehicle when he pulled a muscle in his back.

### Activity

**Pulling** containers, pumps, compressors or other HVAC equipment/material continues to be a factor in lost-time injuries for *HVAC/R Work*.

### Prevention

- Use a buddy system or mechanical means when pulling heavy loads.
- Wear non-slip footwear with green triangle CSA standard (grade1).
- Use proper stance and position before starting activity.
- Incorporate material handling during weekly toolbox talks

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

