



# 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 #12 REACHING

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 reaching for filters from top shelf when the ladder tipped and he jumped to avoid falling, injuring his right ankle.

HVAC/R mechanic was reaching over top of air conditioning unit to pull motor when he injured his left shoulder.

HVAC/R mechanic was reaching for length of wire when he lost his balance and fell 8', crushing both heels.

HVAC/R mechanic was reaching over railing for lights when he twisted his back.

HVAC/R mechanic was reaching up to connect ductwork when he fell off ladder landing on his back, injuring it.

HVAC/R mechanic was reaching into condenser fan when he cut his hand and fingers.

### Activity

**Reaching** to do ductwork, repair HVAC Equipment or other activities from ladders or ground continues to be a factor in lost-time injuries for **HVAC/R Work**.

### Prevention

- **Maintain ladders in safe condition and use with precautions.**
- **Wear proper personal protective equipment at all times (gloves).**
- **Use fall-arrest or travel restraint systems where required.**
- **Use caution when working in confined area or space.**

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

