



# 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 #14 TIGHTENING

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 tightening bolts with a wrench when he sustained a pulled muscle in his back.

HVAC/R mechanic was tightening an air duct when he was struck by the handle of electric drill, lost his balance and fell 6' to the floor, injuring his back & head.

HVAC/R mechanic was tightening nuts when the wrench slipped and struck his foot, injuring it.

HVAC/R apprentice was tightening a bolt when he twisted and banged his right hand.

HVAC/R mechanic was tightening bolt on compressor with a wrench when his right hand fingers were sliced on the compressor.

HVAC/R apprentice was tightening a gas valve when scaffold collapsed and he fell injuring legs and hand.

### Activity

**Tightening** bolts, valves, duct work or other material on HVAC equipment/material continues to be a factor in lost-time injuries for **HVAC/R Work**.

### Prevention

- **Maintain scaffolds in safe condition and use with precautions.**
- **Use proper stance and position before starting procedure.**
- **Use proper power or hand tool for the job.**
- **Use fall-arrest or travel restraint systems where required**

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

