

SAFETY ALERT

The BDA is committed to Improving Standards in Health & Safety, Quality of Workmanship and Technical Proficiency for the Drilling Industry and its Clients.



Manual Handling Injury

Background:

An employee was involved in an accident whilst carrying out manual handling operations on site. The IP was removing a piece of cut casing approximately 1.2m in length from a well chamber. The IP proceeded to move away from the chamber whilst supporting the load by walking backwards uphill on uneven ground, resulting in a fall and the casing landing on his left hand. Initially it was suspected that the accident had resulted in a broken bone, however on visiting A&E, it was identified that only bruising and swelling had occurred.

Manual handling is any task requiring a person to use force to lift, lower, push, pull, carry or otherwise move a load. It is a legal requirement to undertake a risk assessment before undertaking manual handling tasks.

Potential Outcomes of Poor Manual Handling:

- Pain from strained muscles and / or ligaments
- Inability to perform certain tasks
- Difficulty in maintaining a good work / life balance
- Interference with extra-curricular activities such as sport, family life or hobbies
- Prolonged recovery times
- Severe cases can result in the need for surgery

Manual Handling Injury

Mitigating the Risk from Manual Handling:

- Consider whether the load needs to be moved, if not, then don't move it.
- Always assess the task before you start lifting, pushing, pulling, reaching, stretching e.g. the weight and shape of the object, the distance to be moved, potential obstacles in the path of movement, availability of equipment to assist with the move, whether help is needed
- The individual needs to determine if they are capable of lifting, moving etc. the load.
- If an individual has any health condition that may be made worse by proposed manual handling activities, they must inform their Line Management immediately and not undertake any activity which would aggravate their condition.
- Check the route is safe where the load is to be taken. If it's not safe choose a different route or path. If you cannot find a safe route do not attempt to carry the load.
- Only trained, competent and fit personnel should carry out manual handling tasks.
- Do not lift loads if help is required and not available. Contact the Safety Department for advice/instruction.
- When team lifting is required good communication and co-operation between the team is required. Where practical team members should be of a similar stature and strength.
- Park vehicle as close to operations as practically possible.
- Roll tools to position where possible.
- Use mechanical aids where possible and available.
- Don't twist or turn whilst carrying any loads.
- Don't stop to talk to other persons when carrying any load.
- Do not walk backwards whilst carrying loads.
- If control of the load is lost never attempt to catch a falling load. Immediately get hands and feet out of the load drop zone to prevent impact or crushing injuries.

