

Protect your injury hot spots

Automotive Service Technician

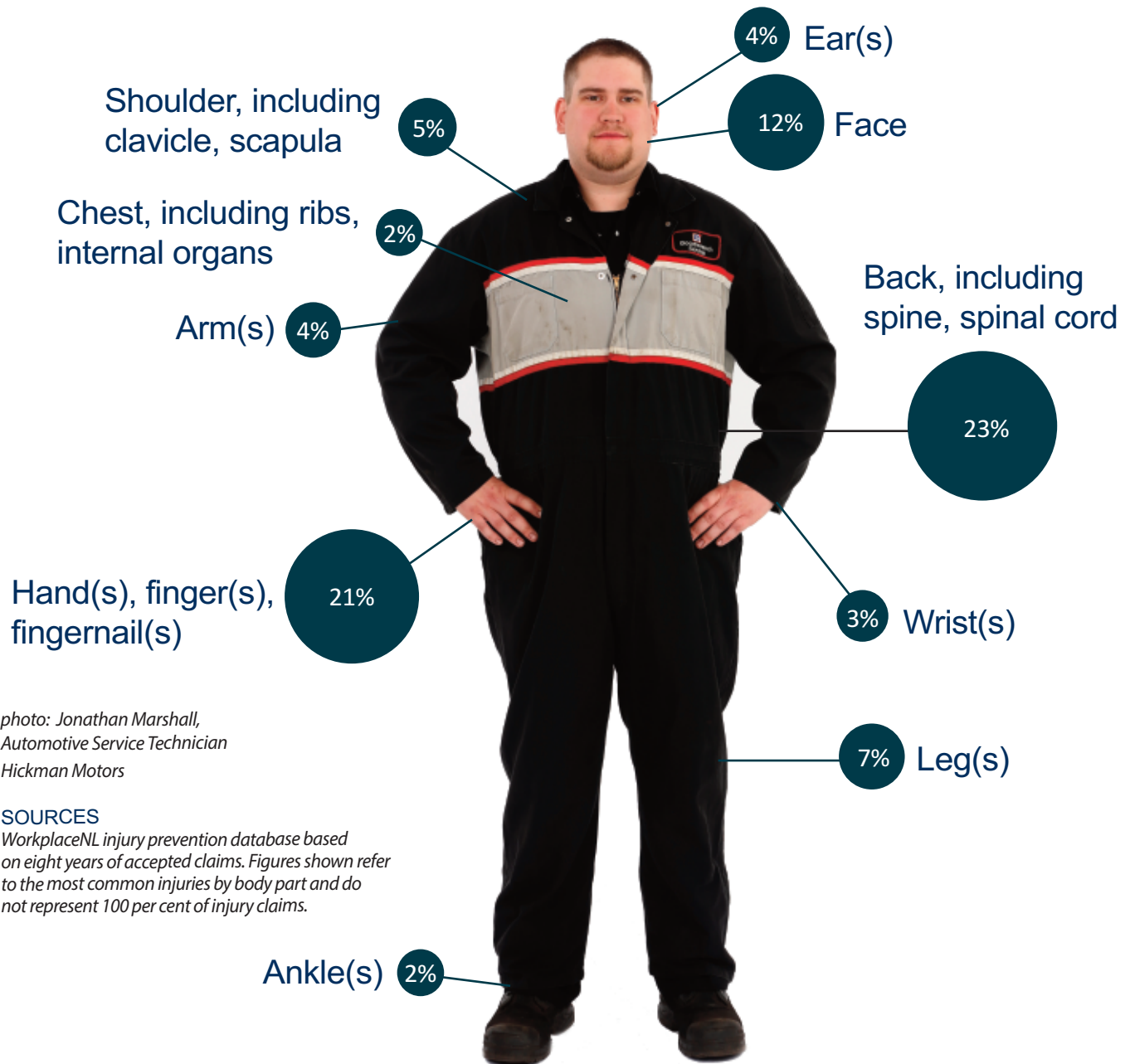


photo: Jonathan Marshall,
Automotive Service Technician
Hickman Motors

SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

WorkplaceNL

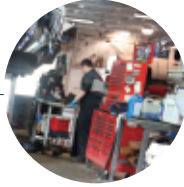
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COMMON INJURIES

FACTS

Injury Hotspots Automotive Service Technician



Prevention Tips

AWKWARD POSTURE/REPETITIVE WORK

- Take frequent breaks, avoid staying in the same awkward position.
- Rotate tasks frequently.
- Tasks that require repetitive hand and arm movements should be performed between shoulder and waist height.
- Use assistive devices when possible (power tools vs hand tools).

USING POWER TOOLS AND HAND TOOLS

- Conduct a pre-assessment of the task. Plan your work and adjust your work area to suit you.
- Be aware of the position and movement of your hands/wrists as you work. Alternate hands when safe to do so and rotate tasks, to reduce repetition and duration of awkward movements.
- When available, select tools that have handles that keep your wrist in a comfortable, natural position.
- Ensure to avoid gripping or forcing a tool more than necessary.
- Reduce exposure time to a tool by implementing safe work practices.
- Set the tool down when not in use.
- When possible use tools that have low vibration and are lightweight.
- Be aware of noise induced hearing loss and select tools that will help provide acceptable noise levels.

LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Before lifting, check the weight of the item so you can prepare to lift properly.
- Use lifting equipment when available, or team lift.
- When possible always push rather than pull.
- Bend your knees when retrieving items from floor level.
- Contract your abdominal muscles and lift smoothly without sudden jerking. Avoid twisting. Move your feet to turn when lifting and carrying.
- Keep the load as close to your belly button as possible.
- Reduce the weight and distance of the load if possible.

SLIPS, TRIPS AND FALLS

- Ensure good housekeeping and remove unnecessary items.
- Conduct regular inspections of your workplace to ensure slip and trip hazards are identified and controlled.
- Be sure to wear non-slip, steel toe footwear when working in garages.
- Ensure procedures such as warning signs, barriers, and immediate cleanup are in place when spills occur.
- Implement a “safe walking” zone in garages.

For additional information please contact:

t 1.800.563.9000 w workplacenl.ca

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