

Protect your injury hot spots

Heavy Equipment Operator



photo: Crosbie Williams
Heavy Equipment Operator, Farmer

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

Health | Safety | Compensation

COMMON INJURIES

FACTS

Injury Hotspots Heavy Equipment Operator



Prevention Tips

ERGONOMICS

- Use mechanical handling aids (e.g. overhead tracking, hoists, mobile hoists, wheeled equipment, and slide sheets) at all times unless clients can lift themselves.
- When moving equipment and supplies, use a trolley or lifting aid to reduce the risk of sprains and strains.
- Ensure building layout/design allows ease of pushing and/or pulling when using trolleys, wheelchairs and other mechanical handling aids (e.g. good path design, suitable floor surfaces).
- Provide equipment that is fit for purpose and maintained in accordance with manufacturer's specifications.
- Ensure workers are educated about proper working postures and trained in ways to minimize twisting, bending, lifting and proper use of lifting aids.
- Ensure to develop written Safe Work Practices and Procedures (SWPPs) for the equipment and tasks and ensure that employees are trained in the SWPPs.

WORKPLACE VIOLENCE

- Implement policies and procedures to reduce the risk of workplace violence from, clients and the general public. Ensure they are well communicated and are followed by all workers.
- Methods may include warning and duress systems, training, supervision and staff support.
- Ensure buildings and equipment are designed to minimize risk (e.g. shatter-proof glass, no blind spots, access/egress controls, and effective use of barriers).

WORKING ALONE

According to the Regulations, to work alone or in isolation "means to work in circumstances where assistance would not be readily available to the worker (a) in case

of an emergency, or (b) in case the worker is injured or in ill health"

- Identify hazards and assess risks and communicate risks to workers.
- Develop and implement a written check-in procedure to eliminate or minimize these risks.
- Train workers in the check-in procedure (this will vary depending on the work conducted).
- Review at least annually.

SLIPS, TRIPS AND FALLS

- Good housekeeping should be a central priority to the system of work to eliminate all slipping/tripping hazards (e.g. remove liquid, dust or other contaminants on floors).
- Ensure that all floors are level throughout work areas and there are no temporary or permanent obstructions posing any risks.

INFECTION CONTROL

- Follow safe work practices and procedures for handling biological fluids.
- Wear personal protective equipment including appropriate gloves, respirators, aprons, etc.
- Dispose of contaminated waste appropriately – use sharps containers when required.
- Wash hands frequently.

SHIFT WORK

- Maintain a healthy lifestyle – increase exercise, choose a healthy diet and quit smoking.
- Learn how to make healthy eating choices while working night shift.
- Get an adequate amount of sleep (7-9 hours daily is recommended for adults).
- Take care when driving home after a night shift. Consider alternate transportation where possible.

For additional information please contact:

t 1.800.563.9000 w workplacenl.ca

WorkplaceNL

Health | Safety | Compensation