

**Network Rail
Operations
Staff Incidnet - Strained leg
muscle moving rail section
using rail dogs
Friday 20 November 2015**

Incident Details

Date: Friday 20th November 2015

Time: 04.30 hrs

Location: BML1 2100 Brookwood RRAP 27M
76CH

Task:Group lifting and moving sections of rail

Employee: Member of Woking P/Way Staff

Equipment Involved: Rail Dogs

Injuries Sustained: Leg muscle strain

Incident Classification: Resulted in time away
from work

Immediate and Underlying Causes

Immediate Cause:

Used incorrect lifting technique

Underlying Causes:

Heavy lifting was involved and the
individual did not properly prepare
themselves before the lift

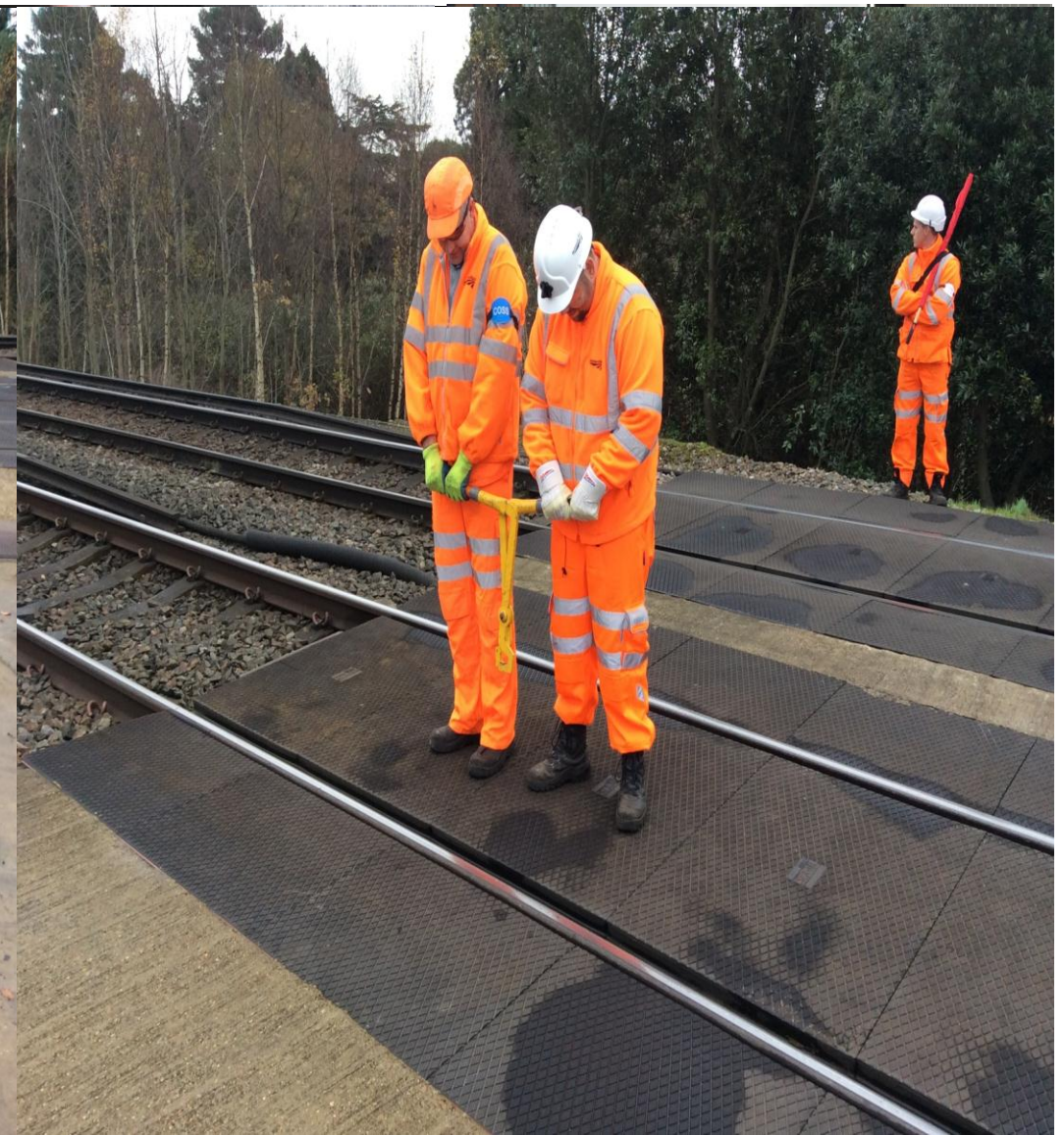


Image above shows the rail dogs which were being
used.

3 set sets of rail dogs were being used by 6 members of
staff to lift a section of rail from a track trolley

Image above shows the surface being walked on whilst
lifting the rail section.



Next Steps:

- Staff will be re-briefed on the importance of
correctly assessing the lift prior to lifting and
on using good lifting and handling
techniques.

