

Wessex Safety Learning Event

On 23 January, at Peters Finger near Dean, a member of Works Delivery staff was lifting a sleeper end by hand when they experienced a back spasm. The IP tried to walk the injury off but this didn't work.

For further information contact: Roger Stephens Works Delivery WHSEA (roger.stephens@networkrail.co.uk)

Points for discussion:

Everyone should discuss these points with their teams – whether in the office or on site

- Have you determined the lift is necessary and have the correct tools and equipment?
- Have you assessed the lift before prior to lifting?
- Are you adopting the correct lifting position?