

IMDM INNER

Title: Staff accident whilst using Impact Wrench Injury: Muscle Tear

Incident

On the 10th of June 2018 at 04:35 hours, a track operative based at Wimbledon Maintenance depot reported that he had sustained a back injury whilst on track at Epsom. The operative was using an impact wrench to tighten the bolts of a Fasetta clamp, when he felt a sharp pain in his back, this progressed to a feeling of 'numbness' in his legs which resulted in the operative falling backwards.

The injured person (IP) was assisted off track by his supervisor and attended hospital for medical assistance. The diagnosis was confirmed as a muscle tear in his back and would require approximately 6 weeks recovery time.

The IP was using the impact wrench as he had been trained and no one on site observed any incorrect practices. The IP had no previous history of back issues.



The above images show the location the injured person was working in and also demonstrate the stance being used at the time of the injury.

Lessons Learnt

This accident is still under investigation. While the details are being confirmed, please discuss with your teams;

- How long is it reasonable to do this or any similar activity?
- What stance is best?...Keep the back as straight as possible, bend at the hips and knees to get close to the ground; manual handling rules prevail.
- DID You Know...The spine is made up of 24 vertebrae separated by fluid filled discs to absorb shock and enable movement. Too much of the wrong movement (twisting and turning not from the hips) can cause wear and tear.