Incident

A member of Feltham Signals and Telecommunications (S&T) was part of a 3 person team (made up of the injured Network Rail member of staff, a Person in Charge and a Contract member of staff) who were replacing a 6 metre level crossing barrier boom into the ZO pedestal at the level crossing at Grove Park.
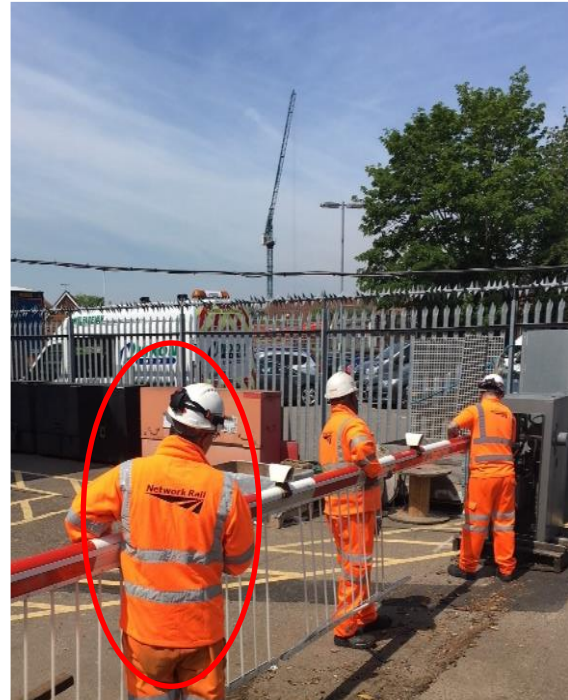
As the barrier boom was being replaced, the injured person felt a pain in his lower back but continued to work after feeling the pain and did not report it until he returned to the depot at approximately 03:40.

From the time of feeling the initial pain, until the injured person returned to the depot, the back had begun to stiffen up.

The Injured Person was the 3rd man of 3 (circled), at the back of the boom and taking the weight with the 2nd man also taking the weight and the lead man lining up the boom and making the necessary connections at the crossing pedestal. This work was to be completed by a 6-person team however due to other circumstances only 3 members of the S&T team were available. The 3 team members attempted to complete the work anyway, to repair the fault.

As part of the initial investigation it was discovered that the level crossing barrier boom does not denote the weight, either on the boom itself or on the product information supplied with the boom.

It was subsequently found that the weight of this particular level crossing boom (6 metre long) is 90KG.

Learning lessons;

- ➤ **THINK; Do you know the weight of the equipment to be manually handled? Is the weight displayed on the equipment?**
- ➤ **Do you have the resources to carry out the required work?**
- ➤ **Check your posture, can you do something, <u>even when sitting</u>, that will make your back healthier?**
- ➤ **Avoid twisting and keep the load close to your body.**
- ➤ **Know your limits!**
- ➤ **See the 'Healthy Back' presentation or the 'Think Risk' film on Safety Central for some helpful tips.**

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