

**IMDM INNER – Woking East 07/08/2019****Title: Manual Handling of an Iron Man Injury: Back Strain****Incident**

On the 7th of August 2019 a Team Leader from Woking P-Way was part of a 4 man team lifting an Iron Man onto the running rails at Woking East (23m70ch, BML1).

The Iron Man was to be loaded from the wide way onto the track and the rail to be changed then moved to its required position.

The Team Leader was also the PIC and took charge of the Iron Man lift.

The Iron Men to be on-tracked were already positioned in the wide-way (10ft) between the Up and Down fast.

The lighting being used was head torches, with additional light coming from the lighting within the sidings and street lamps from the road running alongside the railway.

The team lifted the Iron Man close to the rail, then lifted it onto the Up Fast line, crossing over the running rail and conductor rail.

The Team Leader was situated on the back left of the Iron Man and while lifting it into place, a piece of ballast gave way beneath him and he experienced a pain shooting up his back.



An Iron Man (stock photo)

Items for discussion

- Is the site lighting being used suitable for the work being undertaken? You will not identify the hazards, if you can't even see them.
- Ballast is not a stable surface, it can and will move. Do we 'Take 5' before, during and after a task, to risk assess the hazards? Do we discuss how the task will be done, what went well and what will make it better next time?
- Do we consider alternatives to manual handling? Is there a way to complete tasks by the use of mechanical means?
- Think P.R.I.C.E.
Protect – The individual
Rest – Allow an injury to heal
Ice – Reduce the pain and inflammation
Compression – Help to reduce swelling
Elevate – Above the heart