# Safety Flash

## Incident with Recordable Injury

## Date of Incident: 1/19/2021

### The Incident

An associate was loading a 2,500-foot spool of #10 THHN wire onto a wire rack. After lifting the approximately 98-pound spool, the associate turned slightly and felt a sharp pain in their lower back. The medical treatment resulted in a recordable incident.

### The Causes

- The spools do not come from the manufacturer with the weight marked on the label.
- Mechanical equipment, such as a forklift, was not a viable option for this task.
- The associate is an apprentice who lacked experience with this type of task and did not ask for assistance.

### Prevent It

- Practice proper lifting techniques.
- During pre-task planning, identify the weight of material to be moved.
- Get help for anything 50 pounds or heavier that should be a two-person carry/move.

### Action Plan

- Weigh all wire spools that are manually lifted.
- Post/distribute the known weights of wire spools.
- Discuss findings of this incident review with the crew.

### Keep Improving

Your health and safety are the most important part of every project.  We need *your* help to eliminate unsafe behaviors and conditions. If you see a safer and better way to do a task, see your supervisor, or contact GEM Safety: Bill Cornett – 419-720-2728. To get personal protection equipment from the warehouse, call 419-720-2688.