

**U.S. Army Corps of Engineers
Fort Worth District
Safety & Occupational Health Office**

Lessons Learned

ACCIDENT: Chair Fall

Date: 19 February 2002

WHAT HAPPENED: Employee was using a chair to stack canned drinks from the floor to a storage shelf. Employee leaned over to lift some cans when the metal frame chair slipped out from under them. Employee fell hitting the soft drinks, the table, refrigerator, and floor bruising their right shoulder, arm and back.

CONTRIBUTING FACTORS:

- Did not follow proper lifting techniques.
- Did not use proper equipment: i.e.- chair instead of a ladder.

RESULTS: Bruised right shoulder, arm and back.

LESSONS LEARNED:

Reference-EM 385-1-1 USACE Safety and Health Requirements Manual

- **Use proper lifting techniques when lifting heavy objects.**
- **Lifting in combination with other motions (twisting, reaching over or around, etc.) increases the possibility of a back injury**
14.A.01 Employees shall be trained in and shall use safe lifting techniques.
- **Supervisors ensure that Activity Hazard Analysis covers all actions required to safely complete the work.**
- **An approved stepladder shall be used when lifting items overhead.**