

Bicep Injury from Manual Pallet Jack Lift

Description of Incident (Incident occurred June 26, 2022)

A worker was attempting to use a manual pallet jack to maneuver material weighing ~600lbs. When exerting force to move the pallet jack the work felt discomfort in their left bicep.

Key factors in this incident included:

- Material stored behind pallet required access for relocation
- Electric forklift key kept in stores (store person was tending to another worker at the counter)
- Manual pallet jack requires physical force to maneuver
- Weight of the material on the pallet.
- Human Performance – mistakes often result from well-meaning behaviors intended to get the job done.
 - Using manual pallet jack because it was taking longer than anticipated to obtain the electric forklift.

See attached reenactment photos.

Corrective Actions & Recommendations

As a result of this incident the following corrective action was identified:

- Develop safe work practice for manual pallet jacks

Applicable Lifesaving Rule

There is no specific IOGP lifesaving rule applicable to this incident. [Read more](#) about IOGP's lifesaving rules.

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[Read more](#) Atlantic Canada Offshore Safety Alerts.

Reenactment Photos – Bicep Injury from Manual Lift

