

# Lessons Learned



— MECHANICAL CONTRACTORS —

**Date:** 12/8/2020

**Region:** Seattle

**Project:** Vigor Shipyard

**Incident Title:** Heavy Lifting

## Summary

Apollo Journeyman was moving a 150 lb dehumidifier at a shipyard with another Apollo worker. They were in a tight, unorthodox area, trying to get the unit down the stairs (seen to the right). They were not able to use dolly, or mechanical means because of this unconventional area. They lifted the unit over the guardrail, and set it at the bottom of the stairs. As they lifted the unit from the top of the stairs, the Apollo Journeyman heard his back pop, and immediately stopped work.



## What Went Right?

- Worker immediately stopped lifting
- Supervisors got new dolly strap system, and extra persons to help move the dehumidifier.

## What Went Wrong?

- Not putting extra planning into unorthodox work
- Lifting over 50 lbs. per person in difficult work environment, forcing bad posture

## Lessons Learned

- Apollo has the opportunity to work in a lot of different environments, when those working conditions are different from normal work, extra planning must take place.
- Lifting over 50 lbs. per person significantly increases the chance for musculoskeletal injuries.
- Lifting in awkward positions increases the chance for musculoskeletal injuries.