Strains at School – Proper Lifting Techniques Fatality File

School Worker Suffering a Severe Back Strain Due to Improperly Lifting a Heavy Desk

John, a long-time school worker, was known for his dependability and helpfulness. One day, he was asked to rearrange the library to create more space for a new technology center. As part of the rearrangement, he needed to move a heavy, old desk that was securely anchored to the floor.

John, eager to get the job done quickly, attempted to lift the desk without proper support. He bent at the waist, not using his legs to lift the weight, and tried to lift it without assistance. The desk was heavier than he anticipated, and with a sudden jerk, his lower back strained. He felt a sharp pain, and his body became stiff and difficult to move.

John’s back strain was severe, causing him significant pain and impacting his ability to perform his regular duties. He sought medical attention, where he was diagnosed with a herniated disc in his lower back. The injury forced him to take time off work, and he underwent physical therapy to help him recover. The incident not only caused him physical pain and inconvenience but also highlighted the importance of workplace safety protocols.

Source: Specialedresource.com