



## Manual handling injury related to tool bags

**Alert No.** HSEQ-SA-138  
**Date of issue** 26/09/2022

### Hazard/incident description:

A City team member was in the process of lifting a tool bag from the rear of a company vehicle when they suffered a muscular strain injury.



IMAGE 1: The tool bag located at the rear of the vehicle.



IMAGE 2: A more detailed image of the type and size of the tool bag.

### Contributing factors:

1. The weight of the tool bag (Approx. 35kg).
2. The method used to move the tool bag from the vehicle to the ground.

### Actions taken / to be taken:

- Team members are reminded to ensure that their tool bags do not exceed 15kg in weight. The 15kg weight limit is recommended by Safe Work Australia as the safe limit for a single lift based on physical capabilities, fitness, age, and body position of the lift.
- When lifting objects, City team members are reminded to be aware of and utilise manual handling techniques that reduce the risk of injury. For example:
  1. Avoid lifting an object that exceeds your capacity.
  2. When lifting, keep your back straight and lift with your legs.
  3. Lift slowly and carefully.
  4. Ensure the object being lifted is close to the body.
  5. Avoid twisting the body when placing objects on the ground.
  6. Use lifting aids and devices where practical.
  7. Ask for help if required.

For further information, contact George Covino, Regional HSE Manager, Mob: 0439 942 938.

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