



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 09-22

Date: April 21st, 2022

Body Positioning Causes Muscle Strain

After the morning meeting, a crew working on a microfiltration unit's tubing gathered at the work site. The work crew conducted a toolbox talk and covered the work execution plan, steps to follow, risk assessment, and SIMOPS. The agreed plan was to place someone between the filters to remove a plug, install a fitting, and then install tubing at that tie-in point. After roughly an hour, they were approached and stopped (utilizing SWA) due to a concern that the employee in the unit was working in a confined space and due to concerns about rescue access for the crew member in between the filters.

They reassessed the job task and determined that the plug was reachable through a tight gap between two micro-filtration filters to remove a plug. This required the person to fully extend his arm and turn his body 90 degrees away from the plug. Upon applying pressure to remove the plug with wrench, the person felt a sharp pain in his left trap muscle. He reported this to his supervisor at which point he was escorted to the medic's office for evaluation. Medic's diagnosis was trapeze muscle strain

After review of the incident, the following were found to be the primary factors:

- An element of the task execution plan was changed while the work was in progress
- The new task execution plan was not assessed for hazards and wasn't effective
- The original task execution was redesigned to include a harness for rescue capability



Root Causes:

- Unplanned change of the task execution plan that had not been assessed for hazards
- Overextension/body positioning while removing plugs

Recommended Actions to Prevent Future or Similar Occurrences:

- Stop and reassess the hazards when conditions change
- Be aware of body positioning during work activities
- Review the work process to avoid overreaching/overextension

What worked well?

- Utilize Stop Work Authority to discuss concerns and agree a way forward
- Conduct a stand down to determine best practices
- Ensure rescue systems are a part of the work planning for restricted movement locations and are in place during the work

What should we do differently?

- Stop and reassess the hazards of the job when conditions change and notify all necessary personnel
- Be aware of body positioning and avoid overreaching/overextension
- Know your limitations before attempting to perform task in restricted movement areas



SAFETY ALERT

Report all incidents immediately to the GIS Hotline 1-855-543-5163.