

Best Practice Briefing

No.: BP17-0002

Title: Injury & Illness Prevention Best Practices

Event: LBNL Event

Event Date:

Category: ESH-General - Accident/Injury-General

Best Practice:

This best practices communication describes key take-aways and reminders from work-related injury investigations conducted from October 1, 2016 through March 31, 2017 in an effort to prevent occurrence or recurrence of adverse operating incidents. Please share this document within your communities of practice to foster continuous improvement in safety.

Best Practices:

1.) A Senior Administrator had discomfort in the back, shoulder, neck and arm for several months after prolonged computer and mouse use, which resulted in a recordable injury. Similarly, a Crafts worker had discomfort in both hands for one year due to routine work tasks. There is a correlation between the amount of time employees experience discomfort and the need for medical treatment beyond first aid. The longer the duration of the discomfort, the greater the likelihood of requiring medical treatment to help resolve the symptoms. Early reporting of discomfort is key to preventing ergonomic issues from progressing to severe symptoms that require medical treatment, and negatively affect employees' quality of life. Employees are encouraged to notify their Supervisor, Lawrence Berkeley National Laboratory (LBNL) Health Services, and/or the EHS Ergo Team, as soon as possible, when experiencing discomfort.

2.) A Research Associate was splashed in the face when setting down a full squeeze bottle containing 100% methanol. The nozzle of the squeeze bottle was pointed unintentionally toward the employee. The use of proper lab personal protective equipment (PPE) can prevent a serious injury, such as a chemical splash to the face.

3.) A guest scientist slipped and fell as a result of food left on the

floor in a kitchenette area. Good housekeeping, such as cleaning up any spills or debris on the floor, can prevent slips and falls.

4.) As a rule, effective communication while employees are working together on a task is important both before work is started and while work is conducted. This will heighten safety awareness and minimize safety exposures.

For additional information/questions regarding these best practices, or work-related injury and illness prevention, please contact Melanie Alexandre at mmalexandre@lbl.gov.

Lessons Learned are part of the ISM Core Function 5, Feedback and Improvement. Applicable Lessons Learned are to be considered during working planning activities and incorporated in work processes, prior to performing work.

Please contact the following subject matter experts if you have any questions regarding this briefing.

- Alexandre, Melanie M (MMAlexandre@lbl.gov)

[Give feedback for this briefing](#)

For other lessons learned and best practices, go to [Lessons Learned and Best Practices Library](#)
