

Warehousing and Storage

These are the most common injuries and hazards for people working in the warehousing and storage industries, as shown by injury claims.

Psychological System

Work-related stress, bullying, harassment, work pressure, or fatigue.

Arm

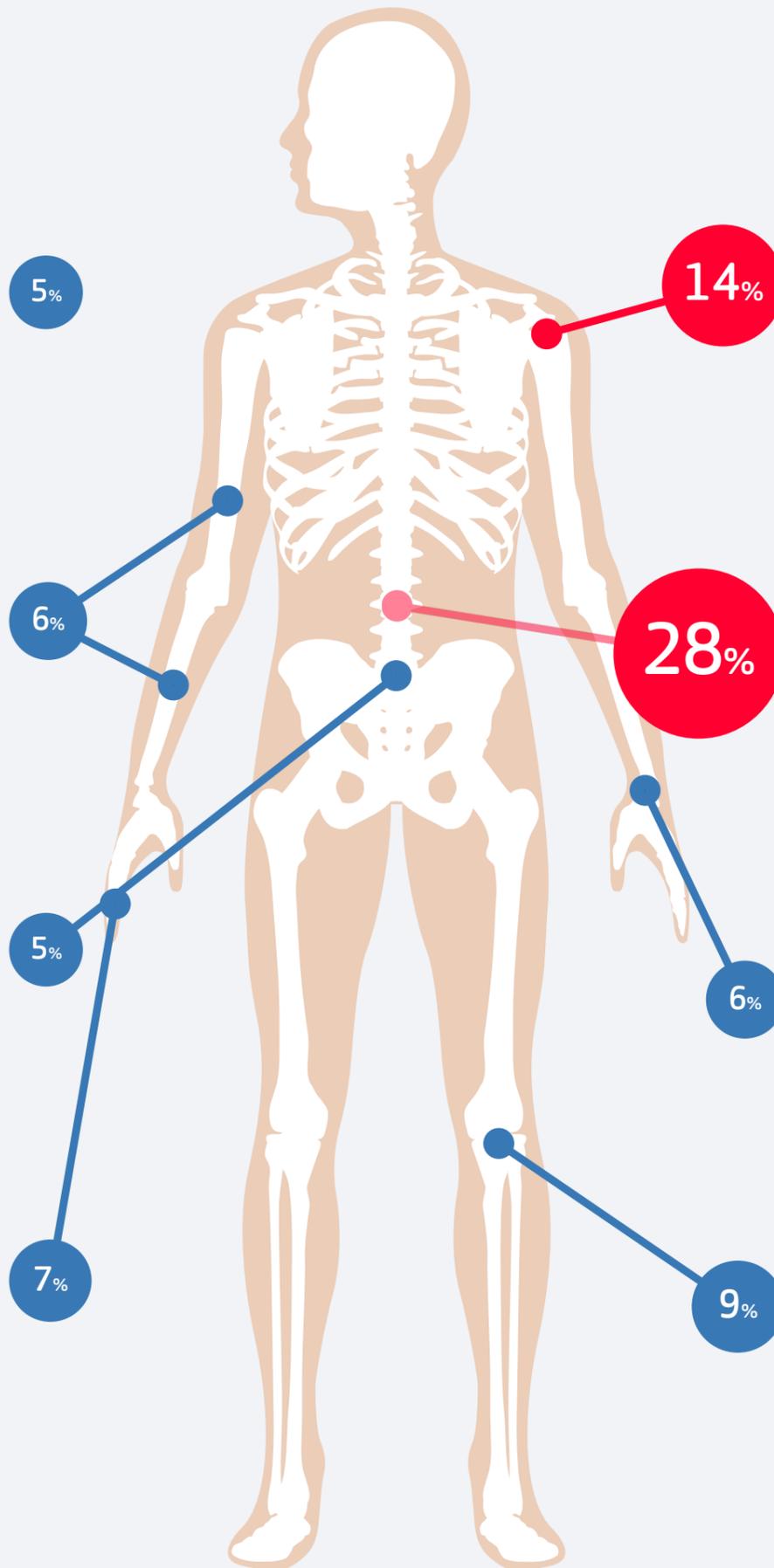
Muscle injuries or strains from lifting heavy objects. Fractures and wounds from being hit by moving objects or from falls.

Abdomen

Hernia from heavy lifting.

Hand/Fingers

Lacerations and other wounds from being hit by moving objects and using tools and knives. Fractures from falls.



Shoulder

Muscle strain from lifting heavy boxes or bags, and repetitive picking from above shoulder or at the extent of reach.

Back

Muscle strains from repetitive lifting, pushing, pulling, and carrying, and also from handling heavy bags and boxes.

Forearm/Wrist

Traumatic joint/muscle injury or strain from moving/lifting boxes/materials. Fracture from slipping/tripping while moving materials.

Knee

Muscle stress/strain from twisting/slipping while moving boxes. Traumatic joint or muscle injury from falling/twisting while moving boxes.

Safety solutions

WorkSafe expects employers to have safety solutions in place to protect workers from injury and illness. Below are some common solutions known to reduce the risk of injury. Employers should work together with their employees to determine the most effective solutions for their workplace.

Hotspots

Solution

Accidents caused by mobile plant

● Hand/Fingers

- Implement appropriate traffic management plans (e.g. design all new workplaces to ensure pedestrians and forklifts are completely separated, establish appropriately sized pedestrian exclusion zones).
- Ensure ride-on mobile plant has curtain/barrier foot protection and automatically stops when operator dismounts.
- Ensure all operators of mobile plant have appropriate licences.

Falling objects

● Shoulder

- Use appropriate wrapping and stillages to prevent objects falling from containment.
- Stack heaviest items at the base of the load.

Lifting and repetitive bending (order picking, replenishing, container packing and unpacking)

● Back ● Shoulder ● Hand/Fingers ● Arm

- Provide appropriate mechanical aids and equipment (e.g. four-wheel trolleys and lifters to lift heavy weights, height-adjustable reach conveyor) and ensure they are used properly and maintained in accordance with manufacturer specifications. Eliminate manual lifting of hardwood pallets.
- Ensure employees are not exposed to repetitive work for long periods (e.g. by using job rotation, work variation, providing sit-stand stools and anti-fatigue mats) or work that requires a significant amount of high force.
- Train employees in the selection and use of any mechanical equipment and aids and safe handling methods (e.g. that the best working zone is when work is between shoulder and knee (preferably mid-thigh) height and with the elbows close to the body, work upright where possible).

Pushing and pulling trolleys and packages (Loading freezers)

● Back ● Shoulder ● Hand/Fingers ● Arm ● Abdomen

- Use plate freezers or trolley systems wherever possible. If this isn't practicable, ensure freezer frame load/unloading is always done between mid-thigh and shoulder height, using aids such as height adjustable racking and trolleys, pallet lift tables and vacuum lifters.

Slips, trips and falls

- Back
- Knee
- Arm
- Forearm/Wrist

- Ensure work areas and access areas are free of debris, level, well-lit and in good condition, and walkways are clearly defined.
- Use barriers for loading bays that are not in use.
- Ensure fences and barriers at finger docks remain in place until truck acts as a barrier.
- Apply good housekeeping practise (e.g. remove unnecessary items, provide sufficient storage, ensure items are put away, doors and drawers closed after use).
- Ensure employees wear appropriate footwear (e.g. non-slip).
- Develop and implement appropriate policies and procedures (e.g. don't stand on pallets, no climbing on shelves, drivers not to drive away during loading/unloading process).

Work-related stress, fatigue, bullying and harassment

- Psychological System

- Develop and implement appropriate policies and procedures for workplace bullying and harassment.
- Encourage a positive workplace culture, including reporting of bullying and harassment.
- Ensure all employees understand what bullying and harassment is, and the procedures for reporting incidents (e.g. policies and procedures should be promoted during employee induction and workplace bullying prevention or training).
- Provide access and encourage employees to use employee counselling/support services, where possible.
- Develop strategies for managing the impact of fatigue (e.g. develop a fatigue management system and train managers/team leaders how to effectively implement it).
- Train employees how to recognise fatigue signs and symptoms.
- Encourage employees to report any workplace stress factors (e.g. work demand, low control, poor support, lack of role clarity, organisational culture) and control appropriately.

Visit www.injuryhotspots.com.au
WorkSafe Advisory Service Toll-free 1800 136 089

Your health and safety contact is:

You must consult with the people who will be affected by changes before any changes affecting their occupational safety or health are put in place. If someone is injured at work, their employer must ensure they receive proper care and support their safe return to work. WorkSafe Victoria is a trading name of the Victorian WorkCover Authority.