

NZ Safety Alert

Let's work together to keep ourselves and our workers safe

14 May 2021

Sprain from lifting crane boom

While using an excavator to clean around a conveyor, a worker came across the boom of a Hiab which had been removed while the Hiab was being serviced.

The worker got out of the excavator to move the boom which was lying on the ground for maintenance.

The area was wet, so the worker braced himself so as not to slip and began to lift the boom. As he lifted the lighter end of the boom, bracing back on his left leg, he sprained his right leg hamstring tendon.



MinEx [statistics](#) on incidents with the potential to cause harm over the 42 months to Dec 2020 show 14 % of all incidents (485 incidents) result in an occupational injury.

You need to ensure that:

1. Where practical, mechanical lifting devices are used to lift all items.
2. All lifts are planned to ensure fit-for-purpose plant is being used and techniques for lifting are appropriate for that lift.
3. You know the weight of any item being lifted so that appropriate equipment and techniques are used.

Know of an incident or near miss? Please share the learnings with us.