

Berkeley Lab Incident Statistics

Fiscal Year 2024- Quarter 3

(10/1/23 to 6/30/24)



Executive Summary of FY24 Q1-Q3

75 Total Injuries (First Aid/Recordables)

- FY24 TRC Rate is trending *slightly higher* than FY23 & DART Rate is trending *lower* than FY23 (excluding Covid cases)
- 48% of all injuries are OSHA Recordable
 - 53% of OSHA Recordable injuries are Days Away, Restricted, or Transferred (DART)
 - We have had a total of 133 Restricted Work Days and 160 Lost Work Days

**All supervisors should...
focus on accommodating work restrictions to prevent lost workdays
&
promote and encourage early reporting of ergonomic-related discomfort...
it is easy to prevent these types of injuries from becoming recordable if we
catch them early**

Executive Summary of FY24 Q1-Q3

36 Total Injuries (Recordables)

Three injury categories account for 74% of all OSHA Recordables:

1. Ergonomics Exposure- Computer/Office

- Most of Ergonomic Exposure- Computer Office injuries were OSHA Recordable; 22% are DART
 - There is an *emerging* trend of more severe injuries occurring while teleworking
 - There are continued trends...
 - *Late reporting* of these injuries which is contributing to the severity of injuries and need for medical treatment
 - Factors contributing to these incidents included: *inadequate workload management* and *insufficient recovery* for from repetitive tasks

2. Slip/Trip/Fall

- Typically occur outdoors while enroute to perform work tasks

3. Struck By/Against

- Commonly impacts the hands while doing lab tasks

The Lab continues to experience ongoing injuries related to computer ergonomics, slips/trips/falls, and struck by/against injuries.

The following provides a few tips.

Tips to prevent computer-related ergonomic injuries:

- Supervisors can use this [discussion resource](#). It outlines tips for engaging staff about their ergonomic wellness.
- Evidence shows that when supervisors and staff have regular ergonomic discussions about workload and comfort; they will report discomfort more readily. Early reporting is vital to preventing ergonomic-related injuries.

Tips to prevent slip/trip/fall injuries:

- The Labs geography requires being extra careful when walking around. Many slips/trips/falls are the result of being distracted while walking.
- Staying alert, using handrails, and paying attention to your surroundings can help prevent tripping.

Tips to prevent hand injuries:

- Staff are experiencing injuries from cuts from razors, jabs, pinch points and being struck by needles
- The best prevention is to find safer alternatives (when available) and ensuring staff wear appropriate hand protection

Here are questions to discuss:

- 1. When is the preferred time to notify someone of pain or discomfort issues we feel could be related to our physical working situation?**
- 2. What is meant by “mindful” walking?**
- 3. What can our part of the organization specifically do to reduce hand injuries?**

FY24 Q3 Incident Details

Safety Exposure- Struck by/against N=9

(FA) An employee was walking in a building parking lot loading zone behind a parked government truck. The truck started to reverse while the employee was behind it and the employee extended their hand to touch the bumper/tailgate of the truck to get the driver's attention, at which point the driver stopped. Recommended corrective actions include installing back up cameras on government trucks and it was suggested to add to the driver's safety training to use horn when backing up or have back up alarms on vehicles.

(FA) An employee was opening boxes, and they touched the sharp edges of the cardboard; resulting in skin abrasions on several fingers.

(FA) An employee was putting wooden items into a trash receptacle and sustained a splinter.

(FA) An employee was opening a container in a biosafety cabinet with razor blade and cut their left thumb. Recommended corrective actions included using cut resistant gloves or safer cutting tools.

(FA) An employee was lubricating a horizontal band saw by apply wax to the blade while the blade was running in the low-speed setting. The blade slipped and cut the top of a finger. Recommended corrective actions included developing and sharing best practices for working with horizontal band saws and using guides to help reduce the likelihood of getting a cut while lubricating blades.

(FA) An employee was exiting a car in a parking lot and closed the door on their finger. Employee reported they were distracted by talking with a co-worker at the time of the incident.

(FA) An employee sustained a contusion on their head. They had bent down to install a piece of equipment and upon getting up they bumped against a piece of metal equipment that was sticking out. A factor contributing to this incident was there were others working in the area and there was limited space to maneuver. Recommended corrective actions included using hard hats and adequately controlling the workspace.

(FA) An employee was moving various pieces of furniture into a truck when they noticed an abrasion on their forearm. Recommended corrective actions included: including hazards such as safe practices when handling loads with potential hazards such as protruding nails and sharp edges by using gloves, material handling equipment, and securing loads with straps or shrink wrap whenever possible under "General Hazards" or "Additional Controls" in WPC and discuss during pre-work planning.

(FA) An employee was using a saw to cut and remove a stainless-steel pipe and sustained a cut from the edge of the pipe. Safer work planning and practices were identified.

FY24 Q3 Incident Details

Ergonomics/Computer Office N=5

(Rec) An employee experienced elbow pain after working directly on a laptop for four hours during an onsite meeting. This incident emphasizes the importance of using external accessories such as a laptop stand, keyboard and mouse instead of working directly on laptops.

(Rec) An employee experienced left wrist and thumb pain for two months while teleworking. The pain increased in intensity and swelling was noted. Employee had a heavy workload and was working on weekends, long hours and during lunch.

(Rec) An employee who works hybrid experienced right shoulder pain after increased keying and mousing for 3 days due to covering for a co-worker; resulting in an increased workload.

(FA) An employee who works hybrid experienced right wrist pain for several weeks. Employees uses computer ~ 8 hours per day as well as uses computer to play video games for personal/leisure activity.

(FA) An employee who works hybrid experienced wrist and neck pain for the past 3-4 months. The employee was working 7-8 hours per day on the computer with few breaks. The employees telework set up had not been optimized.

FY24 Q3 Incident Details

Safety Exposure- Slip, Trip, Fall N= 5

(Rec) An employee was walking on a roof to install a piece of equipment and stepped between the uneven roof blocks; causing them to twist and sprain their ankle. Recommended corrective actions included: marking off area indicating the surface is uneven and/or adding a ramp over the blocks as well as adding railing to both sides of the walkway. Employee also changed their work shoes to a high-top style for more ankle support.

(FA) Employee was walking upstairs and tripped and cut their right hand. The rise of the stair was slightly shorter than others. Employee reported they were rushing, walking fast and were not using the handrail. Recommended corrective actions included promoting mindful walking and using handrails.

(FA) Employee was walking downhill on a pathway towards a shuttle stop when they fell on the ground. Employee is not certain why they fell. The walkway was clear of debris at the time of the incident and no uneven surfaces were observed during the follow up site visit. No recommended corrective actions were identified.

(FA) An employee was walking downhill and fell. According to employee distractions may have been a factor. Recommended corrective actions included promoting mindful walking.

(FA) As an employee grabbed a piece of equipment to load it into the back of a truck the wheel fell off the equipment and begin to roll towards a roadway. Seeing the wheel was headed towards the busy roadway the employee ran to get it before it was able to reach the roadway. The employee tripped and fell, landing on their knees and right hand.

FY24 Q3 Incident Details

Safety Exposure-Material Handling N=1

(FA) An employee experienced right elbow pain while doing inventory. They lifted an item weighing over 40 pounds to access the property tag. Recommended corrective actions included: applying asset tags in locations that are easily accessible, using the best practice of 'testing the load' before lifting, and seeing if a 'heavy item' sticker can be placed on assets that are over 40 pounds.

Ergonomic Exposure-Material Handling N=2

(FA) An employee was participating in an Area wide safety stand down/clean up day. They were cleaning out office files for the entire day. The employee was ensuring the loads were light and manageable and did not anticipate one of the boxes was so heavy and they picked it up. They experienced neck and shoulder pain. The employee was not included in a work planning activity that included hazards/controls for material handling. Recommended corrective actions included: incorporating into safety clean up, safety stand downs or similar events reminders about safety material handling techniques and ensuring employees who are doing material handling are included in WPC activities that include the appropriate hazards and controls.

(FA) An employee had a back strain when manually lifting a truck's liftgate to try and secure it in place. Administrative controls to use team lifting were put in place prior to the incident but were not used. Deficiencies in work planning and assumptions being made by both the employee and supervisor contributed to this incident. Recommended actions included: removing the truck that requires manual lifting of the liftgate out of service.

Questions?

