



## DROPPING ITEMS

happen to everyone. How you respond when the item falls makes the difference in walking away injury free. Dozens of injuries occur each year to UO employees who try and catch items they drop. It is important to "let dropping things drop"! Learning this habit can save you from potential bruises, strains, sprains, or fractures in the future.

## EXAMPLE INJURY SCENARIOS:

- Example 1: An employee is pushing a heavy cart when a wheel gets stuck. They continue to push and the cart tips. Instead of letting it fall they attempt to catch it and it falls onto their leg.
- Example 2: An employee is pulling a heavy box off a shelf. The box falls and they attempt to grab it, but it strikes their shoulder.
- Example 3: An employee is moving a stack of chairs when the stack starts to fall. They reach to grab it pinching their hand between the chairs.

## WHAT TO DO!

- Get in the habit of "letting dropping things drop"!
- Plan your lift ahead of time (Right tools for the task? Pathways clear? Help lifting a heavy or awkward item?)
- If using a cart, pay attention to weight when loading the cart. Place heavier items on the bottom and distribute the weight.
- Do not use forceful blows or excessive force to remove a stuck cart or hand truck from a crack or gap. Pull, don't push to get it free.
- Look forward in the direction of travel and pay attention for potential hazards.
- Bring questions and injuries to your supervisor!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Practice the habit of "letting dropping things drop"!



Plan your lift ahead of time! Know when to use a cart, tool or ask for help!



For carts and hand trucks, pull don't push to get it unstuck!

