



INDUSTRY

SAFETY ALERT

Back injury while drilling guide hole for bridge

Date: July 2024

Location: Okanagan

Details: Workers were installing a log bridge over a stream with one worker drilling one of the guide holes for steel pins that hold the bridge together.

The large diameter of the drill hole and its depth (approx. 80 cm) causes the drill to bind, which makes it difficult to pull out and clear the sawdust / chips.

As the drill deepened the worker had to bend over to hold the drill, resulting in twisting of the back while trying to pull the drill bit from this position. This resulted in pain and stiffness in the lower right side of the worker's back near the hip.

Learnings / Suggestions:

- Understand back pain – its causes, prevention and treatment
- Stretch daily and before performing physical tasks you are unaccustomed to
- Practice good posture and maintain proper form
- Use proper bending, lifting and carrying techniques
- Exercise your back and maintain a healthy diet

Resources:

WorkSafeBC's [Back Talk: An Owner's Manual for Backs](#)

This information voluntarily submitted – to share a safety alert click [here](#)



BC Forest Safety

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