

Greetings everyone, Ladd, here:

Next to hand and foot trauma, back injuries resulting from improper lifting techniques are a leading contributor to UTP's lost work injuries. The following reminder of the usual recommendations also includes ideas that can further assure that the most injury resistant alignment between pelvis and shoulders is preserved throughout all of UTP's "hands on" lifting and load bearing applications.

### PROPER LIFTING PROCEDURE:

1. Position the lift so that the load's center of gravity is equally distributed between feet that are shoulder width apart. It's ok to have one foot slightly ahead of the other, so long as the weight of the lift remains equally distributed, and the following protocol for establishing optimal alignment is complete.
2. Always reach the load by flexing legs at the hips and knees, never by flexing the back or spine against the hip.
3. Optimal alignment can then be established and maintained by beginning to raise the load with eyes ahead, back straight, shoulders back, and chin parallel to the floor. Holding this attitude throughout the lift not only establishes optimal spine pelvis alignment; it also helps preserve the natural arch in the lower back, the site were most back-related lost work injuries occur.
4. Ease into the lift, allowing a moment for your frame to anticipate how to manage the load and maintain shoulder, back, and pelvis alignment.
5. Carry the centered load close to your body and waist high. Secure assistance in managing or moving a load that seems too heavy.
6. Never carry a load away from your body, or with elbows open more than 90 degrees.
7. When pivoting or changing direction of a carried load, preserve shoulder, back, and hip alignment posture by redirecting with your feet using small steps. Never by twisting at the waist.
8. Never lower a carried load by bending forward. Maintain the postures in 1, 2, and 3 until the load has landed.
9. If there is any concern for awkwardness or weight, never lift, receive, or manage an object above shoulder level without assistance.

A takeaway can be that the ability to recognize, achieve, and maintain optimal shoulder pelvis alignment in every weight bearing situation is all there is to it.

# SAFETY SPOT

## UTP Productions Accident Checklist



- Provide first aid if a trained person is available.
- If the injury is life threatening, then please call 911. **Otherwise, call UTP's office during business hours (801) 328-1298 M-F. Or call our dedicated injury hotline at (801) 209-9193 after hours and on weekends. You will be guided through the process.** If there is no answer, please leave a detailed message of the injury. Please provide contact information including a phone number so we can return your call as soon as possible.
- The employee, supervisor and witnesses must fill out the necessary reports.** This can be accomplished at [utpproductions.com](http://utpproductions.com) for your easiest solution. The forms may also be printed and either emailed or faxed to us. This includes incidents that may not require immediate medical attention. **All reports must be received within 24 hours of the incident.**
- Investigate the accident scene - provide detailed description of accident and equipment involved. Pictures may also be taken with a cell phone and sent via text message to (801)209-9193.
- Any accidents/incidents that involve death, amputation, loss of an eye or inpatient hospitalization require that the scene be preserved per OSHA requirements!
- Other important contact information:  
UTP Productions Phone: 801 328-1298  
Fax: 801-328-1307  
email: [workcomp@utpgroup.com](mailto:workcomp@utpgroup.com)

# SAFETY SPOT

## A Tale of Our Accidents

The following is a list of incidents and accidents that have occurred in the last several months.

**Arizona: #1-** While assembling an outdoor deck structure the repetitive motion and lifting needed to assemble the deck caused fatigue and eventual strain to an employee's lower back.

**California: #1-** While moving a decorative light tree one arm of the lights came loose and swung down striking an employee's head causing a laceration and bruising.

**Florida: #1-** While unloading scenery from a semi-truck an employee went to step off the side of the loading ramp. The employee did not realize the step was higher than they thought and lost their balance and rolled their left ankle leading to an ankle sprain.

**Florida: #2-** While attempting a team lift of a heavy set piece off of a loading cart the set piece was heavier than expected and the employees dropped it on one of the employees foot causing heavy bruising to the right foot and ankle.

**Florida: #3-** While taking a break an employee was standing on a brick retaining wall outside the venue. One of the bricks fell off the wall causing the employee to fall three feet down and land awkwardly causing strains to the left knee and lower back.

**Georgia: #1-** While carrying an LED screen down a flight of stairs an employee felt a sudden sharp pain radiating through their left hip and left thigh from a pinched sciatic nerve.

**Georgia: #2-** While pushing a Genie Lift to move it an employee felt a sudden snap/spasm in their left calf muscle and had strained their left calf.

**Georgia: #3-** While working in a warehouse an employee bent down to pick up a J-bar. While doing so they cut their left bicep on a cut steel pipe that was sticking out of a nearby tub. This caused a laceration to the arm that required stitches to close.

**Hawaii: #1-** While working in wardrobe over the course of a multi-week stage production the repetitive motions involved led an employee to develop severe soreness to their right hand to the point of being unable to open and close their hand.

**New Mexico: #1-** While working to take down a set backdrop an employee was cutting zip ties from a curtain rod with a utility knife when they slipped and cut open the right wrist. This caused a laceration to the wrist that required stitches to close.

# SAFETY SPOT

## A Tale of Our Accidents- Continued

**New Mexico: #2-** While working the load out of an event the repetitive stress and lifting caused the employees back muscles to spasm and pinch a nerve in the back.

**Oklahoma: #1-** While unloading wheeled boxes from a semi-truck while in the process of unloading the front set of boxes the rows of boxes behind came loose and rolled forward smashing the employee's left hand between two rows of boxes.

**Oregon: #1-** While assembling a series of large stage panels with springs the repetitive stress and lifting caused the employees left knee to start swelling and eventually led to a knee strain.

**Utah: #1-** While changing the fork blades on a forklift one of the blades fell off and crushed an employee's right hand and burst open two of their fingertips. These were unable to be closed with stitches and so the employee has had to have their fingertips slowly heal over time.

**Utah: #2-** While guiding another employee who was pushing a heavy cart of set pieces the employee who was pushing the cart was not listening to the instructions being given and ran over the front employee's foot. This caused severe bruising to the foot and ankle.

**Utah: #3-** While walking around in the loading dock area an employee tripped on the lip of the loading dock. This caused them to fall to the ground and hit their face, right arm, and right wrist.

**Texas: #1-** While working wardrobe on Lion King an employee had the fabric from the coarse grass skirts worn get into their eye causing a scratched cornea.

**Texas: #2-** While pushing carts of set pieces an employee slipped and fell due to an oily residue that was on the ground of the loading dock. They fell on their right hip which caused a strain to the hip.

**Texas: #3-** While pushing a large road case an employee took their eyes off the case while still moving and ran over their foot crushing the two small toes on their left foot.

**Texas: #4-** While taking down light bars and cables from a light tower a cable fell and hit an employee in the mouth. This caused a laceration to the mouth and knocked two teeth loose that came out the following day.

**We would like to reach as many relevant people as possible with this safety tool. Please send email addresses of any stewards, safety committee members or other stagehands who may be interested in receiving the Safety Spot to:**  
[Connor@UTPGroup.com](mailto:Connor@UTPGroup.com)