

SEE CARE SHARE LESSONS LEARNED



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WE LOOK OUT FOR EACH OTHER

Compass UK & Ireland HSE

INCIDENT TYPE

Back Injury

INCIDENT CLASSIFICATION

Manual handling

LOCATION

Storage Area

DATE

February 2026

INCIDENT SUMMARY

A colleague was returning wine bottles to storage, transporting several individual bottles and one case containing six bottles using a trolley. After positioning the trolley near the storage racking, which was at mid-height, the colleague lifted the case of wine from the trolley to place it onto the racking.

During the lift, the colleague reported that he twisted his upper body while handling the load. At that moment, he felt a sudden onset of pain, indicating a strain caused by the twisting movement while lifting the case.

Upon investigation it was discovered that our colleague had fallen from their bike the week before and the lift further harmed the existing injury

WHAT DID WE DO THAT WAS GOOD?

- ✓ Our colleague used a trolley to transport goods from on location to another goods.
- ✓ The positioned the trolley close to the shelving to minimize carrying distance.

WHAT CAN WE DO BETTER?



Never twist whilst lifting. Keep your back straight and bend your knees to lift.

HOW WILL WE DO IT BETTER?



Always follow your training. In most cases like this one, colleagues have completed the training, but they fail to follow through with the instructions during their daily routines.



If you suffer any injury outside of the workplace, which could later affect your ability to carry out your daily tasks, you need to inform your line manager.



If you are in pain from any injury visit your doctor and ask them if you are fit to work.

Be Mindful, Speak Up & Get Involved



Be Mindful, Get Involved & SPEAK UP!

Worried about how things are being run at work? Speak up is our confidential reporting program. If it doesn't feel right, follow your instincts – Be Mindful and Speak up, we are listening.



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