



INDUSTRY

# SAFETY ALERT

## Back Injury Replacing a Cutting Edge on Bulldozer Blade

**Date:** February 10, 2025

**Location:** Columbia / Shuswap

**Details:** On a cold winter day, two workers were replacing a cutting edge on a bulldozer. One worker was swinging a large sledgehammer to try and loosen frozen compacted snow and expose the nuts and bolts for removal. He then kneeled down into snow with a 1" air impact gun to remove the bolts.

Eventually he felt his legs going numb from the cold and needed assistance to stand up. After standing for a bit he bent over to pick up an extension cord and felt a sharp pain across his lower back that significantly impaired his mobility. The mobility further declined throughout the night and he was unable to return to work the next day.

### Learnings / Suggestions:

- Dress appropriately for the weather
- Exercise your back and stretch before performing physical tasks
- Practice good posture and use proper bending, lifting, carrying techniques
- Assess the situation and seek assistance with tasks if unsure
- Understand back pain, prevention, cause, and treatment
- Maintain fitness and a healthy diet

### Resources:

[Back Talk – An Owner’s Manual for Backs](#) (WorkSafeBC)

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



BC Forest Safety

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