

# LESSONS LEARNED

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## Pulling Cable

### INCIDENT:

While pulling cable off the spool, the worker experienced discomfort in his right shoulder.

### AREA OF BODY AFFECTED:

Right shoulder

## Body Positioning & Environmental Factors:

### Consideration #1: Symmetrical Stance vs. Staggered Stance

RISK



When pulling cable, it's common to use a symmetrical stance when facing towards or away from the spool. This stance increases stress on the shoulders and lower back.

SOLUTION



Use a staggered stance and pull the cable towards the body at a lower angle. This improves stability and engages the stronger muscles of the leg and shoulder.

### Consideration #2: Reaching & Bending vs. Staggered Kneeling Stance

RISK



Workers often reach away from the body when pulling cable or bend in order to feed it into a pipe. This position can stress the lower back and shoulders, increasing the risk of injury.

SOLUTION



Use a staggered kneeling stance to keep your lower back and shoulders in a stronger position. This posture keeps the elbows close to the body, minimizing the risk of overreach and injury.

# Body Positioning & Ergonomic Factors

## Supporting Video Resources:



### [The Power Zone](#)

Discover the strongest position for your body, especially for pushing and pulling tasks.



### [Pulling Cable](#)

Reduce strain on the shoulders and lower back by using a staggered stance.

## Job Preparation:

### Consideration #3: Upper Back Activation & Shoulder Mobility

#### RISK

#### SOLUTION

The shoulders are at a higher risk of strain due to the force associated with this task, especially when done repeatedly.

Perform movements that focus on activating the muscles of the shoulders & upper back. Use a massage ball to alleviate tightness in the upper back before and after this task.

## Supporting Video Resources:



### [No Money](#)



### [Archer](#)



### [Massage Ball to Upper Back](#)

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