• A final category was falls from elevations (Fig 15–5), caused by standing on chairs or other office furniture and by falls from ladders, loading docks, or other miscellaneous elevations These falls accounted for approximately two per cent of the disabling injuries in the California study, whereas falls on stairs accounted for almost four per cent

Strains from over-exertion. The second leading classification of serious office accidents in both the California study and Dr Kiefer's study, strains from over-exertion, accounted for about 19 per cent of all disabling injuries to California office workers, and 14 per cent to the workers in Dr Kiefer's group

In California, strains and over-exertion occurred almost entirely to men, possibly because the State Industrial Welfare Commission limits to 25 lbs the maximum weight which may be legally lifted by women

Almost three-fourths of the strain or exertion mishaps in the California study occurred while employees were trying to move objects—carrying or otherwise moving office machines, supplies, file drawers and trays, office furniture, heavy books (Fig 15–6), or other loads Often, the employees were making unauthorized moves without the knowledge or consent of their supervisors

A significant number resulted from the sudden or awkward movement of the employee himself, and did not involve any specific agency Reaching, stretching, twisting, bending down and straightening-up were often associated with these injuries



FIG 15–6 —Case history Assistant librarian was hurrying to finish her day's work, in anticipation of an evening of bowling Unable to see where she was going with her load of books, she struck and broke a glass partition Results severely lacerated right foot and 2 days lost time



FIG 15–7 —Case history Girl, returning tray to company cafeteria, was walking on left side of aisle (note guide line on floor) She turned a corner and struck man walking in the right lane Result No lost-time injury, man had to go home to change clothes so he could attend a meeting that afternoon, he later learned he had bruised his left side

Striking against objects caused approximately nine per cent of the office injuries in both studies discussed here Two out of three of these injuries in the million-worker California study were the result of bumping into