SLOW AND STEADY

All of us have heard the statements...haste makes waste and patience is a virtue. But do we always apply these rules to our daily lives? It’s difficult to do sometimes, especially when the situation seems to be out of our control and the only option remaining is to hurry up and “Git-R-Done!” When this situation involves physical exertion (pushing or pulling) the end result can be a very painful injury. That is just what happened to both Jacob and Salvatore (Sal to all his friends) as they attempted to perform routine tasks associated with driving their trucks.

Jacob and Sal drive box trucks to make local and short haul deliveries. Even though they don’t work for the same company, their equipment and their behaviors were similar and resulted in similar results. Jacob sustained a herniated disk in his low back one cold January morning when he became short tempered and impatient while trying to push the van door up on its tracks. The door routinely needed a push to get it past a few rough spots before it would move smoothly. Jacob knew this, but what was different this day was the fact that it was so cold and he was in a hurry, so he just pushed it real hard to “Git-R-Done!”

Sal’s situation was just the opposite. His door would open and close easily, but the pull cord had been cut off short (who knows why these things happen?) and he would always have to step up on the bumper to reach it. However, on the day of his injury it was raining and Sal did not want to get wet nor did he want rain water inside his truck, so to “git ur dun” he jumped to grab the cord. He was successful in grabbing the cord and pulling the door. He was also successful in tearing his rotator cuff.

REAL LIFE LESSON

Responsibility for these injuries was probably shared by many. Review the following points and see if you don’t agree.

1) If equipment is substandard (does not meet the requirements for the task) or if it is in disrepair then someone in the organization should be informed and corrective action should occur. Mechanics love to fix things, but if they don’t know that it needs fixing, or if the company does not have a good preventative maintenance system, then it probably won’t get fixed.

2) Excessive force applied suddenly will quite often result in tissue damage, especially as we age. Slow and steady is the preferred method. Think before you react because haste often will make waste and patience is truly a virtue - even on cold, rainy days.