

PREVENTING INJURIES THAT STOP YOU IN YOUR TRACKS

CONTROLL ATTENTION:

1. **STOP** multitasking -
your mind leads the body
2. Scan your environment -
what you see, hear, smell or feel
3. Minimize external distractions -
unplug cell phones, car radio, and other people
4. Be aware of high emotions and your stress level -
results in tunnel vision
5. Take frequent breaks from work to reduce fatigue
6. Adjust your plan to adapt to input of new conditions
7. Maintain physical activity for joint and muscle balance

HOW THEY HAPPEN:

SLIPS, TRIPS, and FALLS
LADDERS
VEHICLE ACCIDENTS

DID YOU KNOW?

“Roger Sperry, M.D., Nobel Prize winner contends that more than 90% of the brains activity is dedicated to maintaining balance.”
Robert Pater

Cause: Running on a slippery surface with inappropriate footwear resulting in fall.

Fractured metatarsal.

Unable to walk or work for 6 weeks.



ITS PERSONAL

- ◆ PAIN
- ◆ COST
- ◆ DEPRESSION
- ◆ REDUCED QUALITY OF LIFE
- ◆ REDUCED PRODUCTIVITY
- ◆ LOSS OF PRODUCTIVITY
- ◆ RESTRICTED WORK DUTY
- ◆ PERMENENT OR TEMPORARY DISABILITY
- ◆ INTERRUPTION OF NORMAL ACTIVITIES

Cause: Leaping over a pile of clutter onto an uneven surface.

Fractured left wrist and elbow. Traumatic bruise and strain right elbow and hand.

Cast for 6 weeks. Loss of work, and temporary disability.



Cause: Standing on the top step of a 3 ft. ladder, at a 6-degree slope, changing a light bulb.

Fall resulted in compound fracture of elbow.

Two surgeries, 400 stitches, 3 pins and cadaver bone to hold elbow together. 5 days hospitalization, 6 months recovery, and permanent loss of range of motion.



Cause: Loss of balance resulting when object suddenly broke in half, falling backwards.

Traumatic rupture of right ulnar collateral ligament and three bone chips.

Brace for 8 weeks. Restricted work duty.



PLAN AND ACT WITH CONTROLLED ATTENTION WHEN PERFORMING EVEN A SIMPLE TASK TO PREVENT INJURIES AT HOME OR WORK:

1. PLAN THE JOB
2. CLEAR A PATH FIRST WHEN PLANNING TO MOVE THINGS
3. CLEAR ROOM TO WORK
4. GO AROUND OBSTACLES NOT OVER
5. ALLOW ROOM TO REPOSITION
6. CHOOSE THE RIGHT TOOLS OR EQUIPMENT FOR THE JOB
7. GET HELP IF NEEDED
8. BE MINDFUL AND FOCUS ON THE JOB AT HAND—ONE STEP AT A TIME.



Environment
Health
& Safety

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Professional Safety , Robert Patter, “STEP Up Safety, Preventing Tenacious Injuries”, January 2018, 17-19
Norton Safety Services, Mark D. Norton, Walking Working Surfaces, August 2018