

**IMDM INNER – Earlsfield – 5m61ch****Title: Slip, Trip and Fall while pushing an Iron Man      Injury: Ankle Sprain****Incident**

On the 30th of August 2019, a Technician from Wimbledon P-Way was part of a team pushing a 30ft rail on an Iron Man from the London end of Earlsfield towards country (BML1) and during this process he rolled his ankle.

The team were carrying out the task at night, using only head torches for lighting.

The underfoot conditions present (ballasted track) were exacerbated by the presence of tamping holes which had not been regulated (boxed in) during the tamping process.

The Technician, who is a qualified First Aider, took the appropriate PRICE actions for the type of injury suffered (ankle sprain) once it was possible to do so.

These actions potentially reduced the exacerbation of the injury and the Technician suffered only minor swelling to the ankle.



RiteStar 700 NightSearcher magnetic light and a stock photo of a Tamper

**Items for discussion**

- **Is the site lighting being used suitable for the work being undertaken? Head torches are useful, but consider other lighting, such as the RiteStar 700 NightSearcher light.**
- **Be aware of your underfoot conditions and pay particular attention to uneven ballast**
- **Think P.R.I.C.E.**