

IMDM INNER – Fullwell

Title: Slip, Trip and Fall accident Injury: Ankle sprain

Incident

On 1st October 2019, an Operative from Nash Contract Services, working on behalf of the Off-Track Team suffered an ankle strain when his foot got trapped in arisings and he fell backwards.

The 3 man team had been tasked with removing Leylandii trees, identified as dangerous to the running of the operational railway.

The task consisted of one man climbing the trees and cutting off the limbs. One man clearing and mulching these limbs (arisings) as the team dismantled the trees and one man protecting the public from these works.

As the operative was clearing the arisings, his left foot sank into the vegetation and became trapped. As he tried pulling his foot clear, he lost his balance and fell backwards.

The IP was assisted off the site and taken to hospital for X-rays where he was advised that he sprained a tendon in his ankle. The IP followed the P.R.I.C.E process and was able to return to work on the following shift.



The arisings that the Injured Person was stood amongst.

Items for discussion

- Is the area you are working in clear of potential hazards? Does your work add to the hazards present?
- Do you take your surroundings and the conditions into consideration? Do you continue to do this if they deteriorate?
- Would you ask for help if you needed it? The operative here suffered the accident because he tried removing his foot on his own and didn't ask for assistance.
- Think **PRICE** (Protect, Rest, Ice, Comfortable, Elevate)
- This team had curtailed work a week earlier due to poor weather conditions, would you do the same?