

IMDM INNER – Bracknell Station

Title: Slip, Trip and Fall Injury: Lost Time Ankle Sprain

Incident

On the 15th of June 2021, a Team Leader (TL) from Feltham S&T was carrying out minor vegetation works, within a line blockage close to Bracknell Station, to improve Train Drivers visibility of signal WM499.

The team were unable to carry out the initially planned signal maintenance due to an increase in the train service (a result of a sporting event in the area), however they identified the issue with the vegetation and had the tools to carry out the task.

The signal was positioned on a concrete base with no separation between the base and the surrounding ballast. As the TL was working his way around the signal, focusing on his work, his foot rolled from the concrete base onto the ballast and he twisted his right ankle.

The TL kept his boot on to protect and support the injury and after reaching home he elevated his ankle (in line with PRICE protocols), however the swelling to the injury prevented him from returning to work for his next shift.



Items for discussion

- **How can you maintain focus on your surroundings, when fully concentrating on the task you are undertaking?**
- **If your planned work changed, would you have the tools to implement it correctly? Would you have the right Task Risk Control sheets and the right equipment for that job? But most importantly, would you have the right protection to carry it out safely?**
- **When is the right time to report an accident? The Team Leader (TL), on reporting the accident, believed that no absence would be needed however, this proved not to be the case. The TL did the right thing, an injury can change over time and therefore we have the six- hour update and the 24 Golden Hour call.**