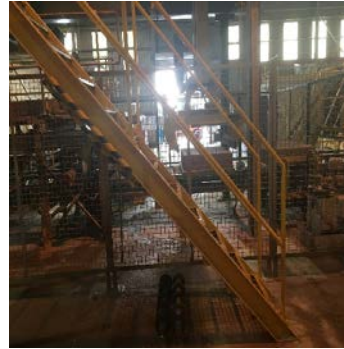




FALL ON STAIRS RESULTS IN SHOULDER INJURY

DETAILS OF THE INCIDENT

An employee was descending a set of metal stairs, when approximately five steps from the bottom, he slipped forwards. His left hand came away from the hand rail, while his right hand remained on the other rail. The forward momentum of his body and his right hand retaining it's grip, caused his body to twist to the right, jolting his shoulder. Initially, although in pain, he thought he had only pulled / strained his shoulder but the pain gradually got worse, so he visited the local walk in centre, before being transferred to the local hospital for X-rays. He was diagnosed with a dislocated and fractured right shoulder, which had to be manipulated back in place, before he spent the night in hospital.



KEY FINDINGS

- The employee's injuries were bad enough, but the fact that he had hold of the handrails potentially saved him from far worse injury.
- The employee had suffered a serious crush injury to his left arm at a previous employer, which weakened his mobility / strength in this arm and hand, and may have contributed to him letting go of the handrail.
- Stairs and boots on investigation were found to be suitable and sufficient and free from grease / dirt

KEY REVIEW POINTS

Look after yourself and minimise the potential injury:

- Do you ensure you wear suitable footwear, with good grip and securely fastened?
- Do you look where you are putting your feet?
- Do you maintain 3 points of contact on steps and stairways, always holding the handrail?
- Do you avoid using mobile phones and other distractions on stairs?
- Are stairs in good condition and kept free of clutter?
- Is lighting suitable?
- Are procedures in place to grit external stairways in winter?
- Do you STEP IN and Speak Up if you see colleagues, friends or family members not holding handrails?

THINK – It is estimated that over 1,000 people die every year falling on stairways. Stairs are the place where most deaths and serious injuries happen in the home...Make sure it's not someone you know!

Look after yourself and each other



Don't let anyone act unsafely, always stop unsafe practices.

Housekeeping



Keep designated access routes and work areas tidy and free from trip/slip hazards.

Incident/Hazard alerts



Report all incidents/hazards immediately.

Get a grip



Hold handrails on stairways and use three points of contact when getting into/out of vehicles.

