

Slips, Trips, Falls + Ergonomics

An employee was helping a consultant by carrying a box of training materials from the parkade to the classroom. Due to the size of the box carried, the employee did not see a step down along the path of travel.

Employee stumbled and fell, resulting in injury to the left foot and ankle, and both knees.



Always plan ahead, use a wheeled cart to move boxes
plan your route out beforehand with a helper

Things to consider

- Even a light to medium weight box, carried from an office to a parking lot can result in fatigue and injury
- With both hands full, it may be awkward to open doors and press elevator buttons
- You may have reduced visibility

Recommendations

- Plan ahead, consider using a wheeled cart
- Plan ahead, review the route to check for obstacles and ask a colleague if necessary to help be your guide