

Safety Alert

Slip, Trip and Fall Incident

31st May 2019

Background information

On 14th May, Nadia, a Control Room Team Manager, fell down the stairs while leaving work. Nadia was walking down the stairs with a rucksack on, carrying a bag in one hand and not holding the handrail with her spare hand. She reached into her pocket for her car keys, became distracted, and stumbled. As she was not holding the rail, she could not stop her fall.

Nadia then banged her head on the floor at the bottom landing of the stairs causing a deep cut to her forehead which required 5 stitches and bruising to her body. She was absent from work for two days due to her injuries.



Quote from the Injured Person

"I've walked up and down the stairs in the RCC a thousand times and this proves why you can never be complacent even in an environment that you're so used to. Initially I thought I was fine, other than the cut to my head, but in the subsequent days the aches and pains came out and I really struggled to mentally focus on anything for a good week afterwards. I was very lucky it wasn't more serious all because I wasn't paying full attention to what I was doing".

Nadia suffered a very nasty injury yet could have been more seriously injured. We think of walking on stairs as being low risk activity, however many people suffer serious injuries doing just this each year.

Learning

- Hold the handrail when walking up and down stairs, both at work and at home.
- Do not rush or undertake other tasks while on the stairs.
- If you have no free hands, use a lift or make two trips.
- Follow the advice in the 'Practise safe stairs' posters which are located throughout each office .