

STALL STREET JOURNAL

College of Engineering Office of Safety

SAFETY STARTS WITH YOU If you have ideas for the Stall Street Journal, contact: coesafety@engr.wisc.edu

12/21

Avoiding Common Injuries

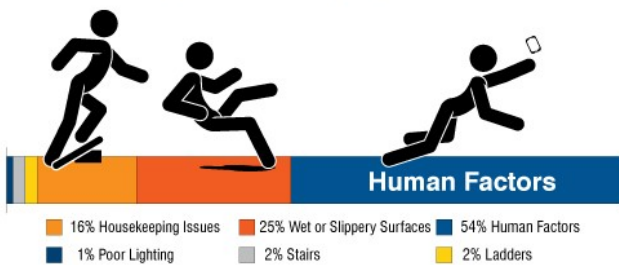
Minor injuries can occur whether you are engaging in exercise outside or in the gym. They can occur while you are in your apartment, office, or laboratory. Despite our efforts, minor injuries which may not require a visit to a medical professional are all too common. This semester, the SSJ is going to focus on how you can stay safer no matter where you are.



Avoiding Slips, Trips, & Falls around Campus

The most common injuries from slips, trips and falls are fractures and dislocated joints. These are most commonly to the ankle or wrist, but fractures to fingers are also common. Shoulder dislocation and knee injury can also commonly occur. After fractures are sprains and superficial cuts and bruises (pavement and floors are hard!) While it's reassuring to note that most falls at work don't lead to serious injuries, 2% of fatal injuries in the workplace are in fact caused by falls from the same height.

Most Frequent Factors in Slip, Trip & Fall Incidents



An article in the Journal of Safety Research¹, found that over a 10-year period, distracted walking due to cell phone use was responsible for more than 10,000 serious injuries. We should avoid texting, talking on, or otherwise using our phones when we are in busy areas or stairwells. It's helpful to mute our headphones under similar conditions.

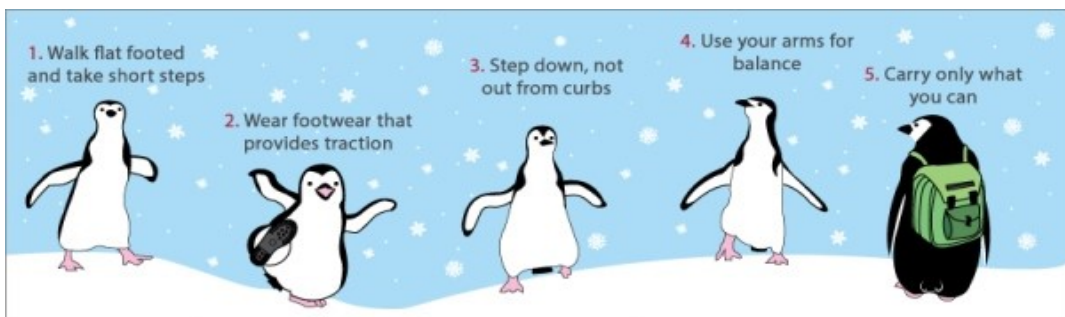
Good housekeeping is where we have the most personal responsibility for preventing falls due to slips and trips:

- cleaning our spills immediately
- removing debris from floors
- keeping walkways free of clutter
- closing file cabinet or storage drawers
- covering cables that cross walkways

Contact Facilities @ 263-3333 when you see:

- large spills in common areas
- damaged flooring
- ice and snow build-up on sidewalks or at entrances
- burnt out light bulbs which reduce visibility

When it gets icy out, remember: Walk Like a Penguin!



¹Distracted walking: Cell phones increase injury risk for college pedestrians