

# PREVENTING ANKLE INJURIES

Ankle injuries are a common problem in manufacturing workplaces. They often lead to lost time, decreased productivity and considerable discomfort for injured workers.

These injuries can stem from various factors including improper footwear, lack of proper safety measures - especially when navigating stairs and hazardous ground conditions.

## KNOW HOW TO PREVENT INJURIES:

- WEAR APPROPRIATE FOOTWEAR
- USE HANDRAILS
- REMOVE TRIPPING HAZARDS



**BC Forest Safety**

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# PREVENTING ANKLE INJURIES



## WEAR APPROPRIATE FOOTWEAR:

Wearing the right boots is essential for ankle protection. In a manufacturing environment, the right footwear should provide adequate support, cushioning and protection.

*Key features to consider when selecting appropriate boots include:*

- *Support: Boots should provide strong ankle support to prevent twisting and sprains.*
- *Cushioning: Adequate cushioning helps absorb impact and reduces stress on the ankles.*
- *Protection: Sturdy steel-toe work boots protect against heavy objects, sharp materials and other workplace hazards.*
- *Be sure to include regular checks to ensure boots are in good condition and meet PPE compliance.*

## USE HANDRAILS WHEN USING STAIRS:

Navigating stairs safely is essential to prevent falls and subsequent ankle injuries. Always use handrails when going up or down stairs as they provide stability and support, helping reduce the risk of losing balance and getting hurt.

*Key points to emphasize include:*

- *Hold Handrails: Make it a habit to hold onto handrails whenever you use stairs.*
- *Take It Slow: Take stairs one at a time and avoid rushing.*
- *Ensure Proper Lighting: Stairs should be well-lit so each step can be seen clearly.*
- *Use Both Hands: When practical, always use both hands for stability.*

## ELIMINATE TRIPPING HAZARDS:

Tripping hazards are a major cause of ankle injuries. Identify and remove any tripping hazards to maintain a safe work environment.

*Common tripping hazards include:*

- *Uneven Surfaces: Uneven ground, ruts, slippery surfaces such as ice or wet floors and other unstable surfaces can cause trips and falls.*
- *Loose Debris: Keep walkways clear of materials and clutter.*
- *Cables, Wires and Hoses: Secure all cords, wires and air hoses.*
- *Report Hazards: Be vigilant and report any potential tripping hazards immediately.*
- *Watch Your Step: When getting in and out of equipment, always look where you're placing your feet before you put your full weight on them and always use 3 point contact.*

### **REMEMBER:**

Committing to these safety practices helps protect your ankles, ensuring both your well-being and workplace productivity.

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