Hazard Alert

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 or 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

Slips, Trips, Falls + Ergonomics

Safety & Risk Services
Environmental Health & Research Safety
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