



## **Safety Alert: OSHA Recordable Incident**

### **Alert Type:**

Personal Injury Incident – OSHA Recordable (Medical Treatment)

### **Description:**

An associate parked their personal vehicle in the jobsite parking lot and as they stepped out, the left foot slipped on loose rock and caused the associate to lose balance, resulting in an Injury Incident (OSHA Recordable-Medical Treatment).

### **What Happened:**

At approximately 7:00 AM, on August 8, 2023, an associate arrived at the client's location and parked their personal vehicle. The associate stepped out with the left leg and the left foot slipped on loose sand-like rock. The associate caught themselves, stood up, and felt pain in the knee. As the day progressed, the associate also felt pain in the lower back.

### **What Resulted:**

The associate felt pain and received medical treatment including prescriptions and physical therapy. There was no lost time or restrictions.

### **What lessons were learned and what are some key takeaways:**

1. Utilize Key 2 – Get the Big Picture. Look for potential hazards when driving through parking areas: co-workers, moving equipment, etc. When selecting the parking space, check for gravel, dirt, or mud, building materials, or even trash. These all pose as potential slip/trip/fall hazards. When possible, choose a different parking location.
2. Notify the appropriate supervisor/contractor/client of such potential hazards so they can eliminate or mitigate the hazards as soon as possible.
3. If the hazard(s) cannot be eliminated or there are no other parking locations available, it is recommended to swing both feet out of the vehicle at the same time, stabilize yourself by using the vehicle door, a handle on the pillar, or even the steering wheel for stability, and exit the vehicle with both feet on the ground at the same time. This minimizes unwanted stress to your weight-bearing hip joint and can provide more stability. The same concept is used to get back into a vehicle, only in reverse. The following link is to a short video (less than two (2) minutes) that demonstrates this technique.

<https://www.youtube.com/watch?v=tmkfrJnTA9o>