Don’t Be a Walking Disaster!



WHAT’S AT STAKE?

Common office accidents include pedestrian collisions whether between two people, or a person and an inanimate object such as a glass door.

WHAT’S THE DANGER?

These collisions happen for the followinag reasons:

Personal

- Too much haste, inattention.

Logistical

- Congested traffic pathways and poorly marked hazards.

In either scenario, the result of these collisions are injuries some of which are serious and debilitating.

Pedestrian safety is relevant in most sectors of our society. The following are a few reminders about pedestrian safety:

- Before crossing a street, stop and look all ways (not just both ways, but beside you, too).
- Take special care when conditions are dark, wet or icy. You are in greater danger of falling in traffic, and it is more difficult for drivers to avoid you.
- If you have to enter an industrial plant area – to deliver paperwork, for example – watch out for moving equipment such as forklift trucks. Also make sure you are wearing appropriate footwear and any other Personal Protective Equipment which might be required.

HOW TO PROTECT YOURSELF

Office collisions can be avoided to a minimum by taking thoughtful and corrective action. Some suggestions offered to accomplish this are as follows:

- When opening a door without a window, be aware that someone may be on the other side and about to do the same thing. If the door opens away from you, don’t fling it wide with a great amount of force. This type of accident has caused broken noses, broken glasses, cuts and eye injuries.
- If a door opens towards you, approach it slowly and cautiously watching for any signs that it may be starting to move. By being aware of the hazard you may be

able to avoid an accident. Keep one arm raised and slightly bent at the elbow to absorb any sudden and forceful movements.

- Mark glass doors or floor length windows clearly, using eye-level stickers or tape to help people see the hazard. Many serious accidents have happened with people walking into, and sometimes right through, unseen glass.
- Keep traffic aisles clear of boxes, supplies, trash and other obstacles which could cause both collision and tripping accidents. Broken bones, cuts, bruises and sprains can be the result of this type of collision.
- On busy stairways and in hallways, stay on the right hand side to avoid running into other workers. When two people collide on a stairway, the person ascending the stairs may be knocked backwards, resulting in back, neck, spine or head injuries.
- Always watch where you are going – whether it is a familiar hallway or a new area of the office. Your co-workers may not be watching out for you. The embarrassment of picking up scattered files is minor compared to the injuries caused by a head-on collision. The force of the impact and the ensuing fall can cause sprained ankles, fractured arms, bruises and cuts.

FINAL WORD

Walking can be similar to driving a vehicle. If you maintain a safe speed, watch where you are going and always stay alert, you can arrive safety.