



## Leg Injuries

Every worksite has hazards that come with the work being done. These hazards have the potential to cause injuries on a daily basis. The leg is often the part of the body that takes most of the work load and therefore is susceptible to injury.

In the leg there are some of the largest and most durable muscles and tendons in the body. Muscles and tendons are the connective tissues that attach our bone structure and allow us to work, play and move freely. The three parts of the leg that get injured the most are the knee, the Achilles tendon, and the ankle

### Main Points

### Common Ways of Injuring the Leg

- Getting on and off equipment, such as trucks, heavy machinery and ladders, falling off of equipment. Not using the three points of contact.
- Getting crushed or pinched by equipment
- Planting the foot and getting it caught so the foot cannot move with the rest of the leg.
- Slipping on wet or slippery surfaces
- Tripping due to tripping hazards or poor housekeeping
- Wearing the wrong type of footwear or footwear that has worn out. This can cause the ligaments and muscles in the leg to be out of alignment and cause unnecessary tension
- Sitting for long periods of time

## Preventing Leg Injuries

The following tips may help prevent leg injuries:-

- Stretch before and after physical exercise or work activities to warm up your muscles.
- Use the correct techniques or positions during activities so that you do not strain your muscles.
- Use equipment appropriate to your size, strength and ability. Avoid repeated movements that can cause injury (repetitive strain injury).
- Do not carry objects that are too heavy. Use a step stool. Do not stand on chairs or other unsteady objects.
- When working, wear the correct footwear that is made for the job you are doing
- Maintain good housekeeping and keep travel ways clear of trip hazards.
- Be aware of your surroundings and other equipment on the worksite. Keep a safe distance from, and be mindful of, all hazards on the worksite.

## How to Treat Sprains

- A sprain is damage to the ligament. It varies from being simply stretched or slightly torn to completely torn. In many cases you can first use the **RICE** method to treat a sprain injury.
- **REST** – It's best not to put any pressure on your injury, but rather, sit down/lay down and get comfortable until further medical advice is offered
- **IMMOBILISE** – Immobilisation keeps the bone ends from rubbing together or damaging tissue around the fracture with a sprain, it keeps the injured ligaments from moving causing more pain and possibly more damage
- **COLD** – The cold in RICE should not be used on an open fracture, with all others it is applied in a 15 minutes on and 15 minutes off interval.
- **ELEVATION** – Raise your injury above the level of your heart for 2 to 3 hours a day if possible. This helps to reduce swelling and bruising.

If you push yourself too much before your muscle tendon injury fully heals, you could get injured again and the pain could become a lasting problem.

## Talk to Atlas about Safety Management for your business

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