



Leg, Ankle, and Foot Injuries

LEG, ANKLE AND FOOT INJURIES

Leg, foot and ankle injuries make up almost a quarter of all injuries reported within the MPS database. There are many tasks and activities in the maritime and offshore work environments that may lead to an injury of the lower limb. It's important to be able to identify these hazardous activities in order to prevent injuries.

LOWER LIMB HAZARDS AND LESSONS LEARNED

Although there are different hazards for each individual body part (leg, ankle, and foot), many of the hazards are applicable to all three categories. The following table provides hazardous tasks identified from the MPS injury and near miss databases and the associated lessons learned.

Task/Hazard	Lessons Learned
Securing ropes/Line handling	Situational awareness, communication of crew, and proper PPE
Slippery Deck without non-skid surface	Use caution walking in slippery areas and use non-skid surfaces throughout the whole deck area.
Ladder rungs	Take time when climbing ladders, situational awareness, reporting safety concerns right away
Dropped objects onto workers feet	Appropriate PPE and situational awareness
Cluttered walkways/trip hazards (location of manholes)	Proper storage of equipment and tools when task is complete.

LEG, ANKLE, AND FOOT MPS EXAMPLES

Some specific examples of leg, foot, and ankle injuries are provided below:

- Sprained ankles due to tripping over objects lying on the floor because of poor housekeeping
- Electrical shock to leg because worker had coverall pant leg rolled up
- Stepping off non-skid surface to slippery deck resulting in fall
- Ropes getting caught around workers feet causing them to fall
- Slipping through damaged ladder rungs and injuring leg
- Dropped objects falling on feet without proper safety shoes

LEG, ANKLE, AND FOOT CORRECTIVE ACTIONS

It is important to identify hazards and appropriate corrective actions in order to prevent similar incidents from reoccurring. The following is a list of corrective actions that were common among leg, ankle, and foot injuries.

- Risk assessments and task analysis on new activities
- Training on PPE importance and proper wear, situational awareness, and communication
- Slippery areas to be covered with non-skid materials
- Regular Safety meetings, briefings, toolbox talks, bulletins, and posters
- Safety incentives and STOP cards
- Training in Procedures
- Safety meeting specifically dedicated to lower limb hazards/injuries

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