



## Leg, Foot, and Ankle Injuries

### INTRODUCTION

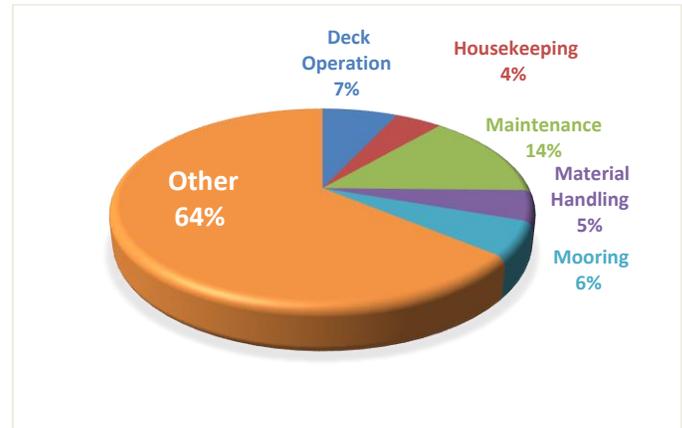
Workers in Offshore and Shipping industries experience many different types of hazards in the work environment, which lead to an increased chance of injury. Some of the contributing factors to injuries include; lack of situational awareness, poor equipment design, organizational factors, and misuse/absence of PPE. In order to prevent injuries it is important to understand how and why they happened in the first place. The Mariner Safety Research Initiative (MSRI) injury database categorizes injuries based on; body part injured, task being performed, type of injury, area of the vessel during injury, and the type of vessel. It is important to understand the circumstances under which the hazards are present to be able to prevent an unwanted outcome, such as an injury.

Approximately 50% of all injuries within the MSRI database affected the workers leg, foot and ankle or arm, hand, and fingers. The leg, foot and ankle categories represent a combined 22% of all reported injuries within MPS. Leg injuries occurred in 715 cases (8.5%), ankle in 419 cases (5%) and foot in 458 cases (5.4%). This report examines in more detail how to prevent leg, foot, and ankle injuries.

### LEG INJURIES

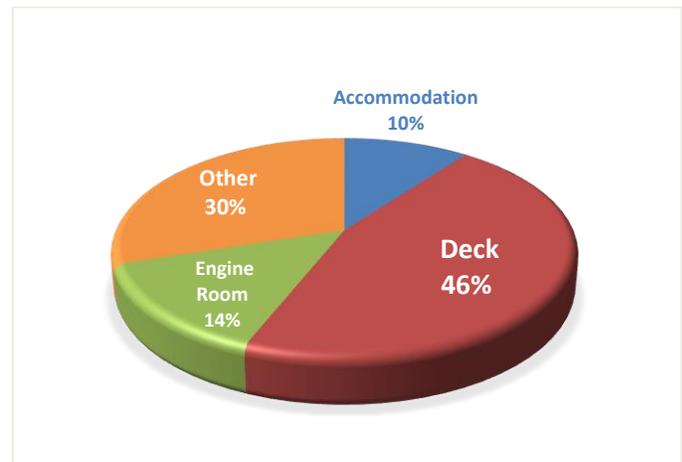
Leg injuries are categorized in MSRI into three categories: foot, ankle and leg. Each of these injuries show similar patterns on the location and circumstances during which they occur the most.

**Foot injuries** – include injuries distal to the ankle joint and include any hard or soft tissue injuries that often occur as a results of dropping/slipping objects (e.g. tools that get slipped from the workers hands) or hitting something that is already on the ground.



**Figure 1.** Foot Injuries Based on the Task Performed

Analyzing the injury and near miss databases, it is clear that foot injuries most often occur during maintenance tasks, deck operation, mooring and material handling tasks (Figure 1). Furthermore, foot injuries more often occur in the deck area, engine room and accommodation area (Figure 2).



**Figure 2.** Foot Injuries Based on the Location