



## **HSS Safety Share**

Last fall, an HSS employee was attempting to access the third floor via a stairwell when she was, without prior provocation, “attacked” by the heavy, metal stairwell door. As intense pain shot through her foot, she looked down to discover that her foot was lodged under the bottom edge of the door and could only be freed by sliding the door back over her already injured toe. Who would have thought there would be enough space under the door for someone’s foot to get trapped underneath it? Certainly not the unsuspecting employee who was only trying to return to her office. For months following the incident, the employee had a large bruise on her toe and had to worry about the possibility that the detaching nail would open the door (pun intended) to infection, as well as whether or not the new nail would be able to reattach itself to the nail bed. Luckily, the toe was not broken, but easily could have been.

Please don’t let this happen to you. If possible, try to stand with the side of your foot parallel to the bottom edge of the door, since it will be less likely to fit underneath. If this isn’t possible, be especially vigilant about ensuring that your toes are as far away from the door as possible while you open it towards you. Additionally, try to remember to open the door slowly. Those exiting into the stairwell should also keep in mind that someone could be standing near the door on the other side, particularly on floors where access requires employees to stand near the door to use a badge reader.



Wikipedia cites National Safety Council statistics of 300,000 injuries per year from doors which can exert up to 40 tons of pressure per square inch at their hinges.



Please remember that injuries, such as those described here, can be extremely serious, particularly for individuals with chronic illnesses. If you have an injury, please seek medical assistance or see your doctor for additional details about treatment.

*Brought to you by the HSS VPP Safety and Health Committee*

