

LEARNING FROM INCIDENTS No 28/2023 CONCERNING MOVEMENT-RELATED



DESCRIPTION: In 2023, there were 7 traffic accidents at the University of Gdansk, such as a falling or tripping on the stairs, tripping on the sidewalk or in the workplace.

THE MOST COMMON CAUSE: Loss of balance, haste, insufficient concentration of attention, not sticking to the handrail.

EFFECTS:

1. dislocation, sprain and tearing of joints and knee ligaments
2. dislocation, sprain and tearing of joints and ligaments at the level of the wrist and hand
3. sprain and tearing of the ankle joint
4. wrist sprain
5. open wound to the wrist and hand
6. shoulder and elbow injury
7. severe contusion of the lower limb
8. a head injury
9. contusion of the back of the lumbar and pelvic sections
10. elbow contusion

REMEMBER!

- **MAINTAIN SUFFICIENT CONCENTRATION AND FOCUS ON THE ACTIVITY PERFORMED AND DO NOT ACT IN A HURRY**