

Health and Safety Incident Log

April 2017 – March 2018

<i>Date</i>	<i>Group</i>	<i>Incident</i>
11.04.17	3	Tripped on Southborough Lane. Had considerable swelling of left cheek, grazed left hand, lip and eyebrow. Nose bled for less than five minutes. Did not suffer dizziness or numbness. Group leader walked back to Willet Rec with runner who was then picked up and taken home. Went to A&E and was later found to have suffered a fracture of a facial bone by a sinus. Was reported as feeling much better the following evening, albeit with a very swollen (and colourful) left side of the face. Runner reported having felt properly looked after by the group leader and that the incident was dealt with very well.
11.04.17	4	Fell and suffered a few small cuts and bruises. Felt ok but one of the group offered to walk/jog back with runner. The group was within a mile of the rec and all got back to the Rec safely.
22.04.17	Beg	Fell and suffered grazing to hands and one knee. Able to continue.
13.06.17	7	Fell in Scadbury Park and suffered cuts and grazes. Able to continue.
27.06.17	9	Slipped on manhole cover near footbridge. Able to continue.
01.08.17	1	Fell, bumped head and grazed elbows. Another runner accompanied runner home and waited until another person arrived home.
01.08.17	7	Calf strain. Injured runner was accompanied back to Willett Rec. NB 31 runners in group!
15.08.17	3	Tripped over raised paving on Kingsway, grazed hands and knees. Continued to Willett Rec.
22.08.17	7	Tripped and twisted ankle. Continued running but ankle was bruised and swollen later on.
22.08.17	8	Tripped and fell
29.08.17	7	Tripped over own feet and fell, grazed knee. Able to continue although the group stopped a couple of times to check on runner.
26.09.17	3	Tripped and fell. Sustained grazed knee and possible sprained wrist. Able to continue. Later reported to H&S officer that wrist was fine.
31.10.17	2	Tripped on raised paving slab. Suffered sore hand and grazed knee. Able to continue
31.10.17	8	Suffered recurrence of old knee injury and couldn't continue. Karen accompanied him to bus stop in

		Orpington High Street.
31.10.17	8	Group leader suffered calf muscle tear and was unable to continue. Group stopped and one member went to fetch car to bring leader back to Willett Rec (or more accurately One Inn The Wood). Another runner – a regular group leader – took over for the remainder of the run.
21.11.17	1	Fell on pavement but was able to continue.
28.11.17	6	Unspecified injury leaving runner unable to continue. Group leader attended to runner. Another runner – an established group leader – took over as group leader for the remainder of the run.
07.02.18	N/K	Tripped and banged knee, drawing blood. Able to continue.