SHARP START

March 6 — Caught in the Rebar

Watched one of the concrete workers get his foot caught in the rebar while pouring and almost fall.

Addressed with the supervisor and let him know.

A concrete worker was pouring when his foot became caught in exposed rebar. He nearly fell. Nothing dramatic happened. No ambulance. No reportable injury. But the hazard was already there.

Watch your footing before your finish.
Uneven surfaces demand slower movement.
Where you step matters as much as what you're doing.

Rebar grids create uneven walking surfaces and hidden trip points. When footing gets compromised while carrying weight, handling tools, or focusing on placement, balance disappears quickly. On a pour, attention is usually on the finish not the footing.

Trips don't always look serious at first. But a fall onto rebar, tools, or fresh concrete can result in punctures, twisted knees, head strikes, or worse.

This wasn't about not seeing the rebar. It was about divided attention. The task pulled focus forward while the hazard sat underfoot.

And that's how routine work turns into sudden injury.

Hazards

- Trip and fall
- Puncture wounds from rebar
- Twisted knee or ankle
- Fall onto tools or concrete
- Secondary injury from dropped equipment

Stats

- Slips, trips, and falls are among the leading causes of workplace injuries.
- Falls account for a significant portion of serious injuries in construction.
- Many fall injuries occur at ground level, not from height.
- Uneven walking surfaces are a common contributing factor.

Humans at Work

When work is moving, it's easy to lock in on the goal. During a pour, the focus shifts to the finish, the flow, the timing. **That's task fixation**. Then momentum kicks in and once you're moving, you don't want to slow down. You keep going, even if the surface under your feet isn't steady. Rebar becomes background. Until it isn't.

A clean finish should never require self-sacrifice. No job is improved by a torn knee, a punctured leg, or a trip to urgent care. This isn't a place where scars are badges of honor. The only thing we should be proud of at the end of a pour is the work, and not the injury we pushed through to get it.

Pause and Think

- Is your walking surface stable and clear?
- Are you carrying tools or materials that limit visibility?
- Are you focused on the task and ignoring your footing?