SHE ALERT
Torn Calf Muscle



Date of Incident	3rd March 2026		Directorate	Services	
Region	Customer Delivery SHEPD	Location	Lochaline	Classification	MTI

What happened ?

Our utility arborist surveyor was conducting a routine survey on an 11kV line, and to reach the pole location shown opposite, they followed the most suitable route. While stepping forward with their dominant right foot, they stepped into an unseen hole that was covered with vegetation (circled opposite in red). The hole was approximately 400mm deep.

Upon stepping into the hole, our colleague felt a sharp pain in their right calf. They were able to extract themselves from the hole and slowly made their way back to their vehicle. An ice pack from their first aid kit was applied to their calf to help reduce swelling and inflammation. They then contacted their line manager who attended site and drove them home.

Due to further swelling overnight, our colleague attended a local doctor who diagnosed a torn calf muscle and prescribed anti-inflammatory medication. It is very difficult to identify what our colleague could have done differently to prevent this incident however bear in mind the following point;

- Always be vigilant when working in rough / overgrown terrain that hidden hazards are present and take this into consideration when route planning.

