# TikTok trend of dropping heavy objects on feet raises safety alarms



TikTok, a prominent social media platform, has become a space for various trends, some of which raise safety concerns among experts. A recent development, described as a "troubling" trend, involves users sharing videos of themselves dropping heavy objects onto their feet. This challenge is being circulated under the hashtag #droppingthingsonmyfoot and has garnered attention due to its potential for harm.

The phenomenon has seen hundreds of users participate by posting videos demonstrating the practice. These clips often feature a range of heavy household items such as air fryers, vacuum cleaners, glass jugs, and wooden tables. Participants frequently rank the pain associated with each object after performing the act, engaging viewers with both the spectacle and the aftermath of their self-inflicted injuries.

Among those participating in this viral trend is Luke Pilling from Bolton, whose videos have attracted significant online viewership—with one clip amassing over one million views. In this video, he vividly captures his reactions as he jumps around his room in visible distress after dropping several items on his feet, including a candle holder, a pan, a dartboard, an air fryer, and a computer monitor. His content has reportedly continued to gain traction, with another video reaching four million views in which he showcases additional instances of dropping objects onto his legs, concluding with a display of his bruised shin.

Dr Benjamin Bullen, a lecturer in podiatric medicine at the University of Galway, has expressed concern regarding the trend, emphasising that it poses a risk of lasting injury. Speaking to PA, Dr Bullen stated, "I find the viral #droppingthingsonmyfeet TikTok trend troubling and strongly encourage readers not to engage in this risky challenge. This trend, encouraging participants to drop sharp and increasingly heavy household objects on their feet, is highly likely to result in foot injuries." He further highlighted the particular vulnerability of young people, noting that involvement in such trends could lead to long-term pain and disability due to potential damage to the nerves, bones, and joints of the feet.

As TikTok continues to facilitate the rapid spread of various trends, the implications for participant safety remain a significant concern for medical professionals. The platform's guidelines aimed at prohibiting violence and harmful content face challenges in effectively curbing such dangerous behaviours.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.tiktok.com/discover/broke-my-leg-from-doing-the-dropping-things-on-foot-trend> - This URL supports the claim about the 'dropping things on your feet' trend on TikTok, where users share videos of themselves dropping heavy objects onto their feet, highlighting the potential for harm.
* <https://www.tiktok.com/@darrenmeechan/video/7470112308098829601> - This URL provides evidence of the 'dropping things on your feet' challenge on TikTok, showcasing how users participate in this trend by posting videos of themselves dropping various objects onto their feet.
* <https://www.vumc.org/injuryprevention/tik-tok-dangerous-challenges-parents-be-watchful> - This URL corroborates the concern about safety on TikTok, highlighting other dangerous trends and challenges that have raised alarms among experts and parents.
* <https://www.noahwire.com> - This URL is the source of the original article discussing the safety concerns related to TikTok trends, including the 'dropping things on your feet' challenge.
* <https://www.bbc.com/news/health-> - Unfortunately, there is no specific URL available to directly support Dr. Benjamin Bullen's concerns about foot injuries from this trend. However, BBC News often covers health-related topics and could provide relevant information on similar safety concerns.