



# Outreach of the Month: Patient Safety

Information for Your Patients

February 08, 2017

Volume 5, Number 1

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## SNOW SAFETY

Patient safety for winter months comes with protecting yourself from injuries related to falls on ice, while shoveling snow, and working your heart too hard during shoveling.

National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Do not pick up that shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately.

## Snow Blower Safety

Be safe with these tips from the American Society for Surgery of the Hand and the American Academy of Orthopedic Surgeons:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Do not drink alcohol and use the snow blower
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Refuel your snow blower when it is off, never when it is running

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