

8 DAYS OF HOLIDAY SAFETY

The hustle and bustle of the holiday season can often be a recipe for injury. Here are some safety tips that will help keep you on your feet into the new year.

1 NO DRINKING AND DECORATING

Save the cocktail, beer, or wine for enjoying your decorations after they have all been hung. Alcohol impairs our judgement and balance, increasing our risk of injury when using ladders and other tools.

2 USE A PROPER LADDER

Make sure your ladder is in proper working order before using. Do not use your ladder if any part of it is broken, and avoid climbing on furniture. Always use a spotter while the ladder is being used.

3 PACK LIGHT AND DON'T RUSH

Heavy luggage can cause unnecessary injury when mishandled. Take your time and don't be shy to ask for help when placing luggage into cars and overhead compartments.

4 USE PROPER LIFTING TECHNIQUES

Always bend your hips and knees to squat down to lift the heavy item. Keep items close to your body, and straighten your legs to lift. Avoid turning or twisting your body while lifting or holding a heavy object.

5 DRIVE CAUTIOUSLY

Temperatures are dropping making for dangerous road conditions. Allow plenty of time to brake as you approach stop signs and red lights, and reduce speed in hazardous conditions.

6 WEAR PROPER FOOTWEAR

Wear shoes that will give you added traction in the snow and ice. If you find yourself falling, try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll.

7 WARM UP MUSCLES PROPERLY

With colder temperatures our bodies need a little extra time to warm up before physical activity. Warm up your muscles with light exercise for 10 minutes and replenish fluids to prevent dehydration.

8 ASK FOR HELP

When in doubt, always ask for assistance. Even if it seems like an inconvenience, it is not worth risking your long-term health and wellness.



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