



OrthoOIC  
Orthopaedic Immediate Care

# Winter Injury Prevention Tips

## SLIPS



## & FALLS

One of the most common causes for injury during the winter is a slip and fall due to icy or wet conditions. **Falls can result in sprains, strains, contusions, and even fractures.**

### 4 TIPS TO PREVENT FALLS



Wear proper shoes with **slip resistant soles**



**Walk slowly**, take small strides



**Apply salt to surfaces** including stairs, sidewalks, and driveways



**Remove shoes upon entering your home** to prevent slip and falls from wet floors

## SNOW REMOVAL

Shoveling snow can be extremely hard on the body and lead to significant injuries. **Sprains and strains involving the back and shoulders are the most common injuries related to snow removal.**

### 3 SAFETY TIPS TO STAY SAFE

# 1

**WARM UP:** Shoveling can be a strenuous workout and requires your muscles to be warmed up properly. Doing light exercise for 10 minutes followed by stretching can help to prepare your body for shoveling.

# 2

**PROPER EQUIPMENT:** Using improper equipment can place undue stress on your body. Choose a shovel that is not too long or heavy for your body.

# 3

**SHOVELING TECHNIQUE:** Try pushing the snow with a shovel instead of lifting. When lifting, use proper technique by lifting with your legs and not your back. Avoid overloading the shovel, bending at the waist, and throwing snow to the side or over your shoulder, which can stress your back. Instead, fill the shovel partially with a small amount of snow, lift, and then dump the snow.



## Winter Driving

Driving in icy and snowy conditions can increase the risk of an auto accident. Auto accidents most commonly result in muscular strains and sprains to the neck and back.

If you must drive during inclement weather, make sure to drive slowly, increase vehicle following distance, use four-wheel drive, and drive only on salted or plowed roads if possible.

## Sports and Exercise

With coronavirus cases increasing as we go into the winter, many people are opting to exercise outside, which can lead to potential injury. Make sure to warm up properly, stretch, and stay hydrated. Dress in layers to avoid overheating. Avoid exercising in inclement weather, but if you do, be sure to choose proper shoe wear to provide traction and keep feet dry. Avoid exercising early in the morning when temperatures are low and surfaces may be icy.



**SOCIAL DISTANCE:** Stay at least 6 feet away from anyone that you don't live with at all times.



**WEAR A MASK:** Whenever you leave your home, be sure you are wearing your mask, covering both your mouth and nose. All adults and kids over two years of age should wear a mask.



**AVOID LARGE CROWDS:** Stay home and avoid any places that have lots of people congregating. Do your necessary shopping at times of the day when the stores are less crowded if you can.

703.566.6359

703.566.6360

info@orthoic.com

Treating orthopaedic injuries... at the speed of *life*.

1701 Clarendon Blvd Suite 120 | Arlington, VA 22209

OrthoOIC.com

Copyright 2021 © Lonnie D. Davis, MD