

HEALTH AT A GLANCE



Stay Safe with Spring Activities

As the seasons change and we become more excited to enjoy fun activities at home, it's important to maintain focus on the job site and ensure a safe workplace. Remember it is always important to keep water near you and take rest breaks when your body tells you to.

WORKDAY ACTIVITIES

- Stay hydrated throughout your workday, not just when you are thirsty. Your building or work environment may become hot and humid. It's important to do this before and after work.
- Watch the floors on rainy days; be careful to keep an eye out for wet floors walking into and out of work. Being aware of this can help avoid slips and falls and causing an injury.

OUTDOOR ACTIVITIES

- It is important to properly stretch before any activity, simply 10-15 minutes of leg, back and arm stretches can be helpful in preventing injuries.
- When playing sports (e.g., golf, baseball, or tennis), try to swing through with your hips versus your back which can decrease the chances of acquiring an injury. All of these activities require back, leg and arm movements so it is important to keep in mind good body mechanics.



YARD WORK

- Keep in mind proper body mechanics
- Always remember to squat with your legs versus bending with your back to avoid back injuries.
- Avoid twisting with your back while raking and digging, and try not to pick up a heavy pile at one time.
- A knee pad to kneel on the ground may be more comfortable.
- Remember to keep fluids nearby and take breaks as needed.

WALKING / RUNNING / BIKING

- Warm up your muscles before an activity such as walking, running and biking.
- Safety is key, such as watching for uneven ground, loose gravel or potholes to avoid causing an ankle injury.
- Good posture ensures that you are performing these activities correctly.
- If you find yourself hunched over, feeling tired, limping or out of breath, stop your activity and take a few minutes to rest. Continuing with the activity with any of the above signs can put you at risk of an injury to your body.



KEY WEBSITES

National Safety Council: www.nsc.org

National Weather Service: www.weather.gov

Centers for Disease Control & Prevention: www.cdc.gov

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