



Source: American Academy of Orthopedic Surgeons

Avoid Becoming a Number on Next Year's Charts

HOME

- Do not drink and decorate.
- Inspect, properly set up, and position ladders.
- Use a step stool instead of furniture.
- Be mindful of rearranged furniture.
- Minimize clutter.

LUGGAGE

- Pack light.
- Use proper lifting techniques.
- Do not rush when lifting or carrying heavy suitcases or packages.
- Take care when placing luggage in overhead compartments.

WINTER SPORTS

- Warm up muscles.
- Wear appropriate protective gear.
- Know and abide by winter sports rules.
- Keep equipment in good working condition and use properly.
- If you or someone else experiences hypothermia, immediately seek shelter and medical attention.

Brought to you by the HSS VPP Safety and Health Committee