

Preventing Injuries this Spring

Spring time is here, and it is time for some spring cleaning and spending time outside! But along with spring comes the aches and pains associated with the increase in activity. So here are some tips to follow to help prevent injuries.

1. When cleaning or moving heavy objects, always lift with your legs. Prevent bending over at the waist; instead, bend at the knees and keep objects close to your body.
 2. If you have to reach overhead, you may need a ladder or step stool to keep your neck from being strained. And make sure the ladder is secure before you climb on it.
 3. If you are working outside or enjoying outdoor activities, make sure you have proper protective clothing on. And if you are going to be outdoors for more than 15 minutes, using a sunblock with SPF 15 or higher is recommended. You may also need an insect repellent.
 4. Dress in layers. The temperature can change quickly throughout the day. That sweater in the morning may be too warm by the afternoon.
 5. Take frequent breaks when performing repetitive activities such as raking, digging, or pruning.
 6. Drink plenty of water!! For every 30 minutes outside, you should be drinking a glass (8 ounces) of water to prevent dehydration. If you feel thirsty, you could already be dehydrated.
- Remember, no matter what activities you are doing, whether for work or pleasure, your safety should always be one of your primary concerns.

Have a safe and happy spring!

Information from: Senior Health at about.com MSN Health at health.msn.com www.preventdisease.com

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

INSTITUTE

Stone Oak Location

19260 Stone Oak Parkway, Suite 107, San Antonio, TX 78258
210.545.9355/fax 210.545.9369

Medical Center Location

5282 Medical Drive, Suite 550, San Antonio, TX 78229
210.593.0774/fax 210.593.0707

www.mypri.net