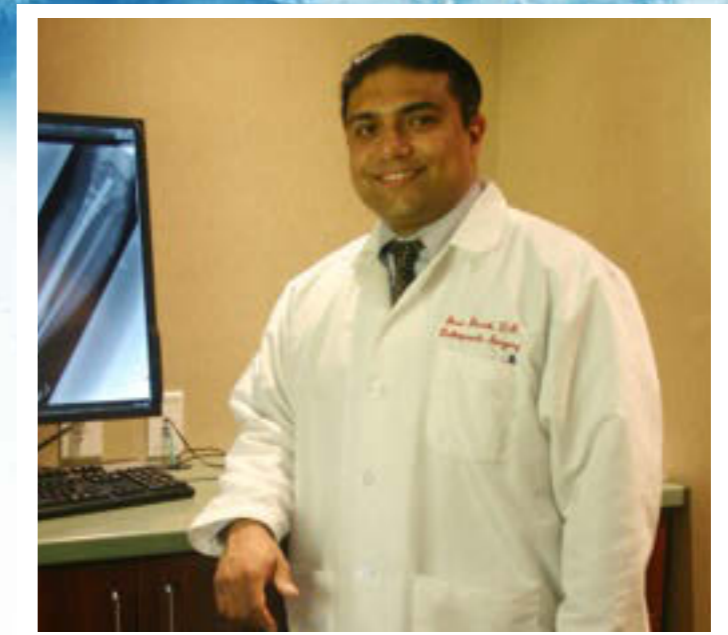


WINTER SAFETY GUIDE

compliments of

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Board Certified, Member of The American Academy of Orthopaedic Surgeons



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Winter Checklist - Household

- Check/De-Winterize Snow Blower
- Inventory Snow Tools (Shovel, Ice Chopper, etc.)
- Purchase Ice Melt Crystals
- Install/Check Welcome Mat (for outside entry)
- Install/Check Floor Mat (for inside entry)
- Seal Leaky/Breezy Windows
- Winterize Sprinkler System
- Install Driveway Markers For Snow Removal
- Check/Clean Chimney
- Check/Service Heating System
- Gather Extra Blankets/Sleeping Bags
- Restock Firewood



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Winter Checklist - Automotive

- Check Vehicle Inspection
- Install Snow Tires
- Prepare Snow Tire Chains
- Install Ice Scraper w/Brush
- Install Portable Shovel
- Check Windshield Wipers
- Check All Fluid Levels
- Check Roadside Assistance Coverage
- Store Ice Melt & Sand In Vehicle
- Store Portable Heat Packs
- Store First-Aid Kit In Vehicle
- Store An Extra Blanket In Vehicle
- Store Extra Set Of Gloves in Vehicle
- Store Emergency Flairs/Light



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Winter Safety - Injury Avoidance

Thoroughly Shovel, Salt and Sand All:



- Walkways
- Paths
- Steps
- Driveways
- Sidewalks
- Ramps
- Railings



Check outdoor lighting to prevent night time injuries on icy walkways



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Winter Safety - Injury Avoidance

Always Wear Proper Footwear!

Most slip-and-fall injuries can be avoided! Wearing high-heels, leather soled and other traction-less shoes can be extremely dangerous!

**Wear Waterproof,
Rubber Soled,
Snow Boots
Whenever Possible**



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Winter Safety - Injury Avoidance

Use Proper Lifting Techniques

Winter is a heavy lifting season. Whether it's heaving a shovel full of wet snow, lugging a giant bag of sand for the walkway or stacking a fresh chord of wood for the fireplace, your body can take a beating during those cold winter months, unless you plan ahead.

Here are a few suggestions to help avoid injury over the winter:

- Workout regularly to keep your muscle tone and build stamina
- Shovel more frequently to prevent over exertion and to avoid having to clear deep, heavy snow
- Avoid lifting heavy/oversized objects when alone
- When possible, use a hand truck with treaded wheels to move heavy or unwieldy items
- When lifting heavy objects make sure that your feet are firmly planted to the ground so that your footwear will not slip out from under you
- Keep objects as close to your body as possible when lifting them
- Always use your legs to do the lifting, NOT your back



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Winter Safety - Injury Avoidance

Snow Blowers Are Helpful, But They Could Be Harmful!

Snow blowers can be a life saver for the snowbound, but if not used properly they can be dangerous and even deadly.

5 Things You Should Know About Snow Blowers:

- Snow blowers will remove snow, but they's also destroy anything in their path. Always be sure to clear the way before plowing forward
- Never try to fix or unclog a running snow blower, you can be seriously injured. Shut it down, and remove key to prevent an accidental restart, before attempting to unclog or repair
- Only use your snow blower as specified by the manufacturer. A stalled, stuck snow blower is very heavy and removing it for repair can cause serious injuries
- Make sure that loose clothing, such as scarfs, are secured inside your jacket. Loose articles can get stuck in the snow blower's rotary blade and cause serious injury
- Always properly store your snow blower by draining fuel from the tank



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Winter Safety - Important Contact Info:

In the event of an emergency always call 911.

The following information can be helpful to you in non life-threatening situations.



Suffolk:

Website: <http://www.suffolkcountyny.gov>

Non-emergencies Requiring Police Response:
1-631-852-COPS

24 Hour Emergency Contact Phone Number by Town

- Babylon 422-7600
- Brookhaven 451-8696
- East Hampton 537-7575
- Huntington 351-3234
- Islip 224-5306
- Riverhead 727-4500
- Shelter Island 749-0600
- Smithtown 360-7553
- Southold 765-2600
- Southampton 728-5000

Nassau:

Department of Emergency Management: 516-573-0636
Website: <http://www.nassaucountyny.gov>

Nassau/Suffolk Utilities:

PSEG Long Island (to report or find out about electrical outages and to report downed power lines) 1-800-490-0075
Web Page: <https://www.psegliny.com/page.cfm/CustomerService/ReportOutage>

National Grid (gas emergency) 1-800-490-0045
Web Page: <https://www1.nationalgridus.com/NewYork>

During Winter Season, for snow removal on major highways like the LIE, Northern and Southern State Parkways and Sunrise Highway, contact the State Highway Department 24-hour line (516) 935-6111.



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Winter Safety - In The Event Of An Injury

In the event of an emergency always call 911.

If you are suffering from persistent joint, muscle or tendon pain, and suspect an injury, do not wait! Early intervention could be the key to preventing more serious damage and can lead to a faster recovery!

**HIP, KNEE, LEG, ANKLE, ARM
OR SHOULDER INJURY?
CALL US IMMEDIATELY AT:**

631-670-7800



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