

Health Tips

Your Good Health Information From eDocAmerica

with

Dr. D


 Printer Friendly


Click Here!

to forward this
Health Tip to a friend

eDocAmerica

Services
Overview

Click
HERE...

Unsubscribe



If you wish to [unsubscribe](#) from any eDocAmerica mailings, please click on the image above.

Register Now

If you have not yet used eDocAmerica to communicate with our physicians, we urge you to give it a try. Email us about this or

Health Tip: Lawnmower Safety

For many Americans, one of the rites of spring involves getting out the old lawnmower to begin the weekly task of cutting the grass. Unfortunately, each year also, thousands of Americans suffer injuries due to improper use of lawnmowers. In 2007, the Consumer Product Safety Commission reported power lawnmowers, hand mowers and riding power mowers sent over 100,000 people to hospitals or emergency departments with injuries. In addition to lacerations and sometimes even amputations of the hands and feet, these injuries include facial lacerations and eye trauma from rocks or glass being thrown from the lawnmower, as well as head and neck injuries from falling off riding lawnmowers.



In many instances, lawnmower injuries result from inattention, negligence, or ignoring safety practices. Most of the injuries related to these factors are preventable. For example, the American Academy of Pediatrics (AAP) recommends that children not operate lawn mowers until they have displayed appropriate levels of judgment, strength, coordination and maturity necessary for safe operation. If parents followed the AAP guidelines that push mower operators should be

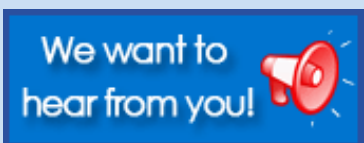
at least 12 years of age and riding mower operators should be at least 16 years of age, lawnmower injuries in children would virtually be eliminated.

Clearly, the lawn mower is one of the most dangerous tools used around the house. The [American Academy of Orthopaedic Surgeons](#) has offered the following recommendations to decrease the likelihood of injury when using a lawnmower:

Maintain Your Lawnmower

- Keep lawnmowers in good working order with sharp blades.
- When using a lawn mower for the first time in a season, have it serviced to ensure that it is working correctly.

any other topic or question you have!



- Be sure the motor is off before inspecting or repairing lawn mower equipment.
- Use a stick or broom handle (not your hands or feet) to remove debris in lawnmowers.

Operate Your Lawnmower Properly

- Read the instruction manual before using a lawnmower.
- Do not remove safety devices, shields, or guards on switches.
- Add fuel before starting the engine, not when it is running or hot.
- Do not leave a lawnmower unattended when it is running. If you must walk away from the machine, shut off the engine.
- Stay away from the engine cowling, as it can become very hot and burn unprotected flesh.

Use Caution

- Wear protective gloves, goggles, boots, and long pants when you use lawnmowers. Never mow barefoot or in sandals.
- Do not consume any alcoholic beverages before operating a lawnmower.
- Hands and feet should never be used to touch the lawn mower blade under any circumstances, even if the engine seems to be off. Once cleared of an obstruction, the blade can swing around and cause serious bodily harm.

Keep Children Safe

- Teach children to stay away from all running lawn mowers.
- Children should not be allowed to play in or near areas where lawn mowers are used, nor should they be allowed to ride on mowers as passengers or to be towed behind.
- Never allow a child or another passenger to ride on a mower, even with parents.
- Never let children operate lawnmowers. They should not be allowed to operate the equipment until they are at least in their early or mid-teens and can show adequate judgment, strength, and coordination.

Consider the Terrain

- Remove stones, toys and other objects from the lawn before you start mowing.
- Use caution when mowing hills and slopes. Mow across with a push

mower; mow up and down with a riding mower. Do not cut wet grass.

Research indicates that the number of injuries from lawnmowers is increasing with the majority of injuries occurring among children and adults over the age of 60. Careful attention to the safety practices discussed in today's Health Tip would go a long way toward reversing this trend.

Have you ever used eDocAmerica?

To register, just [Click Here](#) and follow the simple directions. The entire process should take less than 5 minutes.

You'll be glad you did.



11719 Hinson Road, Suite 130 Little Rock, Arkansas 72212

Toll Free 1-866-525-eDoc (3362) www.eDocAmerica.com

Copyright 1999-2009 eDocAmerica. All rights reserved. Patent Pending. [\[click here to unsubscribe\]](#)