

For Immediate Release

STAY A CUT ABOVE INJURY: A GUIDE TO LAWNMOWER SAFETY

Physicians Offer Tips on Staying Safe While Mowing Your Yard

Bradenton, FL (June 18, 2010) – While many consider yard work to be ‘back-breaking,’ recent studies show that lawnmower injuries go far beyond an aching back. According to a report by the Consumer Product Safety Commission, more than 117,000 Americans require hospital treatment in a single year, for injuries caused by mowers. Lawnmower injuries most often involve the hand, fingers, wrist, foot, ankle, or toes, but almost all injuries treated by orthopedic surgeons, can be prevented.

With 30 years of experience caring for patients in Florida, Coastal Orthopedics physicians have often treated injuries related to this weekly summer chore, and have some important tips to share on staying safe while keeping your lawn lean and green.

- Not all lawnmowers are created equal - read the owner’s manual before trimming lawns.
- Check to see if safety devices on the mower are in the proper place and in working order, especially if it’s the first time the mower has been started in a while.
- Make sure the path is clear of foreign objects before starting the engine.
- Always wear protective eyewear, gloves, long pants, and closed-toed shoes.
- Keep those green thumbs - turn off equipment before making any adjustments like adding fuel or changing blades on lawnmowers.
- Never leave a mower accessible to young children, or a running lawnmower unattended.
- Keep children and pets out of the yard while mowing.

“Summer should be spent visiting the beaches and theme parks not emergency rooms and doctors offices,” said Coastal Orthopedics’ foot and ankle surgeon, Brian Rell, D.P.M. “Lawnmowers are powerful pieces of equipment that may cause undue injury, but by following the proper safety precautions these accidents can be easily prevented.”

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About Coastal Orthopedics & Sports Medicine | Pain Management

Coastal Orthopedics has been serving the Sarasota-Bradenton area for over thirty years. The company strives to repair and heal injuries relating to the entire musculoskeletal system. Coastal Orthopedics is comprised of a group of over 20 specialty and sub-specialty trained orthopedic surgeons and pain management physicians focusing on the care and treatment of patients. With physicians and surgeons ranging in specialty care in sports medicine, joint replacement, pain management and rehabilitation, patients can be treated for athletic injuries as well as restoration of function and activity through non-surgical, physician-guided strengthening, therapy, medications, injections, and stretching. For more information visit www.coastalorthopedics.com.

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