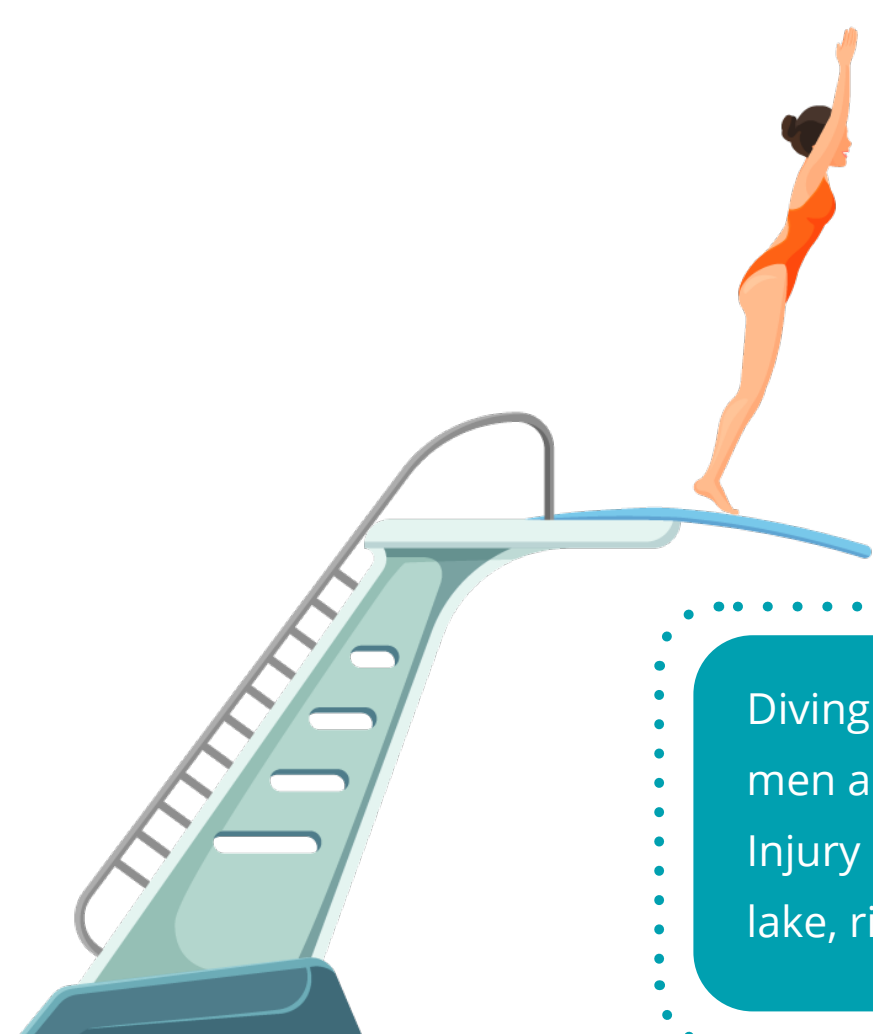
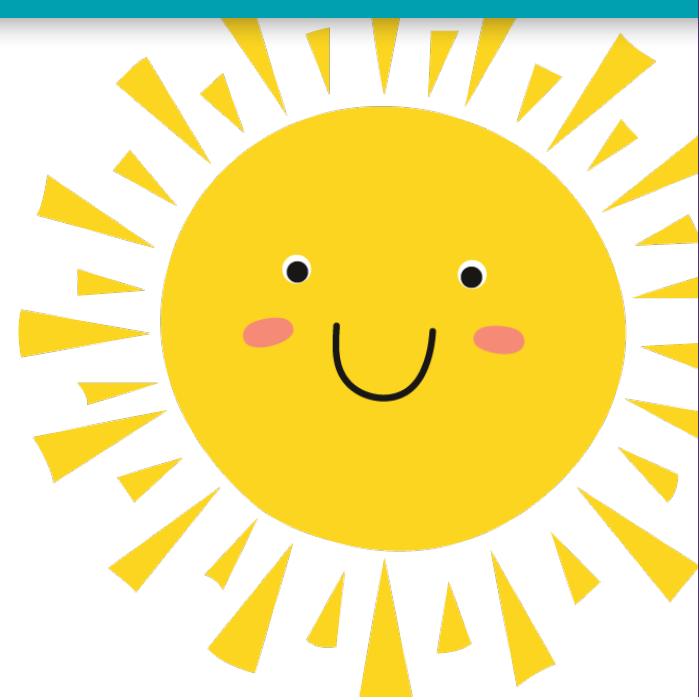


Keep Your Bones and Joints Safe This Summer

The rising temperatures make it a perfect time to enjoy the outdoors with friends and family. But it's important to stay safe while having fun. The American Academy of Orthopaedic Surgeons (AAOS) reminds you to review the basics of summer safety before heading out.



Diving Safety

Diving is the fifth leading cause of spinal cord injury for men and women, according to the National Spinal Cord Injury Statistical Center. The best way to enter a pool, lake, river or any water environment is always feet first.

Swimming Safety

Talk with local officials or lifeguards before swimming to make sure water conditions are safe. Avoid swimmer's shoulder during leisure or competitive swim by warming up and slowly stretching your shoulders and arms.



Trampoline Safety



Trampolines should never be used by children under the age of 6, and children of all ages should be supervised by an adult when jumping on a trampoline. Most injuries occur when two or more people collide while jumping.

Lawnmower Safety



Always turn off the mower and wait for the blades to stop completely before removing any of the parts or crossing gravel paths. Wear shoes with good traction, and never allow children to ride as passengers on a riding lawn mowers or garden tractor.



Grill Safety



More than 22,000 people* went to the ER in 2020 due to injuries and accidents involving grills. Keep your hands safe by using long utensils that are meant for grilling, and do not let your hand get too close to the flame. Potholders or insulated gloves offer added hand protection.

Learn more about bone and joint injury prevention and treatment at [OrthoInfo.org](https://www.orthoinfo.org)