



## Post-Storm Clean Up Safety Alert from Hartford HealthCare

Although power is back, the danger from the recent storm is not over. Our hospitals and healthcare providers have seen spikes in clean-up related injuries. We recommend the following to help you stay safe as you clear fallen trees, brush and debris:

- Wear protective clothing. This includes hard hats, goggles and ear protection.
- Avoid slippery shoes and baggy clothes that could get caught and cause a fall or injury. Always watch your footing while working with power tools.
- Keep children and pets out of the area.
- Do not work when you are tired or alone. Many accidents occur in the late afternoon, as fatigue sets in. Carry a cell phone.
- Avoid back injury by getting help when lifting wood. A two-foot log can weigh as much as 100 pounds.

- Use caution on ladders and whenever operating power tools. Re-read safety manuals before you start.
- Know your limits. Leave the job of cutting down large broken trees, which could weigh several tons, to a professional cutter.
- Never attempt to clear downed power lines. Report downed lines to your utility company and let them repair.

*Despite the best safety precautions, injuries can and do occur. Don't hesitate to quickly seek medical attention if you do get hurt.*

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