



TIP OF THE MONTH

Avoiding Ladder Hazards

We have finally reached in our opinion, the best part of the year. Seeing all of the lights and decorations that people put up for the holidays is something special.

We want to help keep the holiday season injury-free by touching on one of the prominent issues this time of year – ladder safety. Did you know that according to the US Consumer Product Safety Commission in 2017 over **500K people each year are treated for ladder-related falls?** Pair that with cold weather and joints that may not be as nimble as they used to be, we really need to be careful. Our goal this month is to keep you on the ladder and out of the ER so that you can celebrate the holidays injury-free. Let's start with the basics.

What are some of the more common causes of ladder falls?

According to the **International Association of Certified Home Inspectors** there are 5 main causes of ladder injuries. These are:

- Overreaching while on the ladder
- Missing the last step when climbing down
- Mounting or dismounting the ladder improperly
- Losing one's balance
- Failing to set up the ladder properly

How do I Avoid these Common Mistakes?

Well, we're glad you asked! To start you'll want to use the right type of ladder. When it's time to clean the gutters or do some holiday decorating the two ladder types best suited for the job are extension ladders and A-frame ladders. Then you'll want to set up the ladder correctly, making sure it meets your height needs, doesn't have an opportunity to slip or fall away from you, etc. This is easily done by going through the **American Ladder Institute's safety checklist** or by downloading the NIOSH Ladder Safety App. This app can help you angle and position your ladder safely.

In addition to setting up your ladder properly, take some time to make sure that you have taken the proper safety precautions. These include:

- If you feel tired or dizzy or are prone to **losing your balance**, stay off the ladder.
- Wear clean slip-resistant shoes. Shoes with leather soles are not ideal for ladder use as they are not considered sufficiently slip-resistant.
- Maintain 3 points of contact with the ladder when climbing (two hands and a foot, or two feet and a hand).
- Only one person at a time should be on a ladder unless the ladder is specifically designed for more than one climber (such as a Trestle Ladder).
- Never jump or slide down from a ladder or climb more than one rung/step at a time.

Ladders can be extremely hazardous when they aren't used properly, so please take advantage of the safety precautions above. We wish you and yours a very safe and happy holiday season. If you find yourself in pain, please come see us. We can help get rid of your pain and back to the holiday traditions and events that you look forward to. It's our job to make sure you feel great and ready to celebrate!

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"I am grateful for what I am and have. My thanksgiving is perpetual."

— Henry David Thoreau

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Pumpkin Cake

Don't like pie? We have a new twist on pumpkin desserts this year with a delicious cake! Whether you make your own icing or purchase some from the store - this is going to be a family favorite!



CAKE INGREDIENTS

- 1 box of Betty Crocker yellow cake mix
- 1 can of pumpkin
- 1/2 cup of canned milk
- 3 eggs
- 1 cup brown sugar
- 1tsp pumpkin pie spice

FROSTING INGREDIENTS

- 1 pack vanilla instant pudding mix (4 serving size)
- 1 tsp pumpkin pie spice
- 1 cup cold milk
- 8oz thawed Cool Whip

DIRECTIONS

1. Preheat the oven to 350°
2. Pat the box of cake mix to the bottom of a greased pan
3. Mix the rest in a bowl and pour on top
4. Bake for 50 - 60 minutes., checking regularly
5. In a bowl, mix the pudding mix, pumpkin pie spice and cold milk until slightly thick
6. Fold in the cool whip
7. Once the cake has cooled smooth the icing on top and enjoy!



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