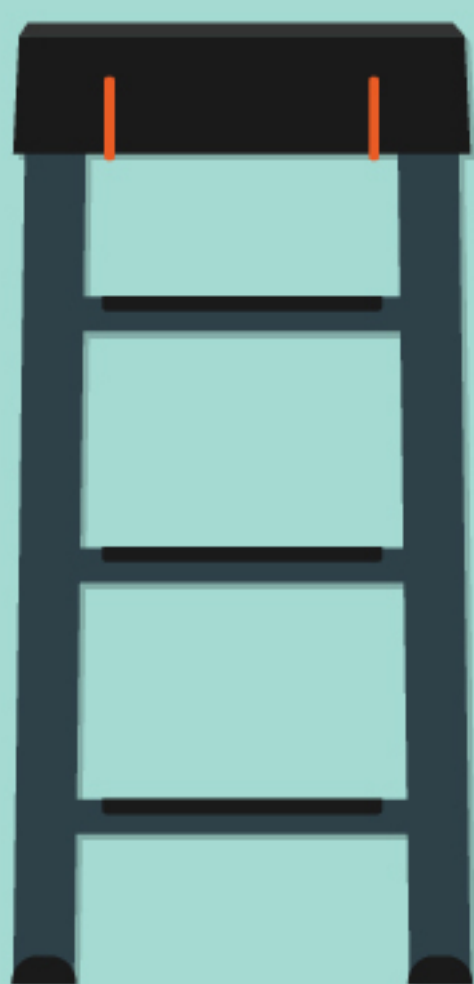


# PREVENTING DIY INJURIES

HOW TO STAY SAFE DURING HOME IMPROVEMENT PROJECTS

Every year, thousands of homeowners throw on a tool belt and attempt what most of us would never even consider—remodeling a portion of their homes by themselves. While many of these brave homeowners may have some experience, others take the gamble only to learn that it's not as simple as they thought. **Regardless of your skill set, SAFETY should always be your top priority.** You can always call in a professional to fix what you destroyed in your quest to be the DIY conqueror, but replacing a finger, eye or entire limb is not so simple.

## FACING THE FACTS



**54%** of all unintentional injuries take place in the home.

**In 2013:**

**511,000** people were treated for *ladder-related injuries.*

**7,500** people suffered injuries *from power tools.*

**569,000** were injured moving *sofas, couches and other heavy furniture.*



## 1 LADDERS

Never place ladders on soft or uneven surfaces: Find a surface that is firm, even and dry.

Avoid leaning too far to either side: Keep the center of your body within the ladder frame.



## 2 TOOLS

Keep a natural posture when working with power tools: Unnatural positions can cause you to use extra force.

Keep blades and cutting edges clean and sharp: Dull tools are more likely to slip or shatter.



## 3 LIFTING

Always work with a partner when lifting a heavy or awkwardly shaped object.

When lifting heavy loads, begin with your knees bent and lift with your leg muscles, keeping your back straight to avoid strain.

