

DIY – Don't Injure Yourself!



Did you know ...

- 'Do It Yourself' injuries are defined as the fatal or non-fatal harm caused by activities/tasks that could have been done by a professional craftsman*
- DIY injuries are recognized as an emerging problem internationally*
- DIY injuries are more common for those 25-44 years of age; and 9 times more common in men than women**
- DIY injury rates* :
 - 67% general maintenance
 - 20% gardening
 - 13% vehicle maintenance
- 83.5% of Canadian DIY injuries reported were related to 'bigger projects' – i.e. basement, roof**
- DIY injuries can be prevented:
 - Wear protective clothing, hard hat, glasses
 - Get help – support ladders, split effort
 - Know your limits – physical & skill



Did you know physiotherapy can help...

- Reduce your pain and inflammation
- Increase range of motion & strength
- Teach you safe lifting techniques
- Teach you how to avoid overuse and repetitive strain injuries
- You become more aware of your personal risks and safety

ftp fine
touch
physio

**1257 Algoma Rd.
(off Star Top Rd. & Innes Rd.)**

613-749-6868

www.finetouchphysio.ca



*Taking a step toward
optimal mobility, function and health*

*Martin, L. University of Western Australia (2005)
** Public Health Agency of Canada (2008)