



FESSH

Federation of
European Societies for
Surgery of the Hand

Statistical data (in Italy)

About **4 millions** domestic injuries per year

54,4% falls

20% wounds

13% impact, crash, burn

76,9% self-sufficient elderly fallen at home

Il **30%** of injuries involve the hand and wrist

For this reason the **FESSH (Federation of European Societies for Surgery of the Hand)** and the **SICM (Italian Society for Hand Surgery)** have promoted a prevention campaign for domestic injuries addressed to the population.



Casual falls represent the most common cause of wrist injuries, especially in the self-sufficient elderly. While falling we tend to protect our head by stretching our upper limbs forward.

This may cause a fracture of wrist bones, that can be more or less complicated depending on the energy of impact, bone fragility, and the presence of objects held in the hand.

Enemies of our wrists:

Rugs on walking paths; chairs used as ladders to reach objects, wet floors;
Objects fallen on the ground;
slippers that can slip off, clothes with fluttering frills that can get stuck while passing near furniture.



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Recommendations:

- Always stabilize rugs under furniture or use carpet pads.
- Use small ladders and not chairs to reach high shelves, and place commonly used dishes and utensils at a most convenient height, leaving at higher levels only rarely used objects.
- Prefer closed footwear, especially for the elderly
- Always dry wet floors.



Wounds represent another great part of domestic injuries. They may be simple cut wounds due to incorrect manipulation of cutting edges, or real amputations.



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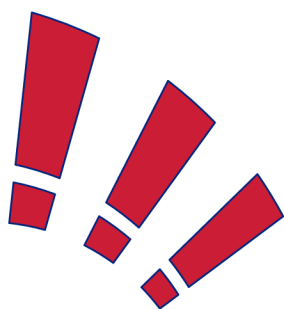
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Our enemies are:

Metal boxes; blenders; domestic slicers; incorrect positioning of plates, glasses and sharps in the dishwasher.

Recommendations:

- Store sharps in closed drawers, away from children
- Carefully use knives
- Open metal boxes by pulling the tab, and replace the cover by gently pushing on the tab without closing it completely or touching the edges.
- Don't clean the blades of slicers and blenders while still plugged in.
- Discharge the residual electric power of slicers and blenders that may start running even if unplugged.
- Store plates and glasses in the dishwasher leaving adequate space to prevent break, and always place knives with the tip downwards in the basket.



Hand burns are very common.

They are often caused by hot oil splashing out of a pan, and by the use of pot holders that don't protect the wrist and the lateral aspect of the hand instead of oven gloves, but also by a wrong way of cleaning personal computers and electronic devices.

It is not uncommon to observe hand burns caused by the use of common surface cleaners to clean the computer keyboard.

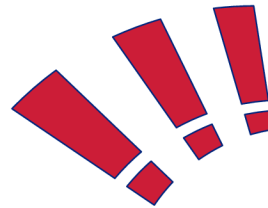


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Recommendations:

- Use a splash guard while frying
- Always use oven gloves
- Clean computers and electronic devices with specific cloths





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Very common are also **thorns and foreign bodies piercing hands** while gardening.

Always use protective gloves to prevent the penetration of splinters and thorns and contact dermatitis.

An important recommendation for everybody:

As soon as you get home **remove the rings**, including your wedding ring. One of the most painful and severe injuries of fingers is caused by rings getting trapped in drawers, doors or common objects while doing our housework, tearing the finger off.





*The **FESSH** hopes to have provided helpful information to reduce the incidence of the most common domestic injuries.
For more detailed information refer to the FESSH Hand Surgery departments and hand surgeons.*

Visit FESSH.com or national Hand Surgery societies web sites.

*The **FESSH** wishes*

SAFE HANDS FOR A HAPPY HOUSE

Donated by SICM (Italian Society for Hand Surgery) to FESSH (Federation of European Societies for Surgery of the Hand)

With the patronage of the FESSH Prevention Committee

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