

5 PUMPKIN CARVING SAFETY TIPS



Orthopaedic surgeons share safety tips just in time for fall festivities

Did you know that over **40% of Halloween injuries** are related to **pumpkin carving**? Serious hand lacerations and injuries to bones and tendons are not the kind of spooky you're after.

So go ahead and carve out some fun this Halloween, but keep the celebration safe with these handy jack-o-lantern decorating tips.



CLEAN YOUR CARVING AREA

Always carve pumpkins in a clean, dry and well-lit area, and make sure there is no moisture on the carving tools or your hands.



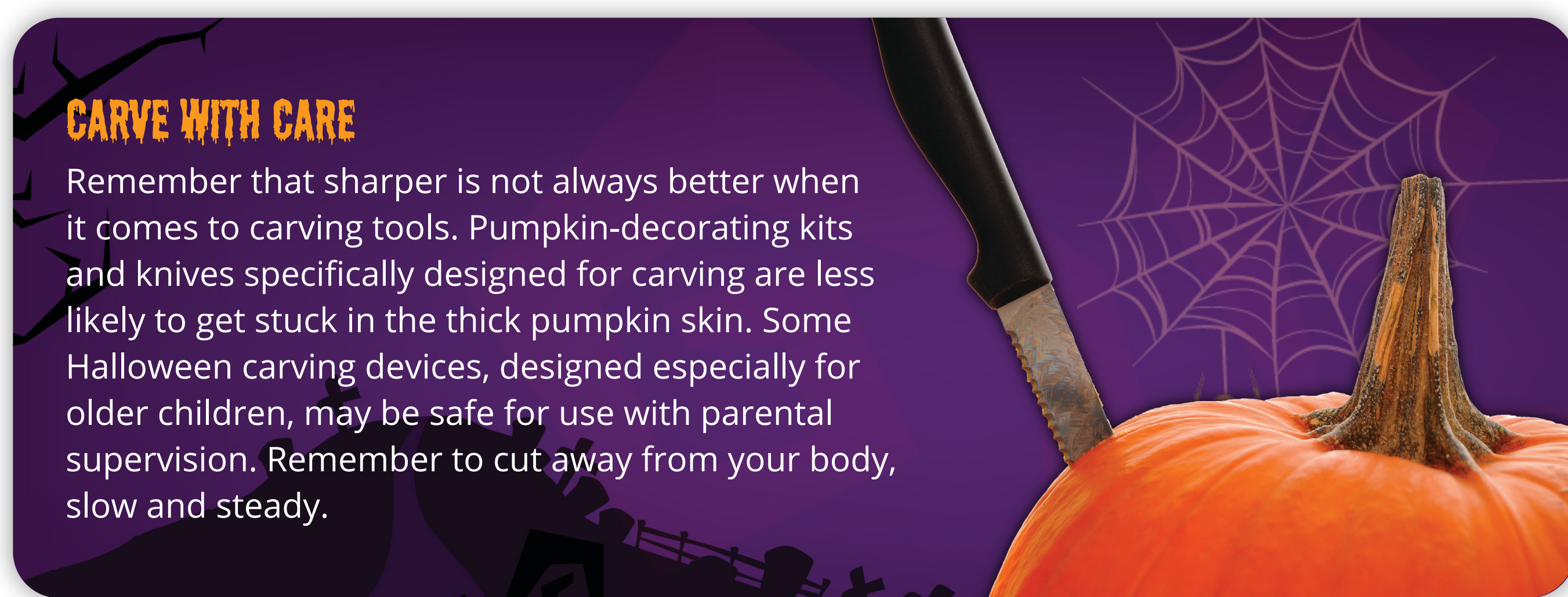
PLAN ADULT SUPERVISION

Rather than handing young children sharp instruments, let them get creative with paint, markers, or other non-carving decoration kits. Or, let children draw the face for adults to carve.



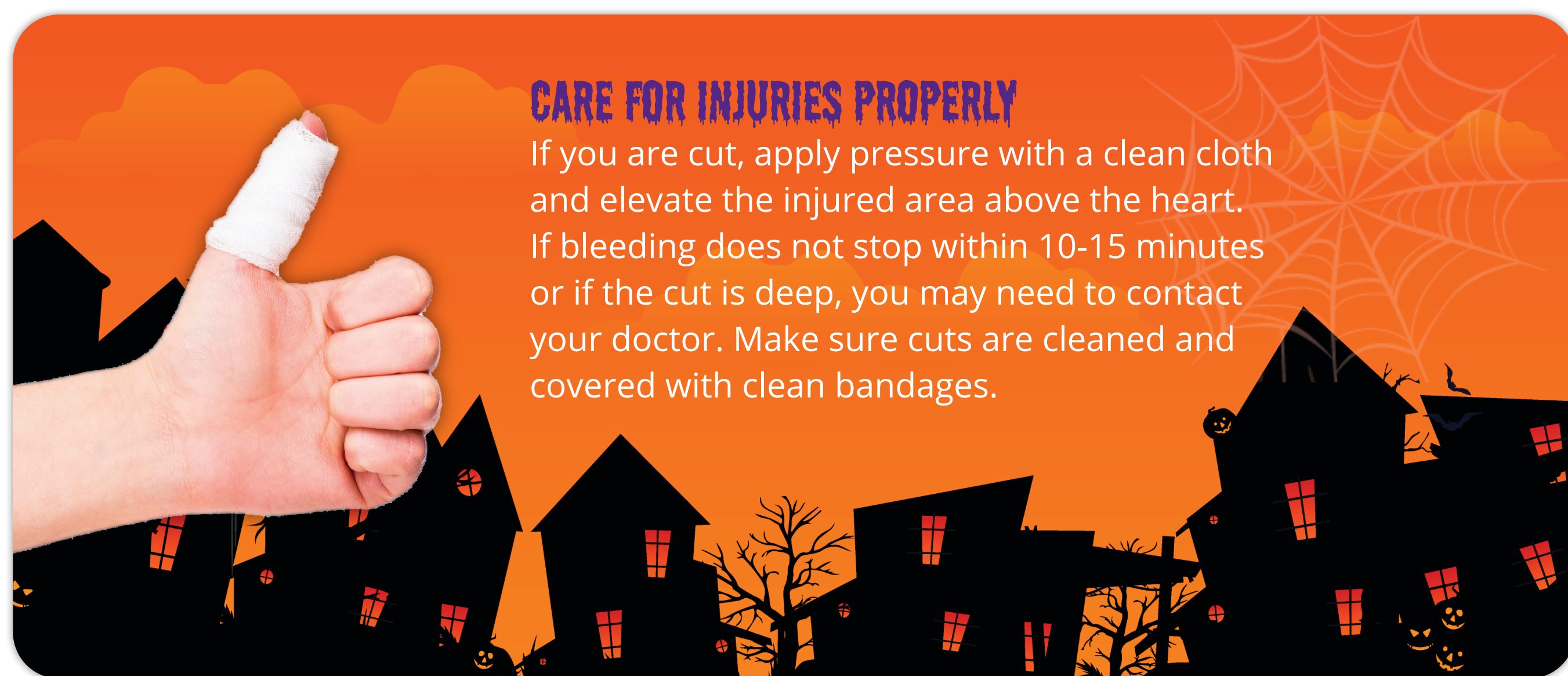
LIGHT YOUR CREATION

Instead of placing candles in Halloween pumpkins and other decorations, use non-flammable light sources, like glow sticks or artificial pumpkin lights.



CARVE WITH CARE

Remember that sharper is not always better when it comes to carving tools. Pumpkin-decorating kits and knives specifically designed for carving are less likely to get stuck in the thick pumpkin skin. Some Halloween carving devices, designed especially for older children, may be safe for use with parental supervision. Remember to cut away from your body, slow and steady.



CARE FOR INJURIES PROPERLY

If you are cut, apply pressure with a clean cloth and elevate the injured area above the heart. If bleeding does not stop within 10-15 minutes or if the cut is deep, you may need to contact your doctor. Make sure cuts are cleaned and covered with clean bandages.

Learn more about keeping your bones and joints healthy and safe at OrthoInfo.org

