

# Keep Your Feet Safe from Lawnmower Accidents

Avoid turning your lawn into a “toe-away” zone and use extra caution when operating a power lawnmower or other power gardening tools. Don’t underestimate the power of a lawnmower—the blades whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun. Follow these precautions:



Wear heavy shoes or work boots when mowing. No sneakers or sandals.

Don’t mow a wet lawn—losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.



Use a mower with a release mechanism on the handle that automatically shuts off when the hands let go.

Keep the clip bag attached when mowing to prevent projectile injuries.



Always keep children away from the lawn when mowing.

If a mower accident occurs—even just a minor injury—immediate treatment is necessary to flush the wound thoroughly and prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair any tendon damage, deep clean the wound and suture it.

For more foot and ankle health information, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website of the American College of Foot and Ankle Surgeons.



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