

## Prevent Blood Clots

Take a stretch.

Deep vein thrombosis (DVT) is a blood clot that forms as a result of long periods of inactivity or because of surgery or cancer. Or your family could have a history of this medical problem. DVT can occur in many areas of the body but happens most often in the legs. Clots can damage veins or be life threatening if they break loose, travel through the bloodstream and block blood flow in the lungs or heart.

If you're planning long-distance travel, follow these steps to prevent DVT.

- Wear loose, comfortable clothes and compression socks or stockings.
- Make sure you have room to stretch your legs.
- Walk around whenever you can.
- Drink plenty of water.
- Try not to sit, fall asleep and stay in the same position for too long.

Move and do exercises at least every half hour to keep blood clots from forming.

And that's smart safety.

For additional information or guidance, contact your safety office.