



Spring Cleaning Tips

The days are getting longer and the weather is getting warmer and gardeners are anxious to get going on spring clean ups! Follow these tips to help you prevent injury during gardening.

1. Warm-up

- ❖ Gardening is like any exercise, perform some light walking or start with light tasks to get your muscles warmed up.

2. Pace yourself

- ❖ Set small goals, don't try to get everything done in one day, take frequent breaks to stretch and don't rush. Change tasks and positions to avoid repetitive motions.

3. Use proper body mechanics for each task

❖ Raking/Shoveling

- Start with small areas and keep the shovel/rake close to your body. Lift only light loads and avoid twisting your back by moving your feet.

❖ Weeding/Planting

- Use your knees and legs to pull, not your back. Work in an arc at arm's length and don't over reach. Kneel on one or both knees if you can tolerate it or sit on a bucket to avoid bending at your waist.

❖ Lifting

- Bend with your knees and squat, never bend at the waist. Push up with your thighs and keep your stomach muscles tight. Keep objects close to your body