



# Raking Tips



Follow these tips to make raking this fall easier and to help you avoid injuries.

## 1. The Basics

- wear boots with a good grip
- wear gloves to keep warm and prevent blisters
- walk around your yard and pick up big sticks or debris so you don't trip on them

## 2. The Equipment

- use an ergonomically correct rake with a curved handle and adjustable length, this will help to keep your back straighter and decreases stress on your spine
- use a rake with a smaller width, this will decrease the friction and resistance, resulting in less work
- use a metal rake with wet leaves to pull through the soggy piles

## 3. Watch your posture and technique

- warm up your muscles; cold, tight muscles are more prone to injury
- grip with your hands apart for more leverage and your feet shoulder width apart to maintain the natural curve of your spine
- keep the rake close and don't bend forward
- rake backwards towards you and move your feet with the rake, don't rake side to side
- change raking sides every 5-10 minutes to avoid muscle fatigue
- pick up leaves in small loads so you will be able to lift the bag or tarp easily