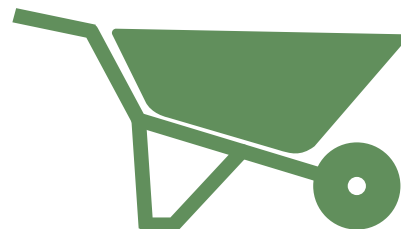


SAFETY TIPS: YARD WORK

1

GET MOVING BEFORE YOU WORK

A 10-minute walk & stretches for the back, arms, and legs are good ways to warm up.



2

USE A WHEELBARROW TO MOVE HEAVY MATERIALS

Lift with your knees and use good posture while moving a cart or wheelbarrow.

3

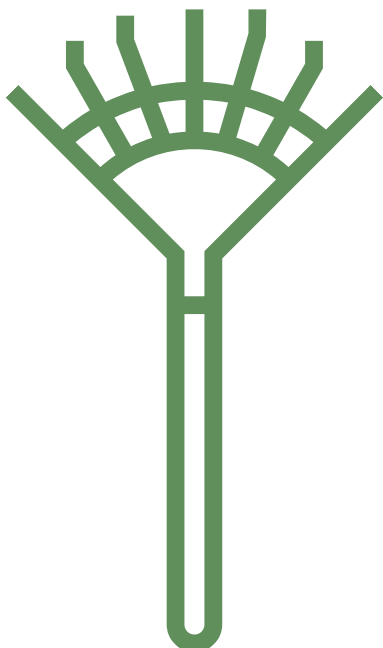
MAINTAIN GOOD POSTURE

Bend your knees & keep your back straight as you lift or pull things. Remember to move your feet or pivot on your toes to turn your full body as one unit, instead of twisting your spine or knees.

4

TAKE BREAKS

If you haven't done yard work in a while, plan to work in short bursts, to avoid aches and pains.



Source: APTA