

Environmental Health and Safety

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Garden Ergonomics

Gardening can be a great form of stress relief and exercise. However, it can also cause serious injuries if done incorrectly. As you're starting your gardens and weeding, be sure to have the proper equipment and consider these tips to keep you pain free.

Take a few minutes to stretch before you start. Loosening up your back, leg, and arm muscles will help prevent injuries. Take a break every 30 minutes and stretch again.

Wearing gloves and knee pads helps to keep you protected and relieve joint stress.

Keeping good posture can help decrease muscle pain and fatigue. Kneeling only on one knee helps to keep your back from rounding.

When carrying objects, heavy *or* awkward, lift with your legs and not your back.

Sturdy and lightweight tools with long and cushioned handles help to eliminate stress to joints and arthritic challenges.



[Garden Ergonomics](#)

[Weeding Without Back Pain](#)

[The Ergonomics of Gardening](#)

[Garden Tools and Ergonomics](#)

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Don't learn safety by accident