

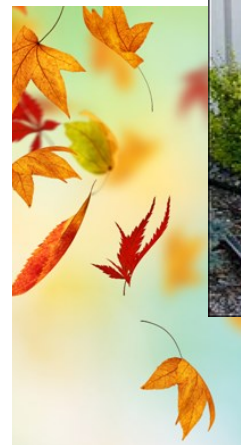
Environmental Health and Safety

August 28, 2014



Raking Leaves Safely

- ⇒ Wake up your muscles by warming them up
- ⇒ Arms and legs should do all the chore, minimize back moves
- ⇒ Keep standing up as straight as possible
- ⇒ Hold the rake handle with one hand up and one hand down
- ⇒ Use a rake that fits you; try a back-saving ergonomic tool
- ⇒ Bending your back to reach far is not a good idea
- ⇒ Don't let a hat or scarf block your vision
- ⇒ be aware of large rocks, low branches, tree stumps, wet leaves and uneven surfaces
- ⇒ Avoid falls by wearing slip-resistant soles



- ⇒ When bagging leaves, kneel down instead of bending at the waist; using assistance tools help
- ⇒ Alternate your leg and arm position often
- ⇒ Avoid making heavy bags, especially when leaves are wet. Use same kneeling technique when lifting bags; pull the bag close to you and keep back straight.

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For more information go to: [Better Ergonomics While Raking Leaves](#)

Don't learn safety by accident