

Injury Prevention Tips When Raking Leaves



- Perform a warm up and stretching exercises to loosen up muscles
 - Take a short walk
 - Perform stretching exercises such as arm circles, standing forward bend, standing side bend, and standing trunk rotation
- Position yourself so that you are facing the area which you will be raking, as facing to the side would require you to twist or reach excessively
- Try to keep your back straight and upright by avoiding twisting and over extending your reach while raking in order to minimize stresses on your back
- Position one leg in front of the other and then reverse your foot position every so often so as to minimize additional strain to one side of the body
- Keep your knees slightly bent and move your legs and not your back when changing the direction of raking
- Alternate hand positions and the direction you pull with the rake every so often so as to minimize additional strain to one side of the body
- Take frequent 10-15 minute breaks
- When picking up leaves or bags of leaves bend at your hips and knees and not with the back.