

Plan and Prepare

- Do stretches before, during and after.
- Avoid doing the same task for more than 30 minutes.
- Take regular breaks. Actually sit on your garden bench and rest.



Use Your BIG Muscles

- Use the larger stronger joints and muscles of arms or shoulders for carrying instead of using hands. Carry items on forearms rather than using hands to grasp.
- Use palms instead of fingers to push or pull.
- Maintain good posture at all times.
- Hold items close to your body.
- Garden from a chair or kneeling stool.



Select the Right Tools

- Invest in a good pair of gloves. Gripping gloves come with elastic band to maintain the grip.
- Use sun block, hat and gloves.
- Use ergonomic tools that have long or extendable handles. Consider widening the handles with foam tubing used to cover pipes. And those with fiberglass handles are lighter weight.
- Use a wheeled chair or “scoot seat” designed for garden use.
- Use a cart with big wheels. Load the weight over the wheel base so lifting is reduced.
- Use wheelbarrows for only light weight loads.
- Ratcheting pruners and loppers require less strength.

