

# Rake Leaves Safely

- ≈ Avoid twisting your body while raking.
- ≈ Use your legs to shift your weight rather than twisting your back.
- ≈ Use a properly sized rake for your height and strength. A 24 inch rake recommended for a medium size person, approximately 5.5 feet tall.
- ≈ Wear gloves to help prevent blisters on the hands.
- ≈ Bend at the knees, rather than the waist to pick up items.
- ≈ Do some form of light exercise for approximately ten minutes to warm up the muscle prior to raking.
- ≈ Try to vary your movements as much as you can to avoid over use of certain muscle groups.



- ≈ Don't overdo it. Raking is an aerobic activity you may need to take frequent breaks or slow your pace if you are an infrequent exerciser.
- ≈ As with any form of exercise, be sure to drink plenty of fluids to prevent dehydration.
- ≈ When you're done, gentle muscle stretching can help relieve tension in the muscles. A hot bath can relax muscles as well.