



# LEAF RAKING TIPS



## Use Proper Technique

Stand up straight and use good posture. When bending over, hinge at the hips not the middle of the back. Alternate your hand positions to avoid overusing one side of the body. Remember to always bend your knees when scooping and lifting a pile of leaves.



## Work Little-by-Little

Work at your own pace. Be careful not to go too fast or push yourself too hard. You are, most likely, using muscles that you haven't worked in a while. Be patient with yourself and take breaks when necessary.



## Use the Right Tools

Talk to your local hardware store and invest in some newer, more powerful tools to get the job done to save you time and trouble in the long run. If you like the challenge of raking, look for ergonomic rakes and easier ways to bag and carry the leaves.



## Rake when It is Dry

Avoid raking right after a heavy rain. Leaves are much heavier when wet and can, needlessly, increase your work load.



## Work with the Wind

Avoid raking on a windy day. You don't want to lose your leaf pile in a gust of wind or trip over your lawn bag.