

Garden Safety

By Heather Morrison

- ⚙ Walk for 5 min. to increase circulation and warm up muscles.
- ⚙ Wear supportive shoes to avoid ankle sprains.(Watch out for slippery or uneven ground)
- ⚙ Protect skin with sunscreen and hat. Drink lots of water.
- ⚙ Avoid cuts and get your tetanus shot every 10 years since tetanus bacteria can live in soil and animal feces and enter via a wound.
- ⚙ Avoid breathing in dusts found in bags of composts and various soils. (Legionnaire's disease.)
- ⚙ Do not work your arms above shoulder height for longer than 5 min. to avoid shoulder, neck or rotator cuff injuries. Instead, use a step stool or ladder to adjust your height.
- ⚙ Use your legs to lift, not your back. Hold the weight close to your body, keep your spine straight and belly in.
- ⚙ Do not do deep squats; kneel on a pad or sit on a low stool.

Gardening requires **strength** and **flexibility**. Keep in shape all year to prepare for gardening.

To avoid back problems, work abs, back, hamstrings and hip flexors. Some examples are:

1. Activate your core abdominals by exhaling and pulling in your belly as if you are wearing a girdle, try to lift up your pelvic floor; then inhale and relax.
2. Lie on your back with one leg bent and one leg straight, hands overhead, resting on or close to the floor. Keep your head down, just exhale & lift both arms and the one straight leg up towards the ceiling; inhale and lower them both to the floor. Do approx. 8. Then, hold on to the straight leg for 8 sec. to stretch your hamstrings. Use a towel if you can't reach your leg. Change legs.



3. Having your legs in the same position, hug one bent knee into your chest and press the straight leg gently flat onto the floor. (Good for sciatica)

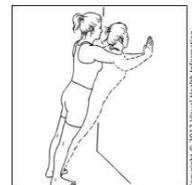


4. Lie on your stomach with your hands under your shoulders; keep your pelvis and legs on the floor as you carefully lift your shoulders, head and chest away from the floor. Keep looking down to avoid neck strain. Inhale and lift back, exhale and lower to floor. Don't go too high; it's a very small movement.



To avoid shoulder, neck and arm problems, exercise biceps, triceps, and chest. Some examples are:

1. Shoulder shrugs; bring your shoulders up towards your ears and drop them gently down.
2. Wall push ups; stand approx. 3 feet away from wall; keep heels down and body steady; just bend and straighten your arms as if doing a push up.



Knees are strengthened by doing squats.

1. Hold on to counter or back of chair for balance and squat up and down making sure your feet are apart for balance and that your knees don't go past your toes. Notice how your hips sit back as if you're getting ready to sit in a chair. Use control and don't go too deep.



Reference - Partly from:

www.working-well.org/articles/pdf/Gardening.pdf