



**Protect yourself from the sun
and heat of an Ohio summer:
Try to work in the morning or evening**

**Medications can make you more sensitive
to the sun and heat**




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**Wear sunscreen, a sun hat,
long sleeves, gloves and pants
Drink plenty of water**

**Medications can make you more
sensitive to the sun and heat**



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**Expandable hoses are lightweight,
easy to carry and store**

**Soaker hoses can be laid out and left in the
garden, saving wear and tear
on your back and shoulders**



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Lever-style handles can replace the wheel handle on garden faucets, making it much easier to turn water on without twisting the wheel handle

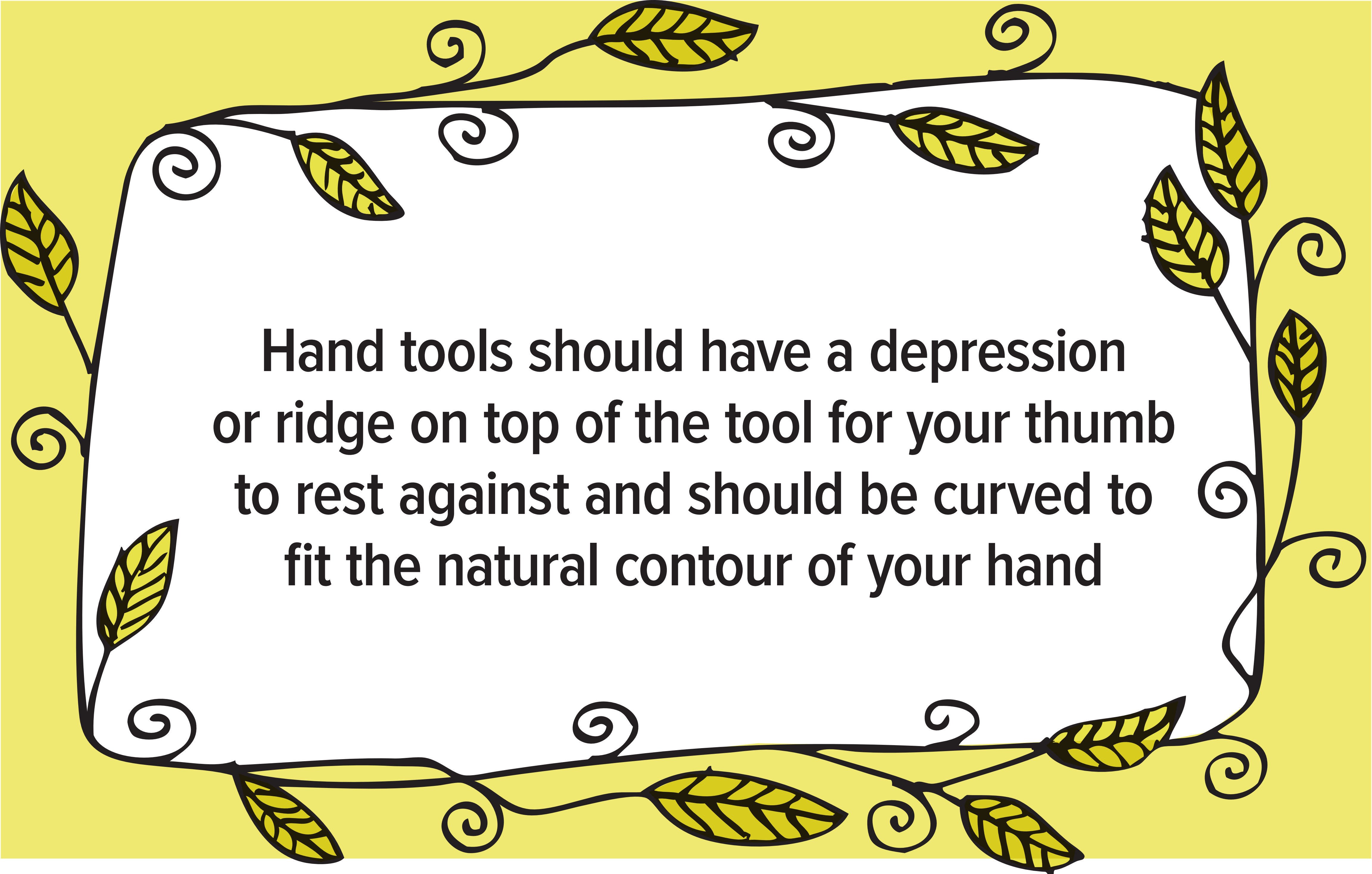


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Hand tools should have a depression or ridge on top of the tool for your thumb to rest against and should be curved to fit the natural contour of your hand



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**Choose tools with a soft, textured,
no-slip handle**

**Tool handles should be big enough that your
thumb barely overlaps your fingers and small
enough that you can hold it comfortably**

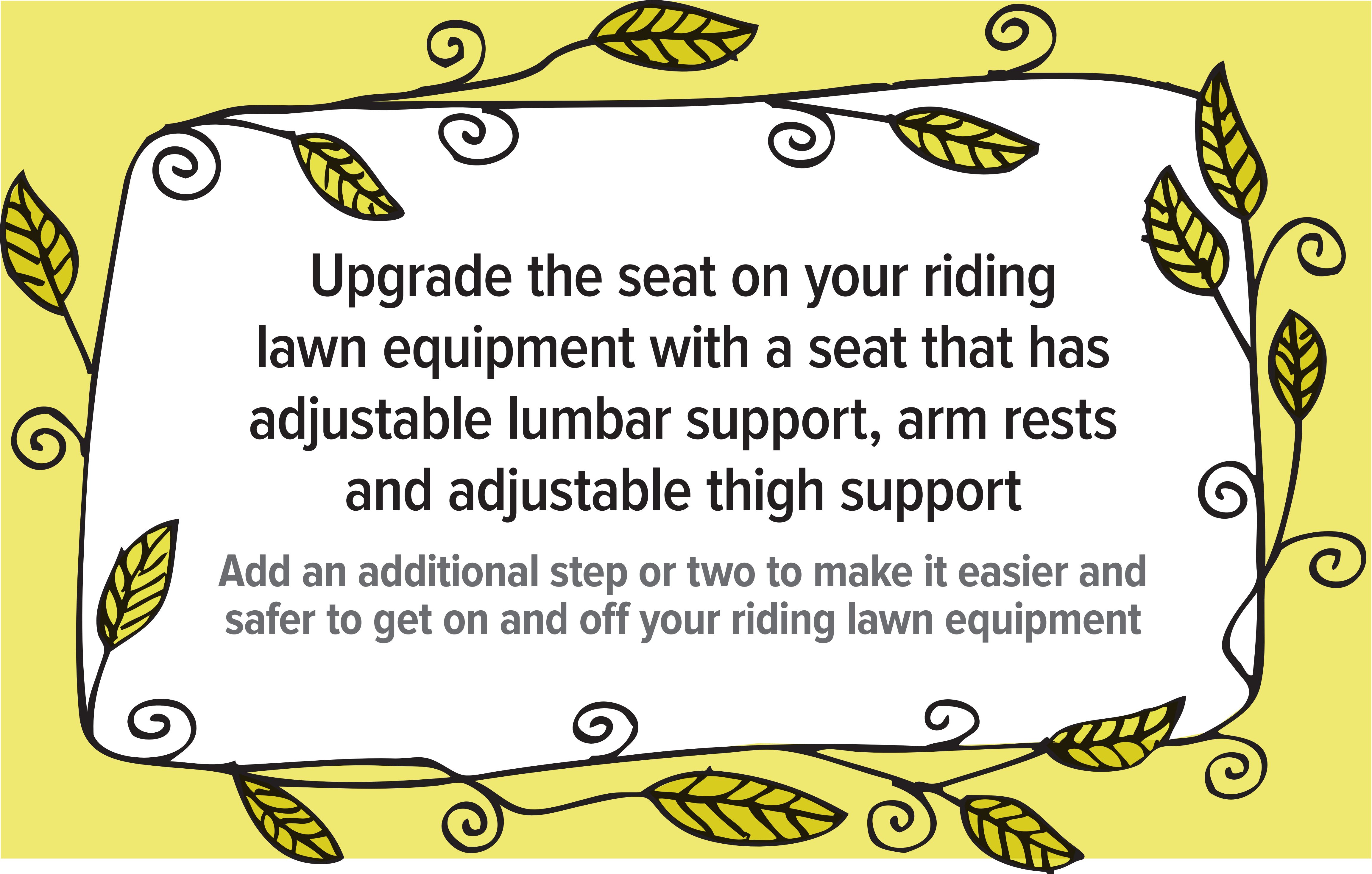


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Upgrade the seat on your riding lawn equipment with a seat that has adjustable lumbar support, arm rests and adjustable thigh support


Add an additional step or two to make it easier and safer to get on and off your riding lawn equipment



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**Install mirrors or cameras
on riding lawn equipment
to reduce the need to turn**

**Add an additional step or two to
make it easier and safer to get on
and off your riding lawn equipment**




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Wear boots with high-quality insoles to support the ankles and reduce knee, hip and back pain

Use a kneeling pad or sit on the ground, a bench, or gardening cart



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**Avoid working in awkward positions
or standing for long periods of time**

**When changing directions, turn with feet, not
at waist, to avoid a twisting motion**

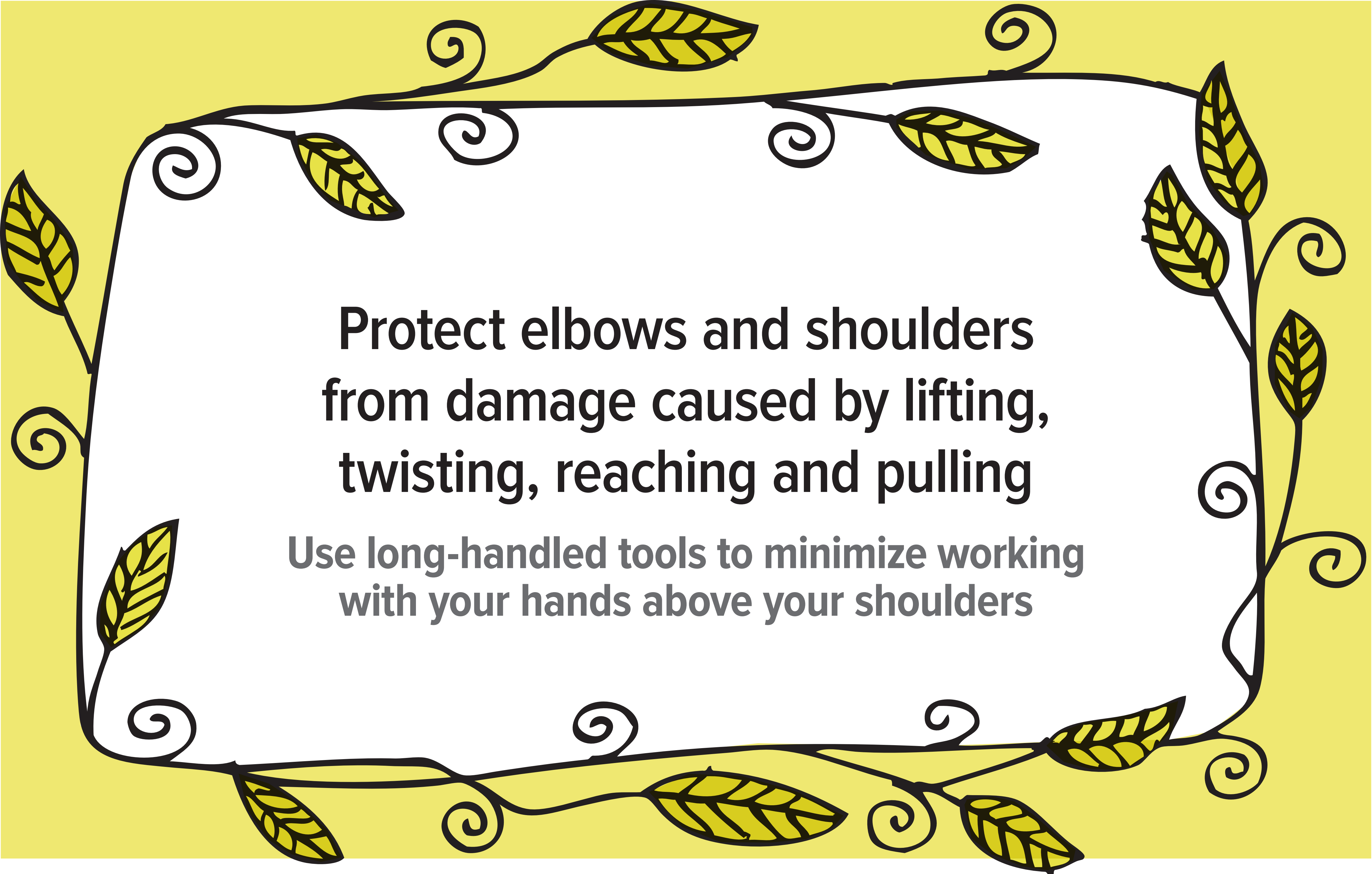


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**Protect elbows and shoulders
from damage caused by lifting,
twisting, reaching and pulling**

**Use long-handled tools to minimize working
with your hands above your shoulders**




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**Adaptive tools are designed to
minimize strain on your body by
keeping your body in a neutral position**

**Use long-handled tools to minimize
reaching or bending**



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Repetitive tasks can lead to injury

Switch from pruning to less hand-intensive work frequently, or alternate which hand you use



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Save your wrists and fingers!

Use your palms to push
levers or tools

Use your forearms and
elbows to push and pull



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Make more trips with smaller loads

Lift with your legs not your back



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Store tools and equipment in or near the garden

Use carts and wheelbarrows to haul
heavy tools, supplies, plants, etc.



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Plan your day to maximize your strength and energy

Do the most important (or hardest) tasks first

Save the easier tasks for later




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**Keep a chair or stool nearby
when working in the same
spot for long periods of time**

**Sit down while you work to take the
weight off your joints**



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Carry items close to your body
Avoid twisting motions when carrying



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