

"For safety's sake—do something."

Leaf the Injuries Out of It



Reminders during yard cleanup:

- Warm up and stretch before going out to rake leaves and perform fall cleanups. Keep your muscles loose and hydrate with water often.
- Be sure to lift correctly and avoid twisting at the waist.
- Use gloves to prevent blisters and also switch hands during raking to not put excess strain on your shoulders or back.
- Wear gloves when reaching into the gutters to remove leaves and sticks.
- Practice ladder safety and keep your body between the side rails and hold on.
- Be cautious around electrical wires and ALWAYS look up when placing a ladder.
- If you are on the roof, be extremely careful as the majority of your body mass is above the waist causing you to be top heavy.
- Make sure a family member or neighbor is aware that you are on the roof in case something happens.
- Raking leaves onto a tarp requires pulling it, don't overload the tarp or bag.
- Take your time, enjoy the outdoors, and *For Safety's Sake, Do Something* to protect yourself from injury!

Common injuries are:

- Ergonomic injuries and cramping from raking and bending over in a bad posture.
- Heart attack due to the strenuous work.
- Hearing damage from leaf blowers and equipment without using hearing protection.
- Eye injuries from blowing leaves that have been chopped or from dust created from mulching.
- Burns from trying to burn the leaves in fire pits.
- Hand injuries from clogged tools and blisters from raking.
- Respiratory problems from the dust created from composting leaves or from burning them.
- Punctures or lacerations from sticks that are collected with the leaves.
- Contusions and broken bones from jumping into leaf piles, they really don't provide cushion.

***At home, work or play,
it's Safety every day!
Safety Always!***