

# GARDENING ERGONOMICS

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## 101

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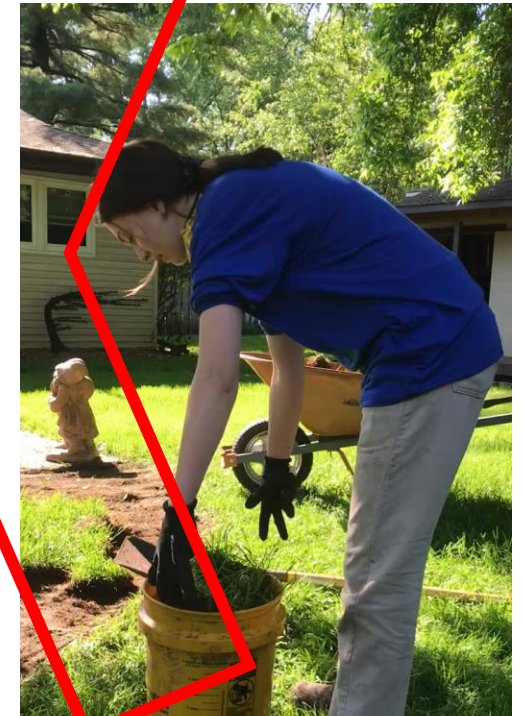
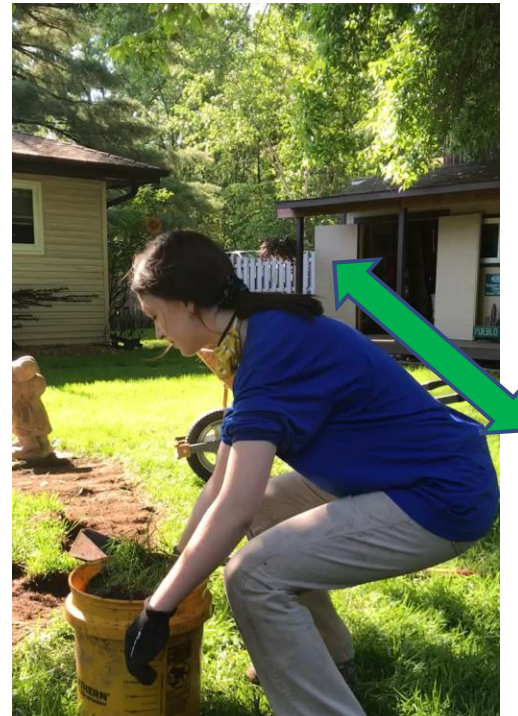


## BACK HEALTH

**THIS**



**NOT THIS**



**Back Health**

**When adding debris to your bucket or lifting your bucket, bend at the knee versus the waist. Use your legs to lift versus your back. Stabilize your core.**





**Back Health**



**When picking up the blower (or *any* item), bend at the knee versus the waist. Use your legs to lift versus your back. Stabilize your core.**





**Back Health**



**When spraying to clean tools, bend at the knee versus the waist. Stabilize with your core.**





**THIS**

Eyes Ahead

**Back Health**



**NOT THIS**

**When lifting a wheelbarrow, bend at the knee versus the waist. Stick your butt out. Lift with your legs and arms versus your back. Stabilize with your core.**

**When pushing a wheelbarrow, keep it close to your body. Bend your elbows. Push with your leg momentum versus your back or arms. Stabilize with your core.**





THIS

Eyes Ahead

Back Health



NOT THIS

**When shoveling mulch, bend at the knee versus the waist. Stick your butt out. Lift with your legs versus your back. Keep the elbow bent and shovel close to your body. Stabilize with your core.**