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Ergonomics of Gardening



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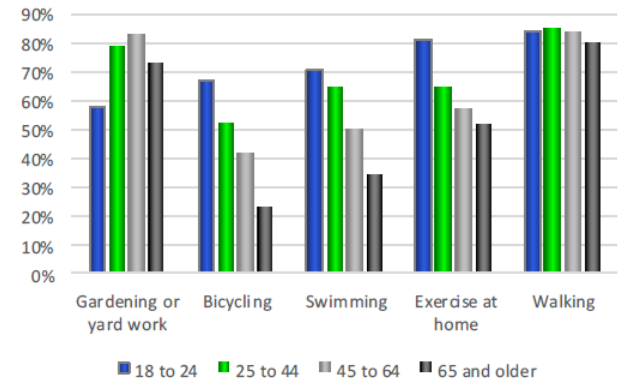
Gardening

Popular activities by gender (18 years and older)

Activity	Proportion participating in the previous 12 months	
	Men	Women
Walking for exercise	80%	88%
Gardening or yard work	80%	69%
Bicycling	55%	43%
Social dancing	33%	45%
Ice skating	34%	24%
Exercise classes or aerobics	15%	39%
Yoga or tai chi	15%	39%
Golfing	33%	13%
Baseball or softball	23%	12%
Basketball	21%	11%
Ice hockey	21%	4%
Football	18%	4%

2014-2015 Physical Activity Monitor, CFLRI

Popular activities by age (18 years and older)



2014-2015 Physical Activity Monitor, CFLRI

Benefits

- Physical activity
- Mental wellness
- Socialization
- Improves nutrition



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Types of Injuries



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Traumatic Injuries

- Less frequently
- MORE serious
- Commonly from power equipment and tools



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Sprains and Fractures

- Wear proper footwear
- Be aware of:
 - Uneven ground
 - Slippery surfaces
 - Obstacles (rocks, tools)
- Use the proper tools for the job at hand



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Cuts and Wounds

- Wear heavy gloves, long pants and long sleeved shirts
- Make sure your immunizations are up to date (Tetanus is due every 10 years)



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Poisons

- Read the labels and follow the instructions
- Make sure all containers are properly labeled
- Keep containers in an area away from children and animals
- Be aware of natural toxins (foxglove, oleander and larkspur)



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Repetitive Strain Injury (RSI)

- Repetitive motions, prolonged or awkward positioning, vibration
- Affects the muscles and/or nerves
- Hands, wrists, arms, shoulders or neck



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Back Injury

- Can be both traumatic or repetitive
- Avoid heavy lifting, get help if needed
- Use an aid
- While lifting keep item close to your body, carry it in front of you and keep your spine straight (avoid twisting, side-to-side)



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Preventing Repetitive Strain Injuries



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- Listen to your body
- Stop doing what hurts
- Never work through pain
- Ask for help



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Proper Body Mechanics



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Bending and Lifting

- Squat, bend your knees and tighten your stomach when lifting heavy objects
- Keep the object close to your body
- Keep your feet apart



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Carrying

- Don't pinch-grip heavy objects, place whole hand under object and hold close to your body
- Use 2 hands
- Make more trips
- Ask for help
- Stop if it is too heavy



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Reaching

- Work below shoulder level when possible
- Work above shoulder for no more than 5 minutes
- Take a stretch break
- Stand upright when using rakes, hoes or spades



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Ground Work

- Squat with your heels on the ground
- Keep your back straight, feet apart and toes pointed out
- If you can't squat, kneel or semi-squat (one leg squatting with heel on the ground and other kneeling) or use a garden stool



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Ground Work Continued

- Always face your work
- Never over reach
- Avoid twisting (waist, forearms, wrists)
- Keep forearms and wrists in a neutral position
- Hold objects with a light grasp



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Gardening Tips

- Spread the work out (days or weeks)
- Alternate tasks
- Start slow and take frequent breaks
- Change positions often
- If it hurts STOP
- Stay hydrated
- Stand up and stretch frequently



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Questions



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References

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