

WORKING WELL - TIPS FOR GARDEN CLEAN UP

Raking - ergonomic handles (which are available to attach to your rake) help you stay more upright. Move weight from one foot to the other, using legs rather than the back. Intersperse with other jobs to avoid fatigue. While standing, frequently stretch backward.

Pruning - always wear gloves. They reduce the pressure on the individual joints, as well as affording protection. Vary your tool, clippers to loppers, this helps to change the repetitive mechanics. Keep tools sharp. To avoid fatigue, change jobs frequently i.e. intersperse edging with raking. Frequently stretch the fingers.

Mulching - use good ergonomics. Keep back straight, use a bend of the knees, move feet rather than twist the back.

Moving planters - use a dolly and take to your veggie patch if you want to empty them. Then tip the soil into a pile. You can amend it in the spring and reuse. If no dolly, then empty planter first into a wheel barrow.

To avoid heavy lifting, use 5 gallon buckets to carry waste and pruning's to the municipal waste bin, or take the bin to where you are working.

Pacing is important. Do not try to complete everything at once. Prioritize your jobs and try to stick to your plan. There is always another day!



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