

Protect your spine this fall by following these simple tips when raking leaves:

- Rake leaves when they are dry. Wet leaves are heavier, harder to rake and are more slippery. They can also breed mold which can cause problems to allergy sufferers
- Stand in a scissor-stance and avoid an overuse injury by switching sides every few minutes
- Face forward and avoid twisting
- Hold your rake handle close to your body to maintain good posture
- Make piles of leaves small to decrease the possibility of back strain and don't overfill bags
- Use a wheelbarrow if you have to move bags of leaves a long distance
- Bend at your knees, not at your waist when picking up leaves and lift using your leg muscles
- Take your time, remember to drink water and don't forget to stretch!