



Leaf Removal Safety

You can ease the strain and pain of removing leaves-- fall's most taxing task by taking the following precautions to minimize your risk of sustaining an injury:

1. Always have on your PPE (Eye Protection, Ear Plugs, Gloves, Boots)
2. Avoid twisting your body while raking. Use your legs to shift your weight rather than twisting your back. Throwing leaves over the shoulder or to the side while raking involves twisting movements that can overly strain the muscles in the back.
3. Have a plan in place to where you are going to put the leaves. Always try to mulch up as much as possible before making a pile. When mulching leaves blow off mower several times to prevent mower fires
4. If you have to leave a pile over night make sure the pile is out of the way and is easy to get to with the leaf truck. Always notify Property Manager if you are leaving a pile of leaves overnight.
5. When using the leaf vac keep leaf build up blown off around engine to prevent fires
6. When using a Backpack blower always try to blow with another crew member. Be cautious of cars and pedestrians
7. Wear gloves to help prevent blister on the hands.
8. Bend at the knees, rather than the waist, to pick up items.
9. Do some form of light exercise for ten minutes to warm up the muscles prior to raking.
10. Try to vary your movements as much as you can to avoid overuse of muscle groups.
11. Wear boots with skid-resistant soles to minimize the risk of falling. Sturdy boots can also reduce the risk of injuries to your feet.