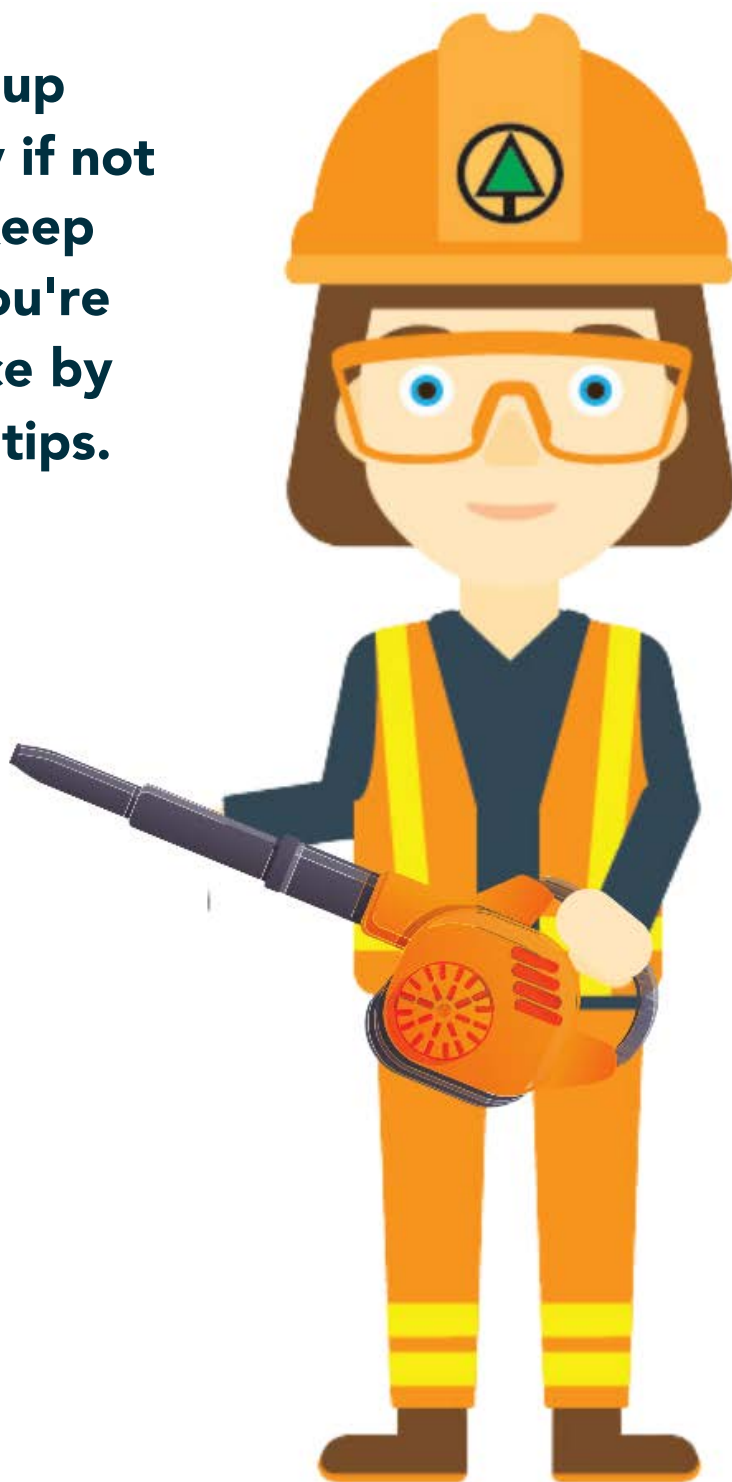


# FALL YARD CLEAN-UP

Many typical fall clean-up tasks can lead to injury if not properly performed. Keep safety in mind when you're doing yard maintenance by following these safety tips.

- RAKING
- LEAF BLOWING
- CLEANING GUTTERS
- BURNING LEAVES



**BC Forest Safety**

Safety is **good** business

# YARD CLEAN-UP



## **YARD MAINTENANCE SAFETY TIPS FOR RAKING**

1. Avoid twisting your body while raking. Take a break if you start feeling any pain.
2. Never push your limits. The leaves can always wait.
3. Try to vary movements as much as possible to avoid overuse of one muscle group.
4. Wear gloves and long sleeves to protect your hands and forearms.
5. Wear shoes with solid traction and good ankle support.
6. Raking leaves is a workout. Stay hydrated and don't overdo it. You may need to take breaks or slow your pace depending on your personal health and fitness.

## **YARD MAINTENANCE SAFETY TIPS FOR LEAF BLOWING**

Leaf blowers blow far more than just leaves. If you use a leaf blower, dirt and debris will get kicked up along with the leaves. Wear safety glasses or goggles at all times when operating a leaf blower. Also don't point an operating blower in the direction of people or pets.

## **CLEANING GUTTERS**

Working at heights is a high-risk activity that can lead to serious injury or fatality. When you clean your gutters ensure you follow proper ladder safety. Many injuries are related to standing on a level higher than safely indicated, or from failing to properly ensure the base is stable before climbing.

Take the Ladder Safety Challenge from WorkSafeBC to test your ladder safety knowledge.



Scan for the Ladder Safety Challenge

## **SAFETY TIPS FOR BURNING LEAVES OR COMPOST**

Burning yard waste can lead to health and fire problems. Short and long-term exposure to burning leaves or compost can lead to an increased risk of asthma attacks, heart attacks and carbon monoxide poisoning. Composting, mulching, chipping and natural decomposition are recommended alternatives which you can further use as fertilizer or mulch for your garden.

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