

General advice on gardening

It is essential to maintain muscle and joint movement. As we age, pain and restrictive movement becomes a fact of life, but it is important not to avoid the activity.

Looking after yourself

- > When you are gardening think of your posture. Remember to change your position regularly, and don't crouch, stoop or twist in one place for a long time.
- > If you are not feeling well or you are dizzy, limit what you do on that day.
- > Remember to bend from the knees and not from the back when lifting.
- > Breakdown heavier tasks into smaller loads

Comfort

- > If you tire easily, consider sitting or kneeling whilst working. In some situations, this will prevent you from needing to bend.
- > Remember to take regular breaks, keep hydrated, wear suitable and protective clothing and apply sun cream.

Safety

- > Remember to take something with you into the garden you can use to summon help, e.g. mobile phone, pendant alarm, careline or lifeline.
- > When using any seat or stool in the garden, please ensure that it is placed securely, so that it will not tip when you use it.
- > If you have shoes on, ensure that you wear footwear that fits well (e.g. not sloppy fitting slippers), with good grips. There are some shoes with very thick soles which make it harder to feel where your foot is going.
- > Don't overreach, try to work with the tools close to you.
- > Make sure the tools, especially electrical, are fit for purpose and well maintained