

SAFETY TIPS: AUTUMN SAFETY



Leaves are turning, the weather is cooling and homeowners are thinking about outdoor cleanup. Hauling out leaf blowers, ladders, mowers and rakes – not to mention using them – increases your risk of pain and injury.

Here are some ways to be safe while working outdoors this fall:



Warm up, cool down and take breaks. Walk and stretch before exerting yourself.



Use proper posture and movements. When picking items up, bend at the knees, not the waist.



Dress appropriately. Lightweight, natural fibers provide warmth without trapping sweat.



Don't overload yourself. To avoid injury, you should be able to handle bags and other heavy objects comfortably, without straining.



Choose proper accessories. Wear safety glasses to keep eyes protected from flying dirt and debris, ear protection and gloves.



Climb ladders carefully. Make sure your ladder is in good repair with no loose hinges, rungs or screws. Place the ladder on a firm, level surface and check to make sure the ladder is fully open and locked.

For more information visit amr.net/safety