Gardening Ergonomics

Shoveling

Incorrect
Correct

Digging

Incorrect
Correct

Push Broom

Incorrect
Correct

Pruning

Incorrect
Correct
Spraying

Incorrect
Correct

Incorrect
Correct

Bag/Bucket Lift

Incorrect
Correct

Correct
Correct
Correct

Correct Lifting Progression

1.
2.
3.
Bucket Carry

Incorrect

Correct

Pulling Weeds

Incorrect

Correct

Correct

Warm-Up

• Neck up & downs, side-side
• Shoulder rolls
• Cross arm stretch
• Shoulder circles
• Wrist stretching
• Trunk flexion/extension

• Trunkside bends
• Marching
• Step overs
• Hamstring stretch
• Calf stretch