





Dress in layers & drink some water before heading outside

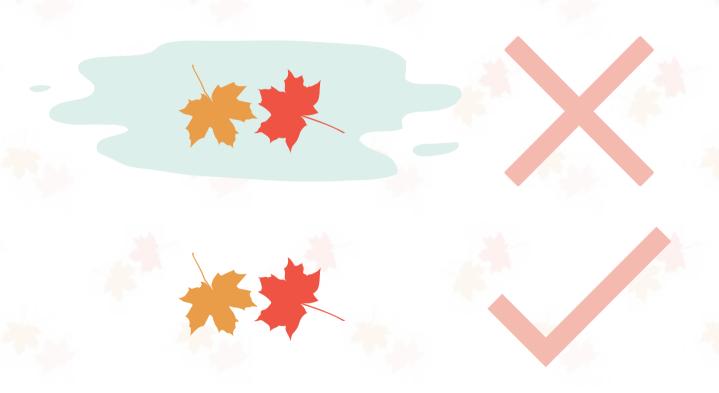








Avoid raking wet, rained on leaves





Warm up your arm and back muscles by increasing blood flow in those areas





Choose proper footwear to prevent slips and falls





Check for rocks, toys, and other objects to prevent foot and ankle injuries





Rake using your arms, not your back







Take breaks, ask for help and don't forget sunscreen, even on cloudy days!







