



# Ergonomic Tips for Healthier Gardening

Sponsored by the Ashland Garden Club

Sat., March 11, 2017 – Ashland Public Library, 10:30-11:30 AM

## Reduce pain and strain of gardening by using proper tools and body mechanics

Ergonomics is the study of man's relationship to work tasks. This lecture describes methods and tools that enhance the efficiency and lessen the strain to accomplish such chores as digging, lifting and pruning

Gardening can be a good form of physical exercise that also nourishes the mind and the soul. It can be hard work, given all the movements required to be successful in planting, sowing and harvesting a garden bed or crop. To keep healthy and avoid musculoskeletal injuries requires the use of proper techniques for bending, lifting and utilizing the arms and hands. The knowledge of different tools will make it easier to enjoy this activity or hobby.

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