



Weekly Safety Tip

Courtesy of R. Scott Goodwin, [SSOE, Inc.](#)

Autumn is quickly approaching and the leaves are beginning to turn. That means that we will be climbing ladders and getting on rooftops to clean the gutters. This week we are taking a look at the task of leaf collection! For Safety’s Sake, Do Something and LEAF the injuries out of your work!!

Safety always is ALWAYS!

Weekly Safety Tip


October 4, 2021

"For safety's sake—do something."
Leaf the Injuries Out of It



Reminders during yard cleanup:

- Warm up and stretch before going out to rake leaves and perform fall cleanups. Keep your muscles loose and hydrate with water often.
- Be sure to lift correctly and avoid twisting at the waist.
- Use gloves to prevent blisters and also switch hands during raking to not put excess strain on your shoulders or back.
- Wear gloves when reaching into the gutters to remove leaves and sticks.
- Practice ladder safety and keep your body between the side rails and hold on.
- Be cautious around electrical wires and ALWAYS look up when placing a ladder.
- If you are on the roof, be extremely careful as the majority of your body mass is above the waist causing you to be top heavy.
- Make sure a family member or neighbor is aware that you are on the roof in case something happens.
- Raking leaves onto a tarp requires pulling it, don't overload the tarp or bag.
- Take your time, enjoy the outdoors, and *For Safety's Sake, Do Something* to protect yourself from injury!

Common injuries are:

- Ergonomic injuries and cramping from raking and bending over in a bad posture.
- Heart attack due to the strenuous work.
- Hearing damage from leaf blowers and equipment without using hearing protection.
- Eye injuries from blowing leaves that have been chopped or from dust created from mulching.
- Burns from trying to burn the leaves in fire pits.
- Hand injuries from clogged tools and blisters from raking.
- Respiratory problems from the dust created from composting leaves or from burning them.
- Punctures or lacerations from sticks that are collected with the leaves.
- Contusions and broken bones from jumping into leaf piles, they really don't provide cushion.

*At home, work or play,
it's Safety every day!
Safety Always!*

SSOE Group is a global project delivery firm for architecture, engineering, and construction management. Visit www.ssoe.com for more information.



Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

8015 Rinker Pointe Court
Northwood, OH | 43619 United States

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.