

LAWN CARE HINTS

- Wear long pants and sleeves to protect your legs from flying debris, branches, and insects.
- Wear sturdy shoes with closed toes.
- Always wear safety goggles. Flying debris can cause eye injuries.
- Before starting your lawn mower, prepare your work area by removing obstacles such as toys, loose plants, rocks, and branches.
- Use your hands and arms to protect your head, face, and eyes from injury when bending over your lawn work.
- Always turn off your lawn mower before cleaning out clogs or clearing obstacles in your path.
- Remember to take plenty of rest breaks. Fatigue can lead to accidents, especially when it's hot outside.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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