

# Raking Dos and Don'ts

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## Do



Photo © Allina Health System

- Keep your back straight.
- Keep the rake close to your body.
- Shift your weight from your front leg to your back leg as you move your body with the rake.

## Don't



Photo © Allina Health System

- Do not bend or twist at the waist.
- Do not allow the rake to move more than 2 to 3 feet away from your body.