

# Gardening Dos and Don'ts

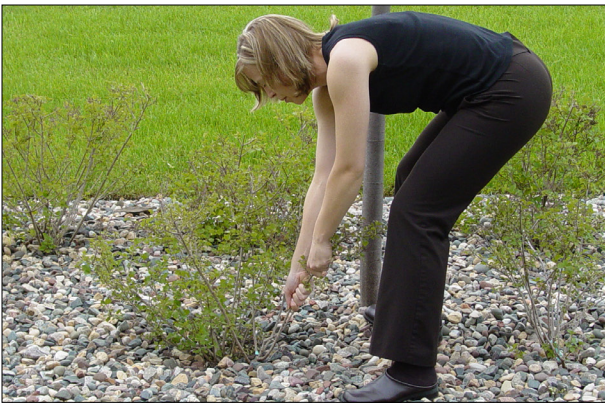
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## Do



- Keep your back straight.
- Keep your arms close to your body when pulling.

## Don't



- Do not arch or round out your back.
- Do not pull “with your back.”
- Do not bend at the waist.