

# Energy Conservation

- Plan ahead: get all necessary items out before getting started.
- Organize work area: have items all within easy reach and organize things so the work flows from step to step.
- Convenient storage: store items where they will be used.
- Adjust work height: Perform tasks in positions that do not cause bending over or reaching.
- Delete jobs: avoid unnecessary tasks that can be done either before or after the major activity.
- Use lightweight equipment: use items that are lighter in weight to decrease workload.
- Use both hands: avoid excessive reaching and stretching with just one side, use both hands for increased speed and efficiency.
- Use wheels: carts, tables, laundry bags, and some furniture can be moved easier with wheels rather than carrying items. Sliding objects is also easier than lifting.
- Use gravity: let item fall to wanted location instead of reaching or bending to get it there.
- Good working conditions: adequate lighting, good ventilation, comfortable clothing and shoes, and pleasant odors prevent increased strain on caregiver.
- Rest periods: plan in caregiver rest periods between tasks and before/after harder activities.
- Adjust pace: listen to your body and take breaks, when you are tired you are more prone to injury.