

THE DO'S AND DON'T'S OF ENERGY CONSERVATION

ACTIVITIES	DO	DON'T
GROOMING	<ol style="list-style-type: none"> 1. Sit at sink or dresser for longer tasks 2. Support elbows when a task is longer than 5 mins 3. Keep necessary items within easy access 4. Use a washcloth to rinse your face (less vigorous) 5. Wash hair in the shower 6. Have shorter, carefree hairstyles 7. Use an electric toothbrush 	<ol style="list-style-type: none"> 1. Reach above shoulders more than necessary 2. Splash water on face (more vigorous) 3. Use aerosol sprays or scented soaps (they decrease the quality of the air)
BATHING/ SHOWERING	<ol style="list-style-type: none"> 1. Use a chair, stool, or bench in the shower 2. Use grab bars and no slip strips 3. Use a long-handled brush or sponge to increase reach without bending or stretching 4. Use warm water to avoid extreme temperature changes 5. Dry yourself while seating down 6. Use terrycloth robes (helpful at absorbing moisture in hard to reach parts) 7. Use a shower extension hose 8. Rest before, during, and after showering or bathing 	<ol style="list-style-type: none"> 1. Use scented soaps (they can cause irritation) 2. Excessively reach, bend, or stretch to dry hard to reach body parts. 3. Take long showers/baths without resting
DRESSING	<ol style="list-style-type: none"> 1. Take your time. Plan 15-20 mins for dressing 2. Gather all clothing before starting 3. When bending exhale, when reaching inhale (efficient breathing) 4. Sit on bed or in a chair 5. Complete lower body dressing first and then upper body 6. Put underwear and pants on at the same time 7. Wear front opening clothing 8. Wear slip on shoes, bring them up to you to tie them or place feet on a footstool 9. Use long handled shoe horn to decrease bending 	<ol style="list-style-type: none"> 1. Use back zippers or back hooking 2. Wear overly restrictive belts or clothing 3. Bend to tie shoes. 4. Hold your breath

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<p>KITCHEN ACTIVITIES</p>	<ol style="list-style-type: none"> 1. "Streamline" – throw away things you do not use 2. "Work areas" – store items that are used together in the same space 3. Put frequently used items at lower heights or on the counter 4. Plan meals ahead, use quick and easy recipes 5. Sit to peel vegetables, mix or to wash dishes 6. Use a wheeled cart to set table, put dishes away and to load/unload items from the refrigerator 7. Air dry dishes 8. Keep a running grocery list to prevent unnecessary, frequent trips 9. Arrange grocery list as the grocery store is arranged 10. Shop in a store with high baskets which the cashier unloads 	<ol style="list-style-type: none"> 1. Create excessive clutter by keeping unnecessary items 2. Put frequently used items on high shelves (avoid reaching) 3. Have late or heavy meals
<p>CLEANING AND DUSTING</p>	<ol style="list-style-type: none"> 1. Store all equipment used for one type of job together 2. Keep small items in a carrying basket 3. Use a utility cart to keep needed items on or to transport heavy items 4. Use vacuum cleaner attachments for hard to reach places 5. Use long handled dust pans 6. Use pick-up tongs to decrease reaching 7. Break down tasks, take frequent rest periods, pace yourself 	<ol style="list-style-type: none"> 1. Use a vacuum cleaner without asking a physician first 2. Carry around heavy items 3. Do excessive bending for dusting
<p>LAUNDRY AND IRONING</p>	<ol style="list-style-type: none"> 1. Remove clothes from the dryer when they are still a little damp to avoid ironing 2. Have family bring their own dirty laundry to the machine and take clean clothes to their closets and drawers 3. Use a cart to move around clothing 4. Sit to sort and fold clothes 5. Adjust ironing board height so you can sit and iron 	<ol style="list-style-type: none"> 1. Bend to get clothing 2. Carry heavy loads
<p>BEDMAKING</p>	<ol style="list-style-type: none"> 1. Put bed in the middle of the wall to allow access from both sides 2. Unfold blankets and covers on bed 3. Make one side completely, then other. 	<ol style="list-style-type: none"> 1. Put one side of the bed against a wall 2. Shake out covers

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DO

1. Pace yourself
2. Take your time with tasks
3. Plan ahead (schedule/organize your day)
4. Take frequent rest periods before you get tired
5. Take a break for 10 minutes every hour in a reclines position
6. Sit to work as much as possible
7. Organize work areas – store items where they are used the most within easy access to avoid excessive bending or reaching, keep head above waist level (bend knees/squat to reach low items)
8. Keep elbows below shoulder height whenever possible
9. Keep arms close to your body during activities
10. Use both hands as much as possible

DON'T

1. Rush
2. Over schedule your day/week
3. Bend your back
4. Use strenuous arm motions
5. Do heavy lifting or pushing
6. Carry physical or emotional stress
7. Hold your breath
8. Slouch/ have a bad posture
9. Engage in heavy tasks all at once (Instead, try to alternate heavy and light tasks)
10. Wait until you are tired to rest