

ENERGY CONSERVATION - 26 Grooming: Shaving Face

Sit to use electric shaver. Support elbow on table or counter.



ENERGY CONSERVATION - 27 Grooming: Brushing Teeth

Use electric toothbrush to brush teeth.

Sit to brush. Support elbow on table or counter.



ENERGY CONSERVATION - 28 Grooming: Drying Hair

Support elbows to dry hair. This is a good technique for other grooming tasks.

Move head to save arm movements.

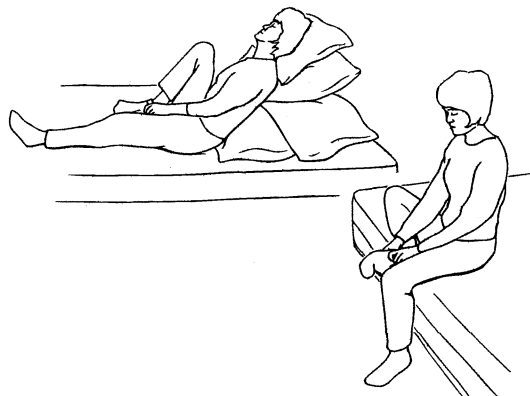


ENERGY CONSERVATION - 29 Grooming: Styling Hair

Alternate arms holding the brush. Use hair dryer with curling brush to dry and style hair more quickly.



ENERGY CONSERVATION - 2 Dressing



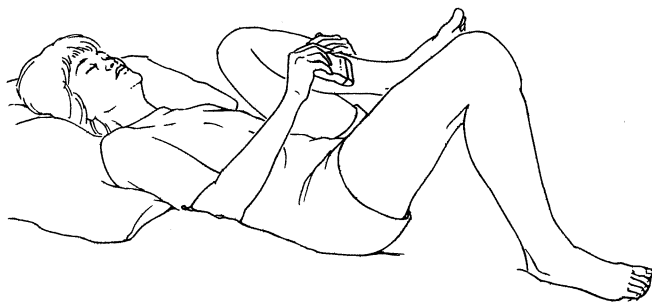
Lie propped against pillows to pull socks or slacks over feet. OR, while sitting on edge of bed or chair, bend knee and support foot while pulling on sock.

ENERGY CONSERVATION - 3 Dressing: Shoes

Select slip-on shoes, shoes with Velcro® fasteners, or with elastic laces. Use a long-handled shoehorn so you can slide your heel into shoe without bending over.

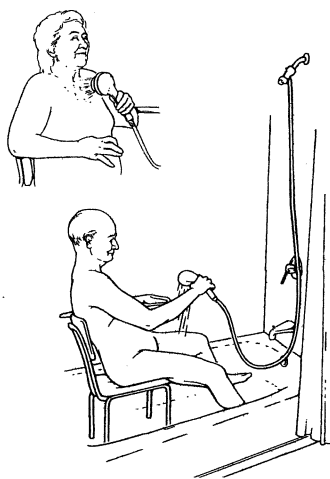


ENERGY CONSERVATION - 25 Grooming: Shaving Legs



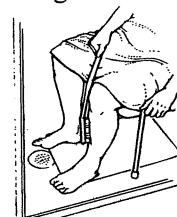
Lie with head supported. Pull knee up toward chest as you breathe out. Keep other leg bent to prevent back strain. Shave leg, remembering to use relaxed, pursed lip breathing.

ENERGY CONSERVATION - 22 Bathing



Use hand-held shower to rinse off.

ENERGY CONSERVATION - 21 Bathing



Make sure tub or shower has non-skid bottom, or use rubber mat to avoid slipping.

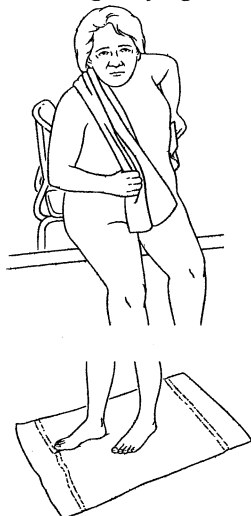
Install safety bars for extra support.

Use bath bench in shower or tub.

Use long-handled brush or sponge to reach hard-to-reach areas.



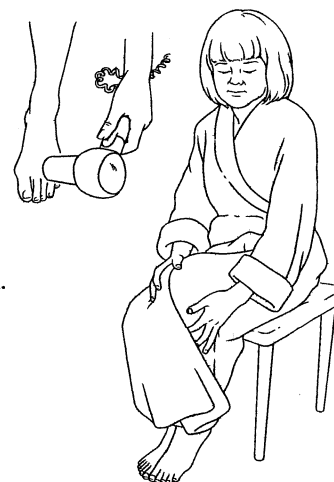
ENERGY CONSERVATION - 23 Bathing: Drying



Turn on bench, lift legs out of tub, and dry while sitting.

Step on non-skid bathmat to dry bottoms and sides of feet.

ENERGY CONSERVATION - 24 Bathing: Drying



Use a hair dryer to dry between toes.

Put on absorbent robe as you step out of the shower or bath. Sit, and use robe to dry off.

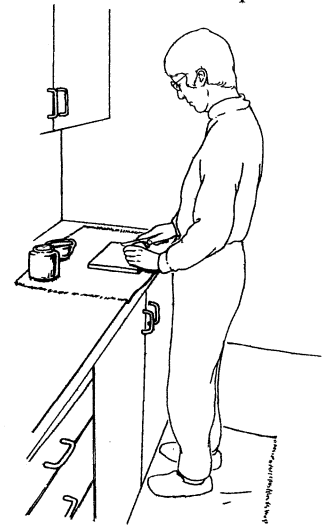
ENERGY CONSERVATION - 10 Housework: Sweeping

When sweeping, avoid bending over. Instead use a long-handled broom and dustpan.



ENERGY CONSERVATION - 11 Kitchen Clean-Up

Save energy in kitchen cleaning by using a towel on the counter under your work. Put a washable, non-skid rug on the floor so you don't have to mop up spills.

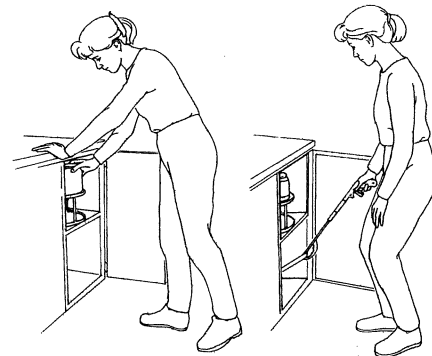


ENERGY CONSERVATION - 4 Transporting Items

Use a lightweight cart to move items from room to room or to carry shopping items.



ENERGY CONSERVATION - 6 Home / Work Management: Reaching Down



Use a "lazy susan" in cupboards so that items are easy to reach. Use a long-handled reacher to reach lightweight, unbreakable items on lower shelves.

ENERGY CONSERVATION - 5 Home / Work Management: Laundry – Loading Wash

When preparing clothes for washing, keep items at waist height. Choose a top-loading washing machine, if possible.



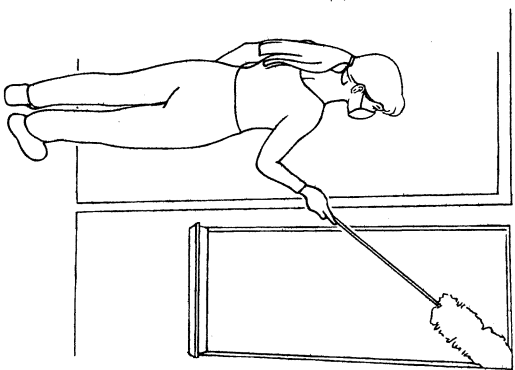
ENERGY CONSERVATION - 7 Home / Work Management: Sliding Shelves

Sliding shelves make it easier to reach items in the back of cupboards.



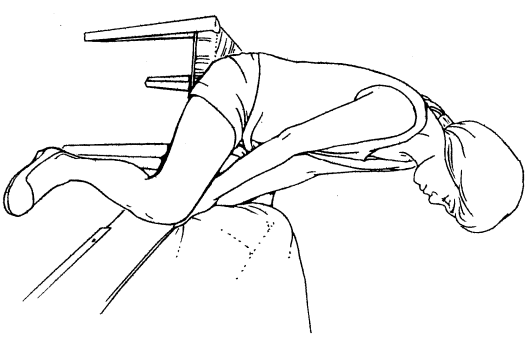
ENERGY CONSERVATION - 8 Housework: Dusting

When dusting, use a facemask if you are sensitive to dust. A long-handled duster makes it easier to reach high and low places.



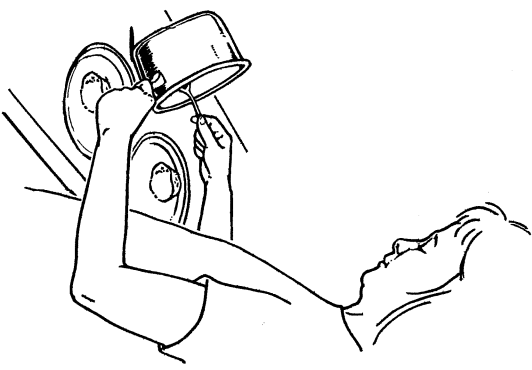
ENERGY CONSERVATION - 9 Housework: Making Bed

Bed should be placed so you can easily move around it.
Avoid heavy bedding.
Use down comforter in cold weather and cotton blanket in warm weather.
Use fitted bottom sheets.
Make bed one side at a time, tucking in top sheet and blankets together.
Sit down to tuck in bedding.



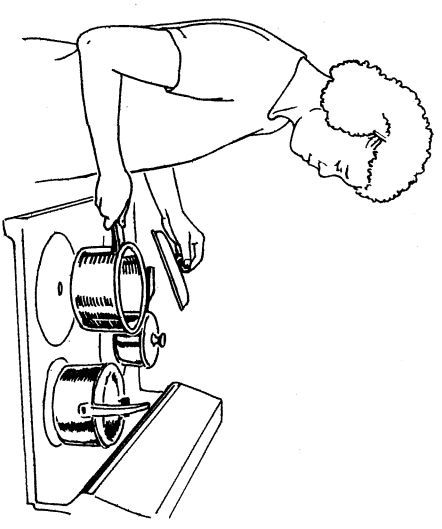
ENERGY CONSERVATION - 13
Food Preparation: Pots / Dishware

Do not lift pots to serve food. Instead, tip pots and ladle food onto plates.
Avoid heavy pans and dishes as much as possible.

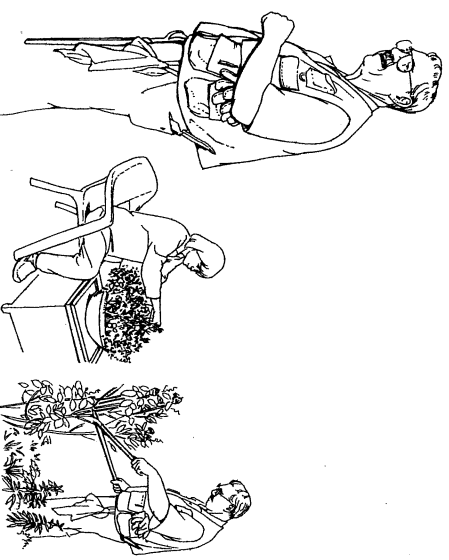


ENERGY CONSERVATION - 12
Home Management: Pots / Pans

Keep pans you use most often on the stove or nearby counter so you don't need to take them out of a cupboard each time.



ENERGY CONSERVATION - 14 Gardening



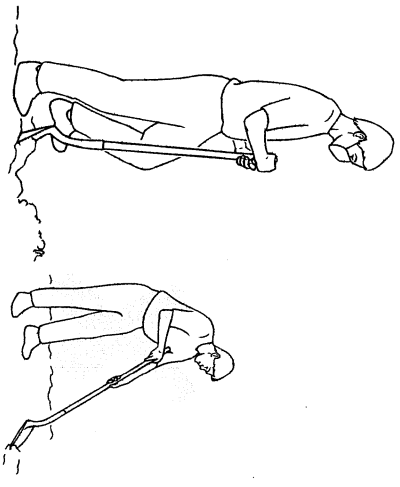
Use a tool belt or vest to carry tools. This saves extra trips to the tool shed. Alternate heavy work such as pruning, with lighter tasks. Sit whenever possible. Rest often.

ENERGY CONSERVATION - 15 Gardening: Sitting



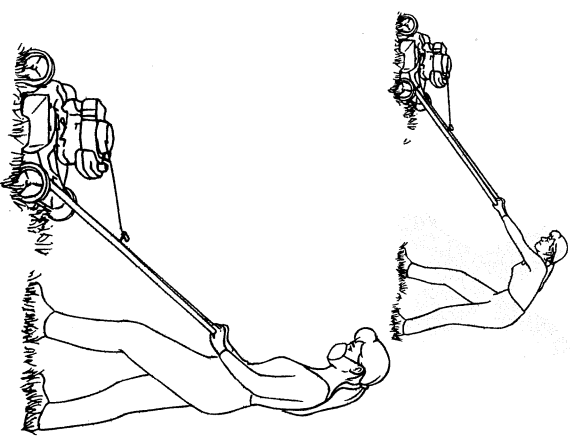
Have someone install raised planter beds to reduce the need for bending or kneeling. Use lightweight stool to sit when weeding or planting.

ENERGY CONSERVATION - 16 Gardening: Shoveling



Insert tool straight down into soil. Breathe out through pursed lips as you dig down. Lift out small amounts of soil at a time, breathing out as you lift. Wear a mask if sensitive to dust. Avoid reaching out to dig.

ENERGY CONSERVATION - 17 Gardening: Mowing



Use a power mower if possible. Stand straight, keeping arms close to sides. Walk with the mower.
Breathe out through pursed lips as you walk. Use a mask if sensitive to grass or dust.
If using a push mower, breathe out through pursed lips with each push. Rest often.

ENERGY CONSERVATION - 18 Travel Luggage



Luggage with wheels
is easy to pull.

Pack lightly.

Curbside check-in saves having to pull luggage in airport terminal.

Check luggage to avoid having to use overhead compartment.

Arrange for wheelchair escort
to meet you at the gate and
help with transfers.

ENERGY CONSERVATION - 20 Climbing Stairs



When climbing stairs, breathe
in with first step, breathe out through pursed lips with
two or three steps.

If you are more short
of breath than usual:

Breathe in while standing still.
Breathe out through pursed lips while stepping up.

Stop, then repeat with each step.
Take only one step at a time.

Do not hold your breath when climbing steps.

ENERGY CONSERVATION - 4 Transporting Items



Use a lightweight
cart to move items
from room to room
or to carry shopping
items.