There are many ways to conserve your energy and make things simpler when doing your housework.

**Laundry**
- You may find it easier to use a front-loading washing machine since it can be loaded and unloaded when sitting, kneeling or squatting.
- Wash small loads, more often, to control the weight of the items you are lifting.
- Use laundry sorters or clothes baskets to sort clothes and protect your back.
- To reduce the need for ironing:
  - Use the “Fluff” or “Air” setting during the last few minutes of the cycle.
  - Hang or fold clothes as soon as you remove them from the dryer.
- If you dry clothes on a clothesline:
  - Keep the line no higher than shoulder height to decrease reaching overhead.
  - Place the laundry basket on a chair to reduce bending over.
  - Keep clothespins in an apron pocket or use a clothespin bag. Some clothes dry best on a hanger.
- If you do need to iron, adjust the ironing board so you can sit while you iron. Use a lightweight iron.

**Bathrooms**
- Long-handled tub sponges make cleaning tubs and showers easier. You can also use a clean toilet brush or a back brush for scrubbing.
- Try foaming tub and tile cleaners to reduce your labor.

**Making Beds**
- Arrange the bed so you can reach both sides.
- If your bed is low, raising it 3 to 4 inches will cause less back strain when making the bed or when getting in or out of it.
- You may find it easier to make the bed from a kneeling position.
- Straighten and smooth each layer on one side before moving to the other side. You can also try smoothing the covers before you get out of bed.

**Cleaning Floors**
- To reduce bending when sweeping:
  - Use an upright sweeper.
  - If you do need to use a canister sweeper, attach extra wands to increase the length.
  - Place your feet 12 inches apart with one foot slightly ahead of the other.
  - Shift your weight from one foot to the other to decrease stress on your back.
• When mopping floors or doing other tasks needing a bucket, fill the bucket only halfway to make it lighter to carry. You may want to put the bucket on a plant dolly to make it easier to move.

Other Tips
• You can wash walls and windows with a clean sponge mop.
• You can also wash your car with a clean sponge mop.
• Place the bucket of water on a chair or stool to avoid bending over.
• Use a step stool or ladder (not a chair) for cleaning higher surfaces.
• Kneel, squat, or sit to work at lower levels. Rolling gardening stools or carts with large wheels are good for these tasks.

If certain tasks put you at risk for falling, please consider asking for help or hiring a company to do them.