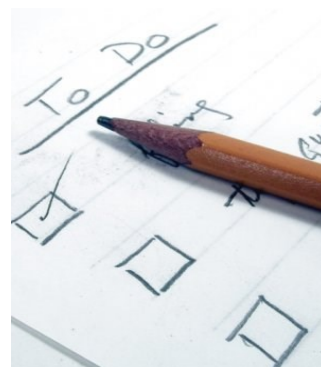


Energy Conservation

Energy Conservation is about learning how to conserve your energy through more efficient movement and reduction of unnecessary activities. By making the most of your energy, you can complete more activities.

How can I conserve energy?

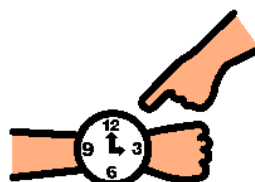
1. Limit the amount of work
2. Plan ahead
3. Incorporate rest breaks
4. Sit when working
5. Use correct body mechanics
6. Organise storage
7. Use efficient methods
8. Use the right equipment



Limit the amount of work

Ask yourself:

- Why is this task necessary?
- Is it worth the expenditure of energy?
- What if the task was not done?



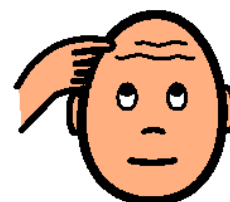
Examples:

- Soak dishes to eliminate the need to scrub and allow to air-dry
- Use pre-cut food when cooking
- Iron only the essentials

Plan ahead

Prioritise and plan activities, alternating between active and quiet tasks and rest periods.

- Make a list of tasks for the day and week. Spread the heavier tasks out over time.
- Allow plenty of time to do the task – be realistic and avoid rushing.
- Allow time during the day for rest and leisure.
- Plan to alternate active tasks with quiet ones. Think about the activity beforehand and get everything ready before you start.
- Determine what time of day you have the most energy – in the morning?
- After medication? Plan to work during these times.
- Teamwork – ask for assistance where possible.



Incorporate rest breaks



Rest is important. Include rest breaks to increase your overall endurance and give the body time to repair. Try taking ten minutes rest for every hour of activity.

Sit when working

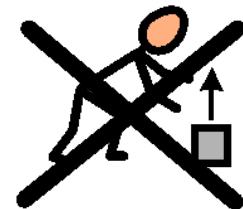


- Sitting requires less energy than standing.
- Many activities can be done sitting, such as preparing vegetables or ironing.

Use correct body mechanics

The better the alignment of the body, the less strain there is on the muscles and joints, therefore less chance of becoming fatigued

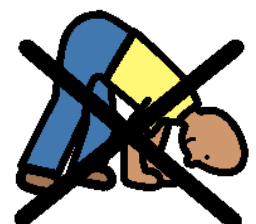
- Keep the head and trunk aligned.
- Keep the shoulders and hips parallel.
- Maintain good balance.
- Keep the back straight.
- Push rather than pull an object.
- Pull rather than lift an object.



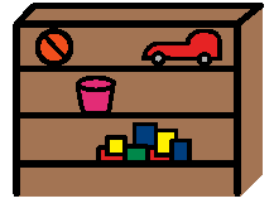
Organise storage

Organise workspace to eliminate unnecessary steps, save time and energy and reduce fatigue.

- Store supplies and frequently used items, close to the work area and within easy reach.
- Minimise bending by storing frequently used items between shoulder and hip level.
- Store heavy items, not used frequently, between hip and floor level.



- Store light items between shoulder and extended arm height.
- Eliminate clutter by removing unnecessary items from shelves and bench top.
- Duplicate some of the more frequently used items and store near each work area.



Use efficient methods

Use larger rather than smaller muscle groups and joints to reduce joint stress and pain.

- Carry your bag on the forearm or shoulder instead of in the hand.
- Use a backpack rather than a hand bag.
- Use a trolley to move objects rather than lifting or carrying them.
- Place pots and casserole dishes on a towel and slide along the bench top.



Leverage is an advantage! By increasing the length of handles and equipment, less force is required therefore conserving strength and decreasing the chances of fatigue.

- Install lever style taps or use tap turners with extended handles.
- Use jar openers with extended handles.

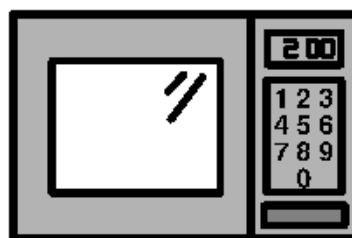
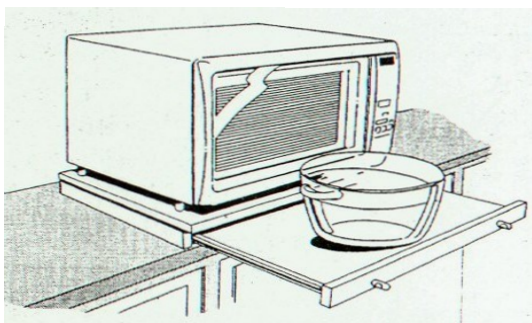


Use the right equipment

Conserve energy by using equipment or utensils that are lightweight, appropriate for the task and in good condition. Lightweight objects reduce fatigue, joint stress and pain.

For example:

- Use electric appliances such as a microwave, dishwasher, electric can opener.
- Build up utensils for a more comfortable grip.



The Picture Communication Symbols ©1981–2014 by Mayer-Johnson LLC. All Rights Reserved Worldwide. Used with permission. Boardmaker® is a trademark of Mayer-Johnson LLC.

For more information, please contact

Independent Living Centre NSW

Shop 4019, Level 4, Westpoint Shopping Centre, 17 Patrick Street, Blacktown NSW 2148

Infoline: 1300 452 679

Email: help@ilcnsw.asn.au

Web: www.ilcnsw.asn.au



www.facebook.com/ilcnsw



www.youtube.com/ilcnsw

Disclaimer: The Independent Living Centre NSW provides information on assistive technology and services. Visit our website to search for products on our @Magic database. We do not sell or hire any products. The provision of this information does not constitute a recommendation. Responsibility for final selection of items rests with the individual.

Supported by: