

# Energy Conservation: Vacuuming

## **Before you begin, remember to:**

1. Use controlled breathing (breathe in through your nose and breathe out through pursed lips) while vacuuming.
2. Coordinate your breathing with movement (exhale during exertion) – e.g. exhale while pushing the vacuum.
3. Use oxygen as prescribed during the entire activity.

## **Pace yourself:**

- Take rests before, during, and after vacuuming
- Go slowly
- Clean one area at a time (e.g. one floor each day)

## **Prepare area by removing clutter first.**

**Hold the vacuum in line with your body** (arm at side) and walk with it instead of pushing and pulling with your arm.

## **Avoid going over areas more than once.**

## **Minimize bending:**

- When plugging in the vacuum, get down on one knee or sit on a chair.
- When vacuuming under furniture, sit on a chair and bend at the hips.
- Try keeping your back straight to avoid restricting the movement of your diaphragm.

## **Use a lightweight vacuum.**

**For stairs,** use a small portable hand-held vacuum or lightweight attachments with a long hose.

**Consider using a robotic vacuum** to minimize the amount of work or frequency of between cleanings.

**Obtain assistance if required** — e.g. to move furniture or empty dust canister. Consider a family member or private housekeeper.