

HOW TO SAVE ENERGY WHILE PERFORMING DAILY ACTIVITIES (1)



DRESSING

- ✔ Consider wearing loose clothing
- ✔ Sit on a sturdy chair to wear your pants
- ✔ Use a long-handled reacher or cross one leg over the other to wear your pants



SHOWERING

- ✔ Sit on a sturdy chair to shower
- ✔ Shower with warm water
- ✔ Have your showers when the weather is warm
- ✔ Use a long-handled sponge to wash your back and legs, or cross one leg over the other to wash your legs
- ✔ Ensure that your bathroom has good airflow/ventilation



SWEEPING

- ✔ Use a dry wiper sheet and stick instead of a broom and dustpan
- ✔ You may also use a handheld vacuum cleaner
- ✔ Walk with the stick or vacuum cleaner in a continuous movement when cleaning
- ✔ Take a break after cleaning each room



MOPPING

- ✔ Use a spin mop or a sponge mop to drain water easily after mopping the floor
- ✔ You may also use a microfiber mop or wet wiper sheets to mop the floor
- ✔ Take a break after cleaning each room

HOW TO SAVE ENERGY WHILE PERFORMING DAILY ACTIVITIES (2)



GROCERY SHOPPING

- ✔ Plan a shopping list and buy only what you need for the day
- ✔ Plan and take the shortest route to the shops or supermarket with a shopping trolley
- ✔ Take a few breaks in between if the journey is long



HANGING CLOTHES

- ✔ Hang your clothes on the window grill or indoor drying racks
- ✔ Inhale when picking up wet clothes from a low height below your waist
- ✔ Take a break if you feel tired



CHANGING BEDSHEETS

- ✔ Use a mattress with a bedframe
- ✔ Place your bed away from the wall
- ✔ Tuck in the bedsheets on the side that you are standing
- ✔ Inhale when lifting the mattress to tuck in or remove the bedsheet
- ✔ Take a break if you feel tired



TAKING CLOTHES OUT OF THE WASHING MACHINE

- ✔ Use a long-handled reacher when retrieving clothes from the washing machine
- ✔ Place the laundry basket on top of a stool to elevate its height
- ✔ Take a break if you feel tired

Air Master by

