

Safety Tips for Summer Yard Work

With the welcome of warmer weather, most of us start spending more time outdoors in our yards. But there are many hazards to watch for and ways to protect you and your family members:

- Identify and destroy any noxious plants such as poison ivy
- Protect against insects with repellants and protective clothing
- Use caution around wild or unfamiliar domestic animals
- Rest frequently during strenuous work such as digging
- Use foot, eye and hearing protection when using equipment such as lawn mower, whipper snippers, hedge trimmers, etc.
- Wear sturdy, well fitted gloves suited for the work (for example, resistant rubber if handling fertilizer)
- Use and carry tools properly
- Avoid working in awkward positions, give yourself enough space and angle your body to work comfortably, make sure footing is secure
- Have a home first aid kit and know its location
- Be aware of unexpected weather conditions – wear sunscreen and a hat!
- When returning inside, wash your hands thoroughly with warm water and soap

Make health and safety an important part of your life. For more information, contact the Occupational Health and Safety Manager, Gail Sinclair at 541-3036 or email: gsinclair@ssrsb.ca