



## Gardening Safety Talk

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### 1. Introduction (1-2 minutes)

#### Why It Matters:

Welcome everyone! Today's safety talk focuses on **Gardening Safety**. Gardening may seem low-risk, but it involves **tools, chemicals, repetitive motions, and environmental hazards** that can cause serious injuries. Whether you're planting flowers, trimming hedges, or maintaining a landscape, staying alert and using safe practices is key to preventing accidents.

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### 2. Key Safety Points (3-5 minutes)

#### *Common Gardening Hazards*

- **Chemicals** – exposure to fertilizers, pesticides, and herbicides
- **Ergonomic strain** – back, knee, and wrist injuries from poor posture or overuse
- **Insects and animals** – stings, bites, or allergic reactions
- **Sharp tools** – cuts and punctures from shears, pruners, or hoes
- **Sun exposure** – heatstroke, sunburn, and dehydration
- **Trips and slips** – uneven ground, wet grass, or hidden debris

#### *Gardening Safety Tips*

Category	Safety Tips
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<b>Chemical Safety</b>	<ul style="list-style-type: none"><li>• Always read and follow label instructions</li><li>• Wear gloves and eye protection when handling chemicals</li><li>• Never mix different products together</li><li>• Store chemicals in labeled containers and out of reach of children/pets</li><li>• Wash hands and tools after use</li></ul>
<b>Ergonomics &amp; Lifting</b>	<ul style="list-style-type: none"><li>• Use kneepads or a garden stool when working at ground level</li><li>• Take frequent breaks to stretch and rest muscles</li><li>• Lift with your legs, not your back, and avoid twisting</li><li>• Use wheelbarrows or carts to move heavy soil, mulch, or plants</li></ul>
<b>Insects and Animals</b>	<ul style="list-style-type: none"><li>• Be cautious of bees, wasps, ticks, and snakes</li><li>• Shake out gloves and boots before putting them on</li><li>• Use insect repellent and check for ticks after working outdoors</li><li>• Know how to respond to allergic reactions (carry an EpiPen if prescribed)</li></ul>
<b>Tool Safety</b>	<ul style="list-style-type: none"><li>• Always inspect tools before use — sharpen dull blades and replace damaged handles</li><li>• Store tools properly when not in use — never leave rakes, shears, or trowels lying around</li><li>• Use the right tool for the job — don't improvise</li><li>• Keep power equipment clean and maintained, and follow the manufacturer's instructions</li></ul>



<b>Sun and Heat Exposure</b>	<ul style="list-style-type: none"><li>• Work during cooler parts of the day (early morning or evening)</li><li>• Drink plenty of water — stay hydrated</li><li>• Watch for signs of heat exhaustion: dizziness, nausea, heavy sweating, confusion</li><li>• Take breaks in the shade or indoors</li><li>• Sunscreen &amp; hat – for UV protection</li></ul>
<b>Trips and Slips</b>	<ul style="list-style-type: none"><li>• Awareness – Look out for uneven ground and holes</li><li>• Sturdy shoes or boots – closed-toe, slip-resistant</li></ul>

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### 3. Demonstration & Checklist (3-5 minutes)

- **Interactive Segment:** Invite questions and clarify any concerns.
  - Ask if anyone has had to use first aid before and encourage sharing of experiences or tips.
  - What's the most common injury you've seen while gardening?
  - Do we all know where the first aid kit is and how to report an injury?
  - Who's used a tool lately that felt unsafe?

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### 4. Conclusion (2 minute)

- **Summary:** Gardening is good for the soul — but only if you protect your body. Being mindful of your surroundings, your body, and your tools will help you stay safe while helping things grow.
- **Call to Action:** Let's all ensure we follow gardening safety tips.
- **When to Call Emergency Services:**



- Call 911 or local emergency services if the injury is life-threatening, or if you're unsure about the severity.
  - **Report Accidents:**
    - Always report any workplace injury, no matter how minor it seems, to your supervisor or EHS office for documentation and follow-up.
    - Ensure the injured person receives proper medical attention.
  - **Thank you:** "Thank you for your time and attention today. Safety is everyone's responsibility. Stay alert, stay safe!"
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