



Health and Wellness Tip of the Week - Week 30

Monthly Topic

Enjoying summer fun should include staying safe. During July remind employees about summer safety.

July 28, 2014

Plan Ahead to Safely Enjoy the Beauty of Your Garden

Gardening is something you can do at any age. But before heading outside, here are some safety facts and tips:

- Buy tools with safety locks.
- Store garden tools and harmful chemicals in a safe place out of children's reach. Also store flower bulbs away from children. Small bulbs could pose a choking hazard, and some bulbs are poisonous.
- Read all instructions before using chemicals or equipment. Check equipment before use and clean often.
- Do research before planting, so you know if plants can be harmful to people or pets.
- Never wipe your face with your hands while gardening. Even if you do so with gloves on, you could spread germs or end up with poison ivy on your face.
- Wash your hands well after gardening.
- Don't forget back safety. Lift with your legs, not your back. And use a wheel barrow for moving heavy pots or other items.

Sources: Centers for Disease Control and Prevention; American Society for Surgery of the Hand; Consumer Reports



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