



Safety in the Garden



By
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Safety in the Garden

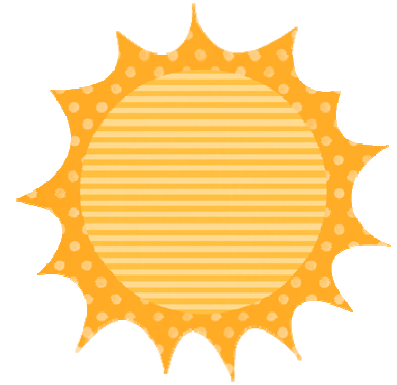
- It's exercise, so get in shape for the gardening Olympics!
 - Stretching
 - Proper body mechanics
 - Pace yourself





Coping with the elements

- Sun
- Heat
- Unfriendly plants
- Critters





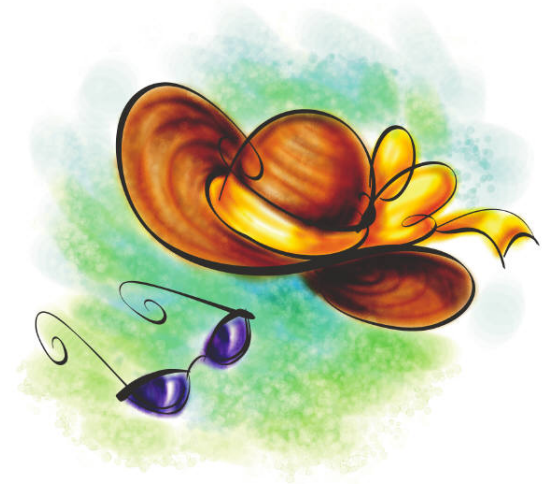
Sun

- Schedule gardening for before 10 am or after 2 pm
- Yes, you can get burned on a cloudy day.
- Beware the reflection from concrete, sand, snow and water



Sun cont'd

- Sunscreen, sunscreen, sunscreen
(SPF 15-50)
- Protective hat and clothing
- UVA blocking sunglasses



Heat

- Be aware of heat AND humidity
- High humidity decreases cooling
- Hydrate, hydrate, hydrate!
- Get acclimatized
- Alternate work/rest cycles





Heat Index

Air Temperature	Humidity	Heat Index
80	40%	80
80	60%	82
80	80%	84
80	100%	87
90	40%	91
90	60%	100
90	80%	113
90	100%	133

Guidelines for Warm Weather Conditions

Heat Index	Light Work		Moderate Work		Hard Work	
	Work/ Rest	Water Intake (Qt/hr)	Work/ Rest	Water Intake (Qt/hr)	Work/ Rest	Water Intake (Qt/hr)
78-81.9	NL	$\frac{3}{4}$	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$
82-84.9	NL	$\frac{3}{4}$	50/10 min	$\frac{3}{4}$	30/30 min	1
85-87.9	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$	30/30 min	1
88-89.9	NL	$\frac{3}{4}$	30/30 min	$\frac{3}{4}$	20/40 min	1
>90	50/10 min	1	20/40 min	1	10/50 min	1



Heat Related Illness

- Early heat illness
- Heat cramps
- Heat exhaustion
- Heat stroke

Prevention is the best treatment!

Early Heat Illness

- Dizziness, fatigue, irritability
- Difficulty concentrating or making decisions
- Treatment
 - Drink water
 - Loosen clothes
 - Rest in shade





Heat Cramps

- Painful arm, leg or stomach muscle spasms
- Thirst and heavy sweating
- Onset may occur after finished gardening

Heat Cramps Treatment

- Drink water
- Loosen clothes
- Rest in shade
- Gently stretch affected muscle



Heat Exhaustion

- Dizziness, fatigue, irritability
- Difficulty concentrating or making decisions
- Loss of coordination, collapse
- Heavy sweating





Heat Exhaustion cont'd

- Cool, moist, pale skin
- Dry mouth with excessive thirst
- Rapid heart rate
- Low to normal temperature

Heat Exhaustion Treatment

- Drink water
- Loosen clothing
- Rest in shade
- Apply cool, damp cloths





Heat Stroke



- Dizziness, confusion, irrational behavior, loss of consciousness
- Rapid pulse and breathing
- Nausea & vomiting
- Very warm, flushed skin with little or no sweating

Heat Stroke Treatment

- Life threatening emergency- call 911!
- Move to cooler environment
- Oral fluids if conscious
- Wet down and apply ice packs to armpits, groin & knees





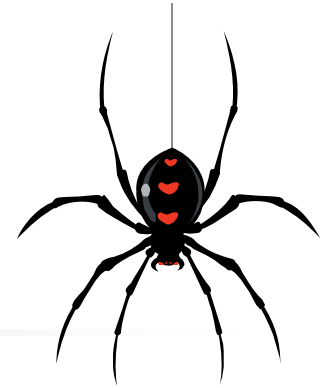
Unfriendly Plants

- Identify & avoid the poisons
 - Poison ivy
 - Poison oak
 - Poison sumac
- If exposed, wash area immediately
- Never burn poison plants (including oleander)





Critters



- Watch out for stinging insects, spiders, ticks, chiggers, mosquitoes & gypsy moth caterpillars
- An ounce of prevention is worth a pound of cure
- Identification and avoidance are your best bet
- Always wear shoes, gloves and light colored clothing



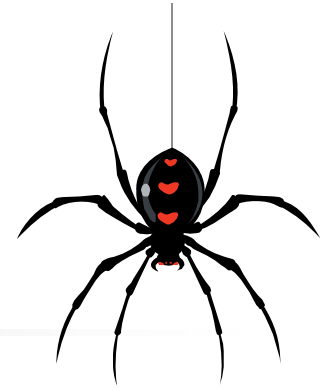
Stinging Insects



- Hornets, wasps and yellow jackets can sting multiple times
- Remove stinger by scraping or flicking it out... NEVER SQUEEZE
- Apply ice to sting, followed by paste of baking soda or meat tenderizer
- If allergic, carry EpiPen at all times, consider allergy shots



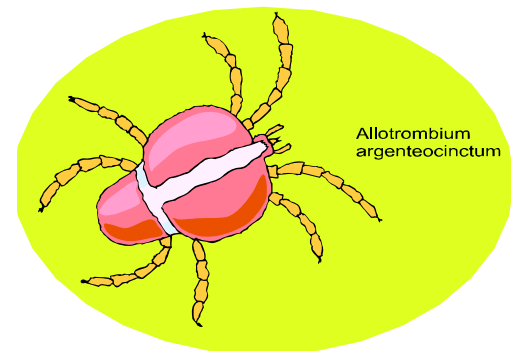
Spiders



- Black widow spider bites cause chills, fever, nausea and abdominal muscle pain
- Brown recluse spider bites are very painful, causing a blister that turns into a large open sore
- If bitten, apply ice and seek medical attention

Ticks

- Ticks can carry Lyme Disease and Rocky Mountain Spotted Fever
- Use an insect repellent containing DEET
- Thoroughly inspect skin for ticks
- Remove ticks promptly with tweezers



Anaphylaxis



- Stinging insects and spider bites can result in anaphylaxis
- Symptoms include hives, difficulty breathing, dizziness, wheezing, or swelling of tongue and face
- Anaphylaxis is a life threatening emergency
- Seek immediate medical attention

911



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Questions????

