



#31 GARDENING SAFETY: HAND TOOLS



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Information available from the U.S. Consumer Product Safety Commission indicates more than 26,000 people were treated in hospitals during 2006 for injuries sustained while using garden hand tools. Typical injuries were strains/sprains to the lower back, shoulder, neck, and wrist. Many of these injuries could have been prevented by properly using garden hand tools and by knowing your physical capabilities and keeping garden activities to within your limitations.

- Prior to use, always inspect garden hand tools for defects or damage (e.g., splintered, loose, bent, or cracked tool handles, mushroomed tool heads, sprung tool joints, worn tool teeth).
- If a hand-garden tool fails your inspection, inform your group leader, parent, or guardian and remove it from use.
- It is recommended that first time gardeners receive hand-tool training from an appropriately experienced instructor.
- Wear personal protective equipment (PPE) appropriate for the gardening task and weather conditions, including items such as a hat with brim, long-sleeved shirt, long pants, gloves, sunglasses, closed-toed shoes, and sunscreen.
- Use eye protection when the garden hand tool produces flying, crumbling, chipping, sparking, or splintering debris.
- Consume an adequate amount of water for gardening weather conditions.
- When gardening in warm weather, take frequent breaks in the shade.
- Keep the cutting edges of garden hand tools sharp. When cutting, always cut away from the body.
- Always use the proper garden hand tool for the job.
- Follow all product label instructions, including those for PPE use, when using a hand applicator to apply pesticides or fertilizers.
- Rotate gardening tasks frequently to reduce the potential for repetitive motion injuries.
- Stand with your back straight when using long-handled garden tools such as hoes, rakes, and shovels.
- Protect your back when picking up heavy items by maintaining a straight back, bending your knees, firmly grasping the object, and slowly lifting with your legs.
- Avoid using garden hand tools above your shoulder height.
- Use an insect repellent when biting or stinging insects are present in the garden.
- Do not horseplay with garden hand tools.
- Digging with your bare hands can result injuries such as cuts, punctures, or insect bites. Accordingly, dig with a hand trowel or other tool and gloves instead of using your bare hands.
- When finished, clean garden hand tools and store in their proper locations.
- If you are injured while gardening, notify your project leader, parent, or guardian. Seek medical attention if the injury is serious.