

Netherthorpe and Upperthorpe GREEN GYM 2002

HEALTH AND SAFETY

Gardening is an outdoor activity and you need to prepare.

Bring whatever you need to be comfortable and happy:-

Drinking water, depending how hot the weather is and what you do.

Food to supply the energy you need during the day.

Comfort. Weather-proof clothing and footwear to keep you warm and dry.

Shade and shelter, in very hot or cold weather. Wear a hat!

Tetanus: you are advised to get an anti-tetanus injection.

PHYSICAL EXERCISE. Warm up before you start any strenuous effort.

Stop after 20 minutes and rest or change to another task.

Doing too much for too long, too fast causes strains, blisters, pulled muscles.

Exertion: take regular **breaks** if you're doing something strenuous like lifting.

Forking or digging: **bend your knees.**

Turning a small patch of soil 4m² = lifting a **tonne** in weight !

Try to be methodical, thorough and **conscious** of what you're doing.

Working slowly at a **steady** rate is better than rushing and burning out.

Take your time and try not to rush. It's vital to avoid accidents and injuries.

Keep on thinking about what you're doing and how to do it more safely.

WORKING: with others; **3-4** people is the optimal size for most jobs.

Teamwork: divide up tasks between the group / swap jobs occasionally.

Remember working with **tools** can be dangerous if they're sharp/heavy.

Stepping on the head of a **rake** is classic gardening slapstick, but painful.

Take extra care to avoid bumping into each other in **enclosed spaces.**

RISKS:-

Paths can be slippery when wet, especially the brick paths.

Edges especially sharp / angled. Take care to avoid snagging clothing.

Hedges holly and hawthorn can scratch and cut.

Canes can poke your eye out!

Soil contaminants: beware of broken glass and rusty metal.

PRECAUTIONS:

Wash food to eat on site in tap, fresh or running water (not stagnant water).

Clean and dry your **hands**, especially before eating (towels available).

Wear **gloves** when handling fresh manure / bonemeal / hoof & horn.

S.O.F.I. has site insurance for volunteers and visitors.

The Guide has first aid and a mobile phone for emergency use.