



# Safety in the Garden



Presented by  
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# Safety in the Garden

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## Getting in shape

- Stretching
- Proper body mechanics
- Pace yourself



# Soil Precautions

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- Use caution when working with soil, compost, mulch
- Use gloves in and around gardens as much as possible
- Use care on windy days (goggles)?



# Tetanus!

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- Tetanus is caused by a toxin that disrupts normal neural function -sxs. can occur a few days to several weeks after the bacteria has entered your body via a wound. This usually occurs four days after contact



# Tetanus- S/S

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- Spasm in jaw muscles, stiffness in neck
- S/S in children
  - H/A
  - jaw cramping, muscle spasm
  - sudden involuntary muscle tightening, Rx- Tetanus Toxoid



# Coping with the elements

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- Sun
- Heat
- Unfriendly plants
- Critters





# Sun

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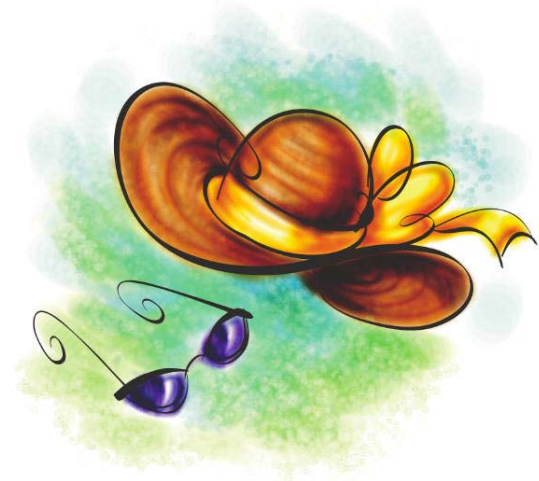
- Schedule gardening for before 10 am or after 2 pm
- Yes, you can get burned on a cloudy day.
- Beware the reflection from concrete, sand, snow and water



# Sun cont'd

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- Sunscreen, sunscreen, sunscreen  
(SPF 15-50)
- Protective hat and clothing (CDC recommends 3 inches or wider for hats)
- UVA blocking sunglasses





# Heat

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





# Heat Related Illness

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

Prevention is the best treatment!

# Early Heat Illness

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





# Heat Cramps

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

# Heat Cramps Treatment

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



# Heat Exhaustion

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





# Heat Exhaustion cont'd

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- Cool, moist, pale skin
- Dry mouth with excessive thirst
- Rapid heart rate

# Heat Exhaustion Treatment

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







# Heat Stroke

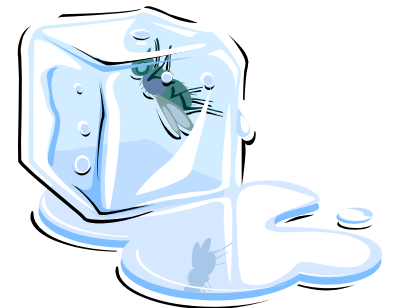
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- Dizziness, confusion, irrational behavior, loss of consciousness
- Rapid pulse and breathing
- Nausea & vomiting
- Very warm, flushed skin with little or no sweating

# 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

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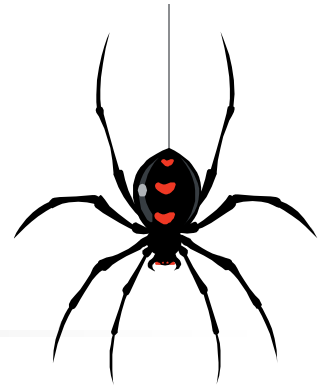
- Identify & avoid the poisons
  - Poison ivy
  - Poison oak
  - Poison sumac
- If exposed, wash area immediately
- Never burn poison plants (including oleander)





# Critters

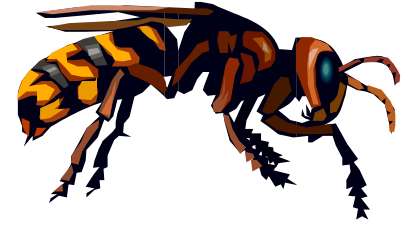
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- Watch out for stinging insects, spiders, ticks, chiggers, mosquitoes & gypsy moth caterpillars
- An ounce of prevention is worth a pound of cure
- Identification and avoidance are your best bet
- Always wear shoes, gloves and light colored clothing



# Stinging Insects

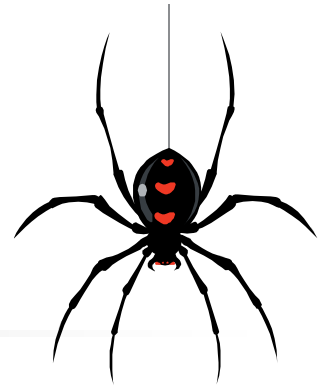


- Hornets, wasps and yellow jackets can sting multiple times
- Remove stinger by scraping or flicking it out... NEVER SQUEEZE
- Apply ice to sting, followed by paste of baking soda or meat tenderizer
- If allergic, carry EpiPen at all times, consider allergy shots



# Spiders

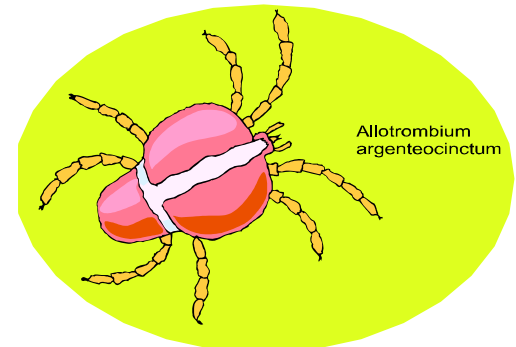
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- Black widow spider bites cause chills, fever, nausea and abdominal muscle pain
- Brown recluse spider bites are very painful, causing a blister that turns into a large open sore
- If bitten, apply ice and seek medical attention

# 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



# Adaptable Garden Equipment



# Adaptable Garden Equipment





# Safety in the Garden

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Questions???