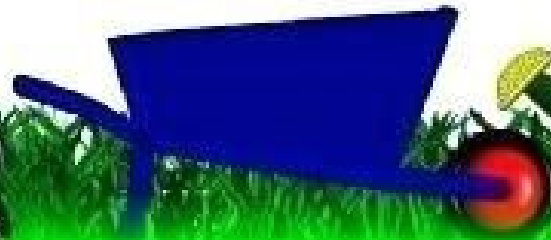




So, You Want to Garden  
'till You're ?

UCCE Master Gardeners Present  
Safe & Sane Gardening  
for All Ages



# PLAN FOR TODAY

- Restrooms & Fire Exits
- Handout
  - Outline
  - Helpful Websites
  - Power Point
  - Class Evaluation
- Publications for sale
- Questions

# HEAD TO TOE PROTECTION

- Stretches for Gardeners
- Head and Eye Protection
- Ear Protection
- Breathing Protection
- Skin Protection
- Sunscreen and Insect Repellant
- Heat Related Issues

*“Many of us have a 20  
year old mind inside a  
significantly older body...”*

*Toni Gattone  
The Lifelong Gardener*

# STRETCHES FOR GARDENERS

- You should NEVER feel any pain, only a gentle stretch.
- Avoid prolonged motions – rotate tasks every 15 minutes.
- Consider a counter motion.
- Check posture – aim to keep back flat, not hunched over.
- Engage core, lift with legs, not back.



# HEAD & EYE PROTECTION

- Hats – Hard and sun protection
- Long Hair
- Sun Glasses vs. Safety Glasses

# Safety Goggles - Protect eyes from all angles.



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Georgii Dolgykh | Dreamstime.com



# Face Shields



# EAR PROTECTION

- Noise levels are measured in decibels (dB)
- Sounds higher than **85 dB** can cause permanent hearing loss.
- Quality hearing protection devices, that are properly fitted, are designed to reduce excessive noise levels while maintaining normal hearing.

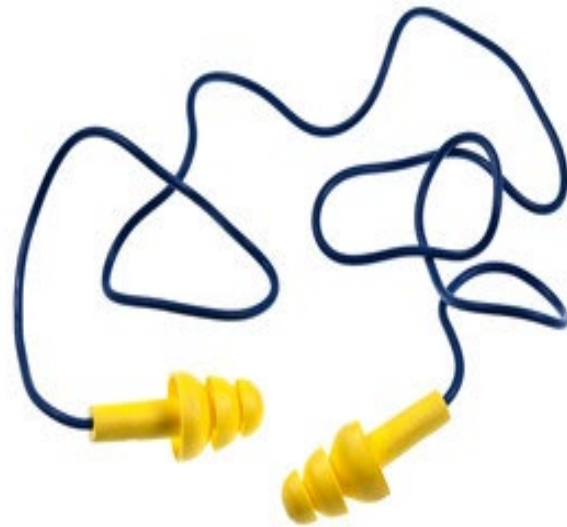
# EAR PROTECTION, continued

## Noise Level Chart

- Voices 60 dB
- Gas Lawn Mower 95 dB
- Electric Lawn Mower 59 dB
- Diesel Truck 90-95 dB
- Gas Leaf Blower 90-100 dB
- Gas Chain Saw 110 dB
- When selecting ear protection look for a Noise Reduction Rating (NRR) of 25 or greater.

# TYPES OF HEARING PROTECTRION

Ear Plugs – Insert into the ear canal



# Types of Hearing Protection

Ear Muffs – Adjustable headbands with cups that seal around ear.



# MASKS

Masks should be worn when  
working with anything that  
could pose a threat to the  
lungs.

## Masks, continued

- Using a blower
- Running a chipper/shredder
- Working with peat moss or bone meal
- Applying or sifting mulches
- Pruning
- Applying Chemicals

# Types of Masks



**NO**



**YES**



# DISPOSABLE MASKS

- Choose an N95 grade mask.
- 95 refers to the % of particles 0.3 microns or larger that will be filtered.
- May be reused. If soiled or breathing becomes difficult, replace.
- Must be properly fitted.

# Masks Must Be Fitted Carefully to Be Effective

1. Pre-stretch top and bottom strings.
2. Cup the mask in your hand with the nosepiece at fingertips, allowing the head bands to hang freely.
3. Position the mask under chin, with the nosepiece up. Pull the top strap over your head, resting it high on the back of head.

## Fitting your Mask, continued

4. Put the bottom strap over your head and position it around neck.
5. Place the fingertips of both hands on the top of the nosepiece. Using both hands, mold to shape of nose by pushing fingers in and down both sides.

# ATTIRE

## Some Things to Keep in Mind

- Hard Hat or Sun Hat
- Long sleeves and long pants when using equipment or spraying chemicals.
- Close toed shoes when using equipment or spraying chemicals.
- Supportive shoes for uneven terrain.

# GLOVES

- How to choose a glove? Use: reinforced fingertips, snug around the wrist, flexibility, padding, waterproof coating
- Leather – Bulky but durable, strong, great for heavy lifting and pruning, Synthetic is washable.
- Cotton – Breathable, lightweight, keeps hands clean, protects against blisters. NOT waterproof or chemical protective.

# GLOVES, continued

- Rubber – Good for working in damp soils or cold conditions.
- Nitrile – A tough, synthetic rubber compound. Impervious to most chemicals.
- July 2019 Medicare Advisory issued regarding Tetanus exposure for gardeners. Since tetanus lives in the soil and enters the body through breaks in the skin, they recommend a Good Set Of Gardening Gloves and an up to date Tdap immunization.

# PROTECTIVE SLEEVES



- Protect arms from plant irritation, harmful UV rays and overheating
- Fabric is built with sweat wicking technology that pulls moisture away from the skin so you stay cool.

# Sunscreen & Insect Repellant

- Sunscreen
- Insect Repellant: Mosquitoes & Ticks
- Lyme Disease – According to CDC & ProjectLyme.org:
  - New Cases up 340% in last 10 years
  - 40% of patients will have long term health problems



# Lyme Disease

- Caused by a bacteria transmitted through the bite of a nymph or adult female Western Blacklegged tick.
- Symptoms – muscle aches, joint pain, fatigue, chills/fever, swollen lymph nodes, heart palpitations, Bulls eye rash.
- Promptly seek professional medical attention.
- CDC and UC recommend DEET on skin and Permethrin on clothing only.

# Lyme Disease – Bull's Eye Rash



# HEAT RELATED ISSUES

- Drink more fluids than usual – don't wait until you're thirsty.
- Pay attention: high body temp, headache, rapid pulse, dizziness, nausea, muscle cramps, weakness, cold, pale and clammy skin.
- Humidity is a contributing factor.
- Elderly, children under 4 years & people with chronic illness are at highest risk.
- Schedule outdoor activities during cooler parts of day.

# HEAT, continued

- At FIRST sign of symptoms:
  - Move to a cool place, preferably AC
  - Loosen clothing
  - Put cool, wet cloths on body or take cool bath.
  - Sip water
  - Call 911 if symptoms last longer than 1 hour or you are throwing up.

