

Working Safely in the Garden



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Work that can cause injury to your muscles

- Gripping too tight
- Twisting
- Lifting
- Kneeling
- Bending
- Squatting
- Using equipment that shakes



Repetition

- Doing the same motion many times can cause injury, even if the task doesn't seem hard



Vary your work activities



- Change the type of work you are doing frequently
- Find ways to sit while you're working for part of the time
- Take a break to walk around

Tools

- Tools should have handles that fit your hand
 - Handle should be big enough that your thumb barely overlaps your fingers
 - Handle should be small enough that you can hold it comfortably

Lifting

- Keep the load close to your body
- Use a wheel barrow or cart for objects that have to be carried more than a few feet
- Bag or box weight below 50 pounds for adults; less for kids
- Carry box between waist and shoulder level



Stooping



- Attach long handle to tools so you don't have to bend over
- Sit down on a stool to do work like weeding

Containers

- Use smaller, lighter tubs
- Containers need to have hand grips
- Square or rectangular containers are better than round ones because they put less force on your back



6 lbs 11 oz

4 lbs 9 oz

3 lbs 5 oz

Preparing for market

- Keep plants close (within easy reach) when cleaning or sorting
- Sort and bundle vegetables on a flat surface; keep vegetables and containers within an arm's length



What could she do to make the job easier?

- Work at a table or on a bench
- Limit bending and stretching



Moving picked produce

- Use a cart or dolly to move lugs around rather than carrying them



Questions?

