

3.



Subject: HORTICULTURE

- A. General Safety
- B. Signs
- C. Safety Questions
- D. Practical Checklist

Name:

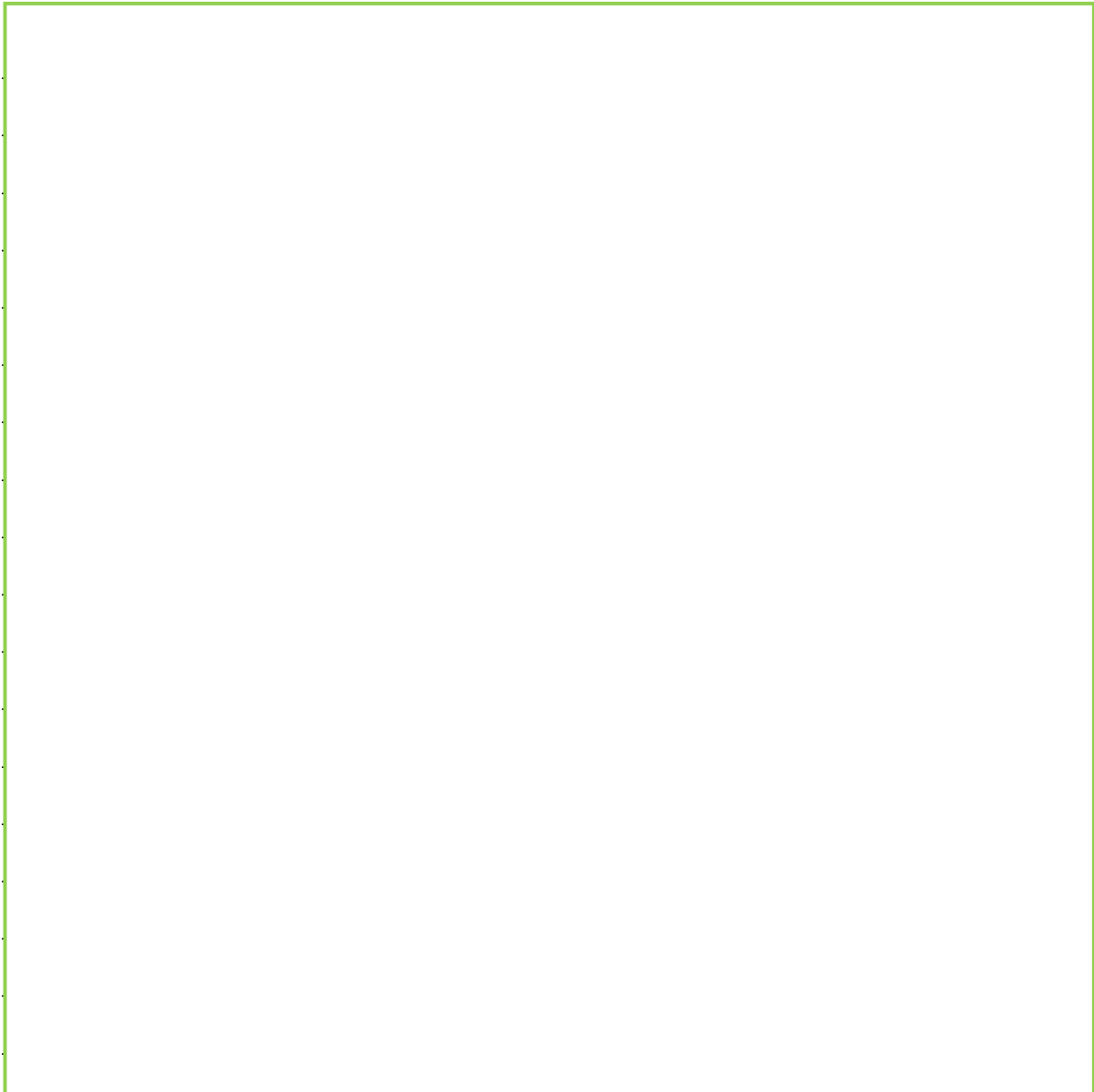
A. GENERAL SAFETY

1. Write **yes** or **no**. If your answer is no, then do some research!



- a) Do you have a basic understanding of common poisonous plants to avoid?
- b) Do you wear suitable protective clothing when gardening? Examples: gardening gloves, closed shoes/boots, hat when in the sun
- c) Are you aware of any allergies you have to plants, pollen, or stings?
- d) Do you wash your hands after gardening?
- e) Do you avoid long periods of repetitive motions such as digging, raking, trimming hedges, pruning bushes or planting bulbs?
- f) Do you take a break every now and then?
- g) Do you use the right tool for the right job?
- h) Do you always follow the manufacturers' instructions for the tool?
- i) Do you use tools where you can, and not your hands?
- j) Do you have good posture when gardening?
- k) Do you always unplug electrical tools when not in use?
- l) Do you stay hydrated while you are gardening?
- m) When using tools, are you at least an arm's length plus the tool length away from the next person?
- n) Do you safely use pest controls and other chemicals?
- o) Do your pruners or shears have a safety lock?

2. Consider some risks while you are container gardening.
Think about: clothing, tools, equipment, materials, plants, injury, insects, etc.



3. Complete the sentences about manual handling in the garden:

Move, 20, secateurs, Don't, safer, kneeling, see, pulling, hard, middle

- a) Assess what you have to move. Is there a way to move it?
- b) If you have to lift, get it close to the of your body.
- c) your feet rather than twisting your back.
- d) If you are carrying a load and can't where you are placing your feet, you could slip or fall.
- e) Pushing is usually a better option than .
- f) Try to change your activity every minutes.
- g) When doing repetitive tasks, like using , use a relaxed grip.
- h) Rather than bending, crouching or stooping, try on one or both knees.
- i) Gardening can be work so you need to be fit.
- j) overdo it – be realistic about what you can achieve.



Demonstrate safe lifting.

B. SIGNS

4. What do these signs mean?



5. What should you do when you see these signs?



C. SAFETY QUESTIONS

6. Answer the questions about container gardening safety:

a) How can you protect yourself from electrocution when gardening?

b) How can you avoid chemical burns when working with garden chemicals?

c) How can you avoid heavy lifting?

d) How can you ensure that you are using tools correctly?

e) How can you avoid sunburn when working outdoors?

f) How can you avoid injury from sharp garden tools?

g) How can you ensure that you are using weed killers correctly?

h) How can you protect your feet while you are gardening?

i) How can you lower the risk for skin irritations and cuts when gardening?

j) How can you protect yourself from insects?

k) How can you prevent dehydration while you are gardening?

l) Should you continue gardening if you feel unwell? Explain.

m) Comment on the use and storage of gardening chemicals.

n) Comment on the disposal of used chemical containers



D. SAFETY CHECKLIST

You will demonstrate the following:

The ability to work in a horticultural environment including:

- 🌱 Handling and using tools and machinery safely and appropriately
- 🌱 Observing relevant health and safety working practices in accordance with health and safety regulations
- 🌱 Carrying out all work in a safe and hygienic manner



Did you?

- Use the correct tools for the job
- Use all tools and equipment correctly
- Lift heavy items correctly
- Use manual handling procedures
- Wear suitable clothing for gardening
- Wash their hands after gardening
- Avoid repetitive motions
- Take regular breaks when gardening
- Stay hydrated
- Have a good posture while gardening
- Use chemicals safely
- Follow all hygiene, health and safety procedures
- Take note of safety signs
- Have an awareness of insects and stings/bites
- Use safety precautions when using electrical equipment
- Tidy up all gardening materials and tools after gardening
- Store tools, materials and equipment safely