



# Lawn and Gardening Safety

## How to Prevent Injuries Associated with Lawn and Garden Tools

### What is the Problem?

Each year across the US, emergency rooms treat over 230,000 people for fatal and nonfatal injuries relating to power lawn and garden tools.<sup>1</sup> Injuries often result from the misuse of equipment, improper safety apparel, inadequate maintenance of tools, and failure to heed safety instructions and warnings.<sup>2</sup> Many of these injuries are preventable if the proper precautions are taken.



### Who is at Risk?

Those using the equipment and children are at the greatest risk for injury.<sup>3</sup>

- Anyone using the equipment is at risk for for injury when they are unaware of the safety procedures and maintenance requirements of the equipment.<sup>4</sup>
- Children are unaware of the dangers of playing nearby when equipment is being used. Most deaths occur when children are in the path of a moving mower.<sup>5</sup>

### Prevention Tips

Follow the simple tips below to help keep your family safe:

- Keep children away from power equipment and do not let them in the yard while you are working.<sup>6</sup>
- Wear safety goggles, closed-toe shoes, and long pants when using lawn mowers and other machinery.<sup>7</sup>
- Protect your hearing when using machinery.<sup>8</sup>
- Wear gloves to lower the risk for skin irritants, cuts, and certain contaminants.<sup>9</sup>
- Use insect repellent containing DEET to protect yourself from mosquitoes and ticks.<sup>10</sup>
- Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen to protect your skin.<sup>11</sup>
- Follow all instructions and warnings associated with lawn equipment.<sup>12</sup>



### **Plan of the Week (POW):**

Each year over 230,000 people are injured while using power lawn and garden tools and many of these injuries are preventable.<sup>13</sup> **ALWAYS** wear protective clothing and know how to safely and properly handle lawn equipment.<sup>14</sup> **NEVER** allow children in the yard while operating power equipment.<sup>15</sup> It is important to be aware of your surroundings and to keep your and your family safe.

### **References**

- 1-6, 13 United States Consumer Product Safety Commission. CPSC Alerts Consumers to Lawn and Garden Care Dangers. <http://www.cpsc.gov/en/Newsroom/News-Releases/1999/CPSC-Alerts-Consumers-to-Lawn-and-Garden-Care-Dangers/>. Updated 28 April 1999. Accessed 3 September 2013.
- 7-12, 14, 15 Centers for Disease Control and Prevention. Gardening Health and Safety Tips. <http://www.cdc.gov/family/gardening/>. Updated 3 April 2013. Accessed 3 September 2013.

### **NMCPHC Injury Prevention and Violence Free Living Webpage**

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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