



Yard and Garden Safety

How to Prevent Yard and Garden Accidents

What is the Problem?

Warmer weather is a great time to enjoy the outdoors, however, it also brings yard and garden cleanup and chores which can be hazardous.¹

Facts

- Each year, 400,000 people are treated in hospital emergency rooms for injuries from lawn and garden tools.²
- In 2010, more than 35,500 people injured themselves using a stepladder.³
- More than 41,000 Americans injured themselves while gardening or using gardening equipment in 2010.⁴
- Approximately 127,000 people were injured while operating a lawn mower.⁵



Prevention Tips

- **Be Alert.** Use extra care when backing up or when approaching corners, shrubs, and/ or trees.⁶
- **Check all equipment.** Make sure all equipment is functioning properly and is in good condition.⁷
- **Dress appropriately.** Wear sturdy shoes to protect your feet and close-fitting long pants and long-sleeved shirts to prevent clothing getting caught in moving parts of your equipment.⁸
- **Protect your eyes.** Wear safety goggles or glasses.⁹
- **Never work with tools/equipment in wet or damp conditions.** To prevent electrocution.¹⁰
- **Put garden tools away.** Garden equipment can be dangerous even when not in use. You could trip and fall or cut yourself on tools lying around the yard.¹¹
- **Protect your ears.** Use ear plugs or hearing protection when using motor-driven equipment.¹²
- **Protect your hands.** Wear gloves.¹³



Plan of the Week (POW):

Use caution and common sense when tending to your lawn and gardens this summer.¹⁴ **ALWAYS** be alert, dress appropriately, protect your ears, hands, and eyes, and when finished using garden tools/equipment, put them away.^{15, 16} **NEVER** work with tools or equipment in wet or damp weather conditions.¹⁷

References

- 1, 3-5, 7, 8, 16 Air Force Ground Safety Staff. Yard and Garden Safety. Air Force Safety Center. <http://www.wingmanmagazine.af.mil/news/story.asp?id=123306319>. Updated 20 June 2012. Accessed 24 May 2013.
- 2, 6, 9-15, 17 Lawn and Garden Safety Tips – CPSC Urges Care With Springtime Chores. United States Consumer Product Safety Commission. <http://www.cpsc.gov/en/Newsroom/News-Releases/1996/Lawn-and-Garden-Safety-Tips---CPSC-Urges-Care-With-Springtime-Chores/>. Published 20 May 1996. Accessed 24 May 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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