



Safety in the Garden



Presented by
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Safety in the Garden

Getting in shape

- Stretching
- Proper body mechanics
- Pace yourself
- Supportive devices

Soil Precautions

- Use caution when working with soil, compost, mulch
- Use gloves in and around gardens as much as possible
- Use care on windy days (goggles)?

Tetanus!

- Tetanus is caused by a toxin that is absorbed into the bloodstream and reaches the nervous system

Tetanus- S/S

- Spasm in jaw muscles(lockjaw) stiffness in neck muscles
- Painful, muscular contractures, rigidity
- S/S occur four days to several weeks after an encounter

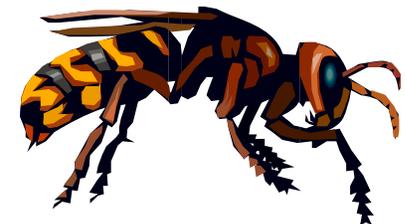
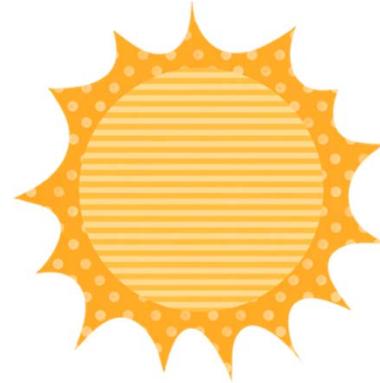
- Rx-Tetanus Toxoid injection

Tetanus



Coping with the elements

- Sun
- Heat
- Unfriendly plants
- Critters



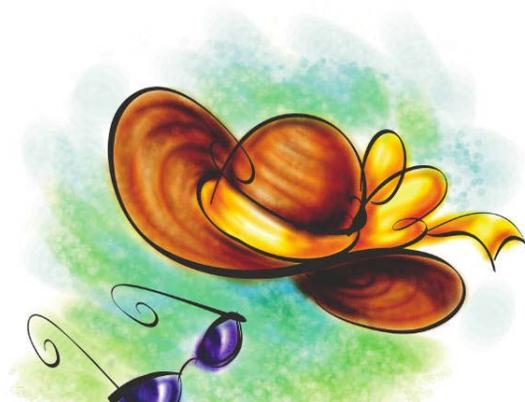
Sun

- Schedule gardening before 10 am or after 2 pm
- Yes, you can get burned on a cloudy day.
- Beware the reflection from concrete, sand, snow and water



Sun cont'd

- Sunscreen, sunscreen, sunscreen
(SPF 15-50) – broad spectrum
- Protective hat and clothing (CDC recommends 3 inches or wider for hats)
- UVA blocking sunglasses



Heat

- Be aware of heat AND humidity
- High humidity decreases cooling
- Hydrate, hydrate, hydrate!
- Get acclimatized
- Alternate work/rest cycles
- Know S/S of dehydration



Heat Related Illness

- Early heat illness
- Heat cramps
- Heat exhaustion
- Heat stroke

Prevention is the best treatment!

Heat Cramps

- Painful arm, leg or stomach muscle spasms
- Thirst and heavy sweating
- Onset may occur after finished gardening

Heat Cramps Treatment

- Drink water
- Loosen clothes
- Rest in shade
- Gently stretch affected muscle



Heat Exhaustion

- Dizziness, fatigue, irritability
- Difficulty concentrating or making decisions
- Loss of coordination, collapse
- Heavy sweating
- Dry mouth
- Rapid heart beat



Heat Exhaustion cont'd

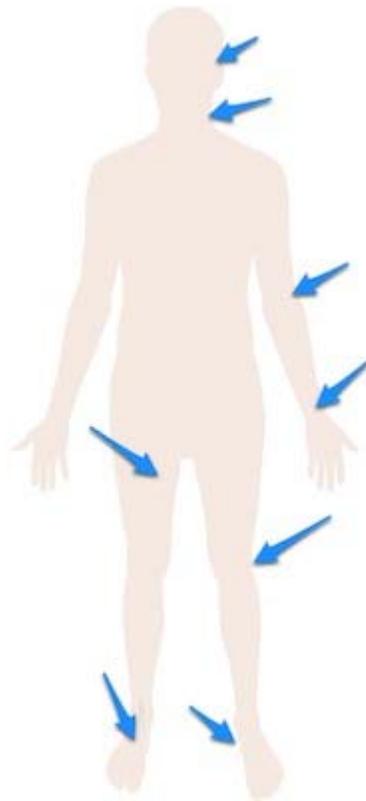
- Cool, moist, pale skin
- Dry mouth with excessive thirst
- Rapid heart rate
- Low to normal temperature

Heat Exhaustion Treatment

- Drink water
- Loosen clothing
- Rest in shade
- Apply cool, damp cloths



Quick Cooling Pulse Points



Heat Stroke



- Dizziness, confusion, irrational behavior, loss of consciousness
- Rapid pulse and breathing
- Nausea & vomiting
- Very warm, flushed skin with little or no sweating

Heat Stroke Treatment

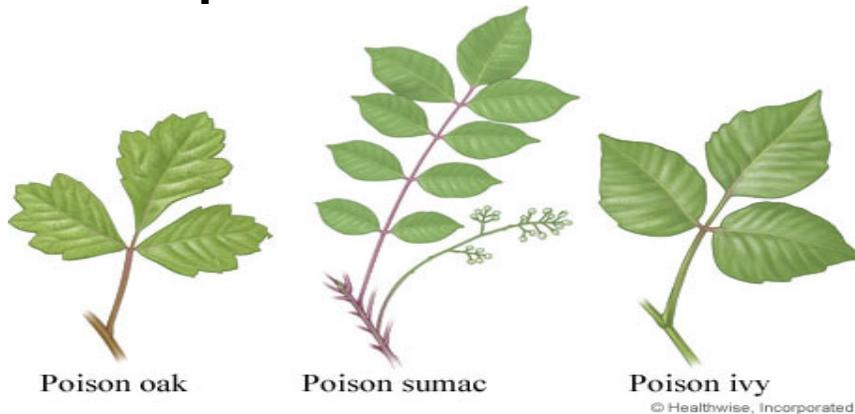
- Life threatening emergency- call 911!
- Move to cooler environment
- Oral fluids if conscious
- Wet down and apply ice packs to armpits, groin & knees



Unfriendly Plants

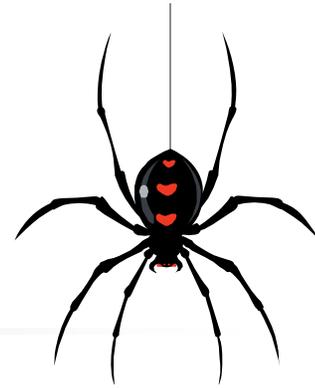
- Identify & avoid the poisons

- Poison ivy
- Poison oak
- Poison sumac



- If exposed, wash area immediately
- Never burn poison plants (including oleander)

Critters



- Watch out for stinging insects, spiders, ticks, chiggers, mosquitoes & gypsy moth caterpillars
- An ounce of prevention is worth a pound of cure
- Identification and avoidance are your best bet
- Always wear shoes, gloves and light colored clothing



Critters



Asian Tiger Mosquito



Gypsy Moth Caterpillar

Venomous Snakes in VA



Northern Copperhead

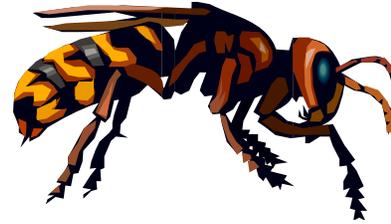


Eastern Cottonmouth



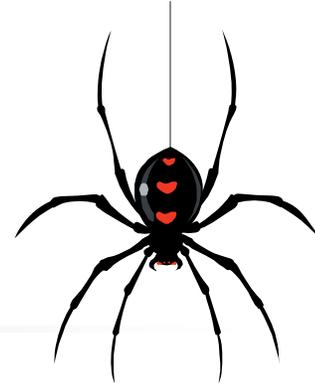
Timber Rattlesnake

Stinging Insects



- Hornets, wasps and yellow jackets can sting multiple times
- Remove stinger by scraping or flicking it out... NEVER SQUEEZE
- Apply ice to sting, followed by paste of baking soda or meat tenderizer
- If allergic, carry EpiPen at all times, consider allergy shots

Spiders



- Black widow spider bites cause chills, fever, nausea and abdominal muscle pain
- Brown recluse spider bites are very painful, causing a blister that turns into a large open sore
- If bitten, apply ice and seek medical attention

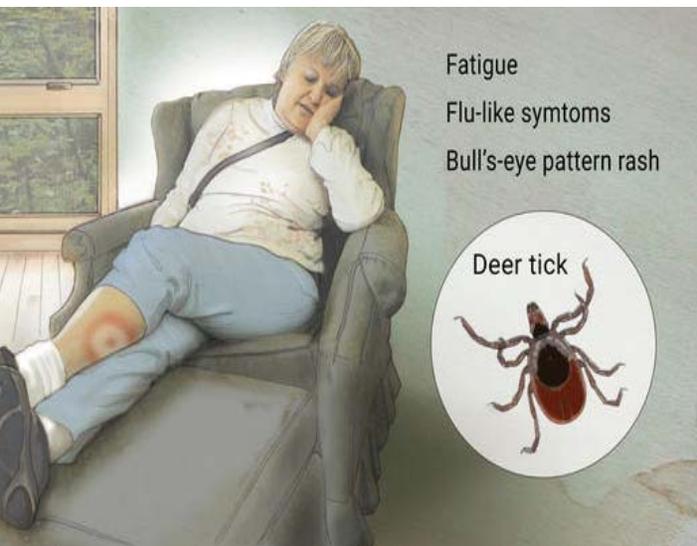
Ticks



- Ticks can carry Lyme Disease and Rocky Mountain Spotted Fever
- Use an insect repellent containing DEET
- Thoroughly inspect skin for ticks
- Remove ticks promptly with tweezers



Ticks



Lyme Disease



Rocky Mountain Spotted Fever

Anaphylaxis



- Stinging insects and spider bites can result in anaphylaxis
- Symptoms include hives, difficulty breathing, dizziness, wheezing, or swelling of tongue and face
- Anaphylaxis is a life threatening emergency
- Seek immediate medical attention

Adaptable Garden Equipment



Adaptable Garden Equipment



Safety in the Garden

Questions???