



Safety in the Garden



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Safety in the Garden

Getting in shape

- Stretching
- Proper body mechanics
- Pace yourself



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 disrupts normal neural function -sxs. can occur a few days to several weeks after the bacteria has entered your body via a wound. This usually occurs four days after contact



Tetanus- S/S

- Spasm in jaw muscles, stiffness in neck
- S/S in children
 - H/A
 - jaw cramping, muscle spasm
 - sudden involuntary muscle tightening, Rx- Tetanus Toxoid



Coping with the elements

- Sun
- Heat
- Unfriendly plants
- Critters





Sun

- Schedule gardening for 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)
- 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





Heat Related Illness

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

Prevention is the best treatment!

Early Heat Illness

- Dizziness, fatigue, irritability
- Difficulty concentrating or making decisions
- Treatment
 - Drink water
 - Loosen clothes
 - Rest in shade





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





Heat Exhaustion cont'd

- Cool, moist, pale skin
- Dry mouth with excessive thirst
- Rapid heart rate

Heat Exhaustion Treatment

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





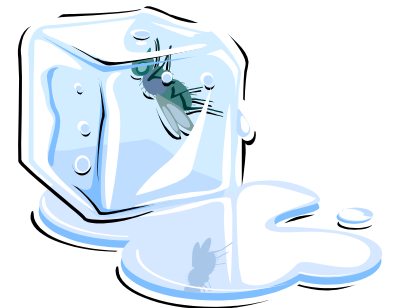
Heat Stroke



- 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





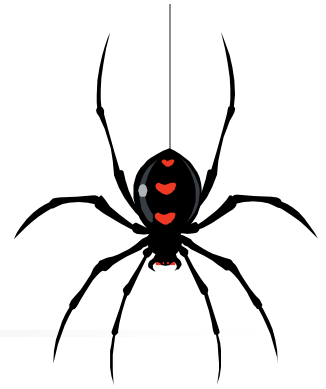
Unfriendly Plants

- Identify & avoid the poisons
 - Poison ivy
 - Poison oak
 - Poison sumac
- If exposed, wash area immediately
- Never burn poison plants (including oleander)

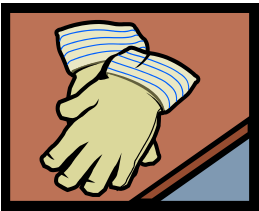




Critters

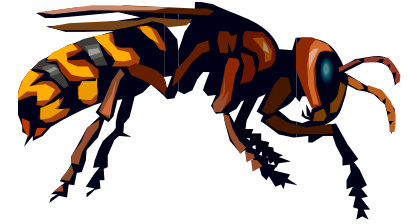


- Watch out for stinging insects, spiders, ticks, chiggers, mosquitoes & gypsy moth caterpillars
- An ounce of prevention is worth a pound of cure
- Identification and avoidance are your best bet
- Always wear shoes, gloves and light colored clothing





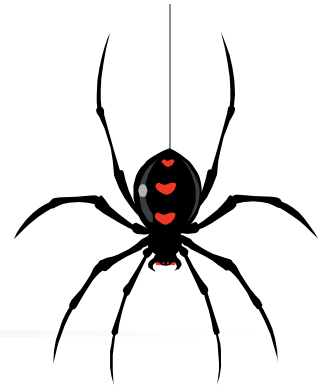
Stinging Insects



- 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



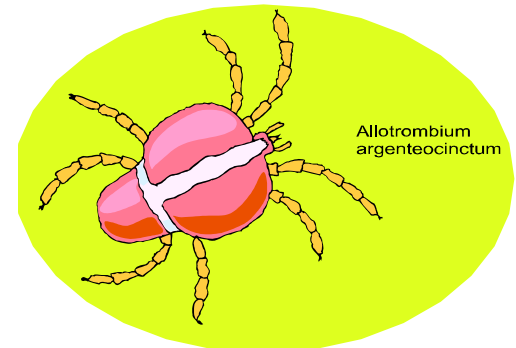
Spiders



- 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



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

911

Adaptable Garden Equipment



Adaptable Garden Equipment





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Questions???