

GARDENING SAFETY TIPS

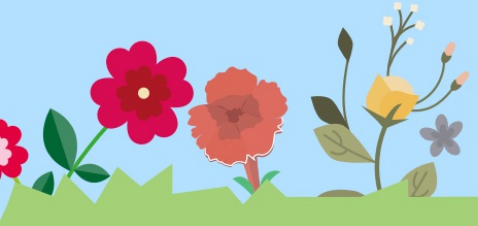


ASSH
American Society for
Surgery of the Hand



WEAR GLOVES

Wearing gloves will not only reduce blistering but will also protect your skin from fertilizers, pesticides, bacteria and fungus in the soil. When exposed to soil, even the smallest cut can turn into a major hand infection.



NO REPETITIVE MOTIONS

Repetitive motions - such as digging, raking, trimming hedges, pruning bushes or planting bulbs - may cause skin, tendon or nerve irritation. Make sure your gardening activities are varied, tasks are rotated every 15 minutes, and you allow a brief rest between each activity so that the same muscles are not used repetitively.


RELAX YOUR WRIST

Be sure your wrist is in a relaxed or neutral position. Studies have shown that you can lose up to 25% of grip strength when your wrist is bent.

MORE THAN

400,000

gardening injuries are treated each year in the emergency room.



WATCH FOR OBJECTS


Sharp objects and debris buried in the soil can cause serious cuts or injuries. Use a hand shovel or rake rather than your hand for digging.



USE THE RIGHT TOOLS

When purchasing pruners, loppers or shears, look for brands featuring a safety lock. Try to find tools without form-fitting grooves. Such tools do not fit all hands and can cause injuries or require more pressure to maintain control. As always, use tools for their intended purpose.

VISIT THE EMERGENCY ROOM IF....



- > Continuous pressure does not stop the bleeding after 15 minutes
- > You notice persistent numbness or tingling in the fingertip or have trouble moving the finger
- > You are unsure of your tetanus immunization status
- > You can't thoroughly cleanse the wound by rinsing with mild soap and clean water

VISIT WWW.HANDCARE.ORG FOR ADDITIONAL SAFETY TIPS.