**GARDENING SAFETY TIPS**

***Dress To Protect: Wear***

* Long-sleeved shirts
* Long pants tucked in your socks
* Sturdy shoes (you may choose to wear rubber boots since ticks are usually located close to the ground)
* Garden gloves
* Wide-brimmed hat, sun shades
* Safety goggles
* Sunscreen with SPF 15 or higher
* Insect repellent

When opening bagged fertilizers, compost or potting mix, wear a protective safety mask which surrounds your mouth and nose (this can prevent legionnaires disease - very rare occurrence).

***Put Safety First:***

* Limit distractions when using tools and be aware of hazards to lower your risk for injury to yourself and to others.
* Place tools in planting bed or against fence when not in use keeping paths free of obstruction.
* First Aid Kit on hand.

***Listen To Your Body:***

* Do some stretching before working in the garden. Stretching helps to loosen up muscles to prevent any strains or pulls during your gardening activities.
* Monitor your level of fatigue - take a short break.
* Drink plenty of water to replace lost fluids.