

SPRING / SUMMER SAFETY



Wear safety goggles, sturdy shoes, and long pants when using lawnmowers and other machinery. If you hire a contractor for landscaping or other outdoor maintenance, it's important to inquire about the company's safety record. They may not be on your payroll, but if a contract worker is injured at your facility, OSHA can cite and fine not only the contractor but the host employer as well.

CHEMICALS

Follow instructions and warning labels on chemical and lawn and garden equipment.



When working in hot weather, remember to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.

Stay Hydrated and Say "No" to Alcohol



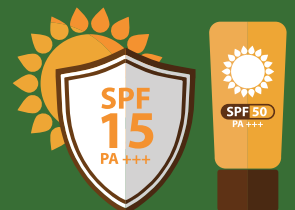
Mowing the Lawn

Do not remove safety devices or guards on switches. Never insert hands or feet into the mower to remove grass or debris.



Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat and sunshades.

Use sunscreen with an **SPF of 15 or higher**



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Lifting heavy objects



Bend your knees to squat down to your load, keep it close to your body and straighten your legs to lift.

Never lift a heavy object above shoulder level. Avoid turning or twisting your body while lifting or holding a heavy object.



Safety Goggles



Gloves



Sturdy Shoes

