

# Today's Chiropractic Weekly Handout

## 10 Tips for Safe Gardening

Dr. Charles M. Laycock



1. In summer, wear a hat and sunglasses while working in the garden to avoid the harmful effects of sun rays.

2. One of the most important safety gardening tips is the proper attire. Put on the gardening gloves to safeguard your hands from cuts, chemicals, thorns etc. Wear

glasses to avoid the entry of any foreign object into your eyes. Good gardening boots will protect your feet.

3. If you must use chemicals, be very careful when administering them in your garden. Do not spray the chemicals on a windy day as it might enter your eyes. Putting on a face mask will help you avoid inhaling the dangerous particles. Read the safety instructions carefully before using any pesticides or fertilizers.

4. Take care of your back when lifting things while gardening. Moving heavy objects might cause a back injury or pain. Use your knees instead of your back for lifting.

5. Ensure that the garden tools and equipment that you use are in good shape. Any malfunction could lead to a serious injury. Be careful while using lawn mower, shovels, ladders etc.

6. While mowing the lawn, take care to remove the stones and rocks before you start the work and not while mowing. Do not stand beside or in front of the mower.

7. For digging you can use knee pads to rest your knees. Kneeling down for a long time might cause knee pain.

8. Do not spend too much time out in the sun. Take break from gardening and drink some water to stay hydrated.

9. Keep all the chemicals and gardening tools away from children and pets to avoid accidents.

10. Do not forget to wash your hands thoroughly after working in your garden to remove the dirt, germs and chemicals from your hands.

### April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Fun Friday!!	7
8 EARTH DAY	9	10	11	12	13 Fun Friday!!	14
15	16	17	18	19	20 Help Us Plant Our Garden!	21
22 EARTH DAY	23	24	25	26	27 Fun Friday!!	28
29	30					



## Today's Chiropractic Clinic

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~Serving Our Community Since 1990~

### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm  
Tues: 8:30am-12pm & 2:30pm-5pm