



WEEKLY SAFETY WISDOM – 10 Outdoor Safety Tips for Spring

SAFETY TIPS FOR OUTSIDE HAZARDS – MACHINERY, INSECTS, HEAT AND MORE

It looks like this brutal winter is finally coming to an end in most parts of the country. If the warmer weather means you'll be directing workers to get outside, clear winter debris, and get your municipality ready for spring, make sure they do it safely. Keep reading for 10 tips to share at an upcoming safety meeting—they may also serve as valuable reminders to workers who plan to spend the weekend gardening or doing other yardwork.

1. Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
2. Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
3. Make sure equipment is working properly.
4. Wear gloves to protect from skin irritations, cuts, and contaminants.
5. Use insect repellent containing DEET.
6. Follow instructions and warning labels on chemical and lawn and garden equipment. (As a reminder, if workers will be using consumer chemical products in amounts and/or frequencies that exceed typical consumer use, employers must obtain a safety data sheet (SDS) for the product, ensure that it is properly labeled, and train workers in its hazards and safe work practices.)
7. 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.
8. Keep an eye on the thermometer and take precautions in the heat.
9. When working in hot weather, remind workers 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.
10. Pay attention to signs of heat-related illness, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.



These are just a few of the safety precautions to consider during the spring. It's also a great time to replace your smoke detector batteries, make sure your fire extinguishers are placed in proper locations and have been inspected and tagged in the past year, and ensure you have a working flashlight and battery-powered radio for spring storms. By taking the right precautions when warmer weather beckons, you and those around you can enjoy a safer, healthier spring.