

Safety Guidelines

CURLY COMMUNITY GARDEN Inc

1. Responsibility of Garden Members

- Participation in the garden is at the member's own risk.
- Curly Community Garden Inc, members of the Curly Community Garden Management Committee and the Northern Beaches Council are not liable for any injury to members, or to their invited family and friends, or for the loss of any of their possessions.
- Members must take full responsibility for their actions and follow these Safety Guidelines as well as the Curly Community Garden Member Guidelines.

2. Common Sense Garden Safety:

- Garden safety is very much about common sense and thinking about what we do.
- Members must take reasonable care for the health and safety of themselves and the people they work with.
- Garden safety and location of the First Aid Kit are part of orientation for new members.

3. Accidents and Hazard Identification:

- Hazards in the garden environment include excessive sun exposure, dehydration, insect bites, injury from use of tools, inhalation of spores in soil and back strain from inappropriate lifting techniques.
- Before commencing a task, gardeners should carefully assess the situation for possible risks to health and safety, including the materials they are working with, tools and equipment being used and personal health and wellbeing.
- Ensure the work area and pathway is free of slipping and tripping hazards.
- Any potential danger, accident, incident or near miss on site must be documented in the Communication Book and reported to the Garden Co-ordinator or a Management Committee member. An Accident, Incident and Near Miss Report must also be completed and the Management Committee must investigate the incident and take appropriate action.

4. Safety of Children:

- Parents must keep watch of their children to ensure they don't wander off.
- Hot tasting plants should be labelled with visual and word warnings.
- Plantings that are toxic will be avoided.

5. Manual Handling and Lifting

- Plan the lift. If necessary use a trolley or wheelbarrow.
- Wear protective clothing if necessary as well as gloves and covered shoes.
- Check the load for sharp edges.
- Ensure you have a stable footing that allows for even distribution of weight. The front foot should be beside the object, pointing in the direction of travel. The back foot should be slightly behind and hip width from the front foot.
- To avoid back injury, do not bend over to pick up something that is heavy. Instead, bend your knees and crouch down, then lift it by straightening your legs. Keep your back straight and your arms as close to the body as possible. Keep your head raised, as this ensures your spine remains straight and you can see where you are going.
- Ensure you have a secure hold of the object before lifting.
- Be aware of your limitations. If in doubt, seek help to lift and move heavy or bulky materials or objects.

6. Recommended Personal Protective Equipment

- Dust masks when using compost/soils
- Sunscreen and a broad-brimmed hat
- A shirt with long sleeves
- Long trousers
- Covered shoes (when needed, e.g. using a spade or helping with construction projects)
- Gardening gloves

7. Use of Garden Tools

- Check that tools are in good repair before using.
- Use tools only for the purpose they were intended.
- Take care to ensure that other persons are not placed at risk while using tools with sharp blades or long handles.
- Remain aware of your surroundings and work carefully and sensibly.
- Be aware of where other gardeners are working and if there are young children nearby.
- Supervise children who are using gardening tools.

8. Storage

- Store materials in a designated area where they are unlikely to tip over.
- Stack and store materials neatly so they are easily accessible and out of the way of paths and places where people walk.

In case of an Emergency - Ambulance, Fire or Police

Phone **000** or on mobile **122**