



Physical Therapy and Hand Center, L.L.C.

Safe Gardening Tips

Wear gloves at all times.

- Bacteria and fungus live in the soil and a small cut can develop into a major hand infection. Thick leather or suede gloves may protect your hands from thorns, cuts and scrapes.

Keep your hands and arms covered

- Be careful if you live in an area where you might disturb a snake, spider, rodent or nest in your garden. You will be better protected from poison ivy, insect bites and other common skin irritants that may inhabit a garden.

Take a break every hour or switch to another activity.

- Overuse of repetitive motion, such as digging or weeding, can cause injuries such as tendonitis of the elbow or lead to Carpal Tunnel Syndrome. Break up the tasks into short sessions, with a rest and stretch break between gardening sessions.

Use a tool when digging into unfamiliar or new areas.

- Buried sharp objects can cause tendon lacerations or puncture wounds. Use the correct tool for the task at hand in order to avoid accidental injury.

Store your tools to prevent accidents.

- Learn how to use and store your tools correctly to prevent accidents, and keep sharp tools out of reach of children at all times. Never lay down a rake or pitch fork with the teeth facing up.

Use wide handled padded tools.

- Larger diameter tools require less force when gripping.

Avoid sustained/ constant gripping and awkward motions.

- Use two hands for heavy tasks and alternate hand use frequently. Stretch hands and fingers every 30 mins.

Plan ahead.

- Use a cart or wheel barrow to carry tools and supplies. Use a stool or bench to prevent having to use your hands to get up.

Various ergonomic gardening tools such as the Easi-Grip Weeder can be obtained on the web through Peta-uk.com.

* Please do not hesitate to contact us if you have questions *

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