



Landscaping

8 Essential Landscaping Safety Tips to Prevent Injuries

1. Develop a Safety Plan - Before diving into your landscaping projects, take the time to review safety protocols with your team. Refresh everyone on proper equipment usage, emergency procedures, and hazard recognition to promote a safety-first mindset.

2. Wear Personal Protective Equipment (PPE) - Protective gear is your first line of defense against workplace injuries. Make sure everyone wears appropriate PPE, including gloves, eye protection, sturdy footwear, and, when necessary, respiratory protection. Don't forget sunscreen and hats to shield yourself from the sun's harmful rays.

3. Stay Hydrated and Beat the Heat - Working outdoors in warm weather exposes you to the risk of heat-related illnesses. Beat the heat by staying hydrated, drinking plenty of water throughout the day, and taking frequent breaks in shaded areas to cool down. Recognize the signs of heat exhaustion and heat stroke, and seek medical attention if needed.

4. Be Mindful of Machinery - Landscaping equipment can be dangerous if not used properly. Before operating any machinery, familiarize yourself with the manufacturer's instructions and safety guidelines. Keep guards in place, avoid wearing loose clothing or jewelry that could get caught, and never tamper with safety features.

5. Watch Out for Poisonous Plants - Many common plants in landscaping can cause skin irritation or allergic reactions. Learn to identify poisonous plants like poison ivy, oak, and sumac, and take precautions when handling them. Wear long sleeves, gloves, and pants, and wash exposed skin thoroughly after contact.

6. Practice Safe Lifting Techniques - Lifting heavy objects incorrectly can lead to back strains and injuries. Use proper lifting techniques, such as bending your knees, keeping your back straight, and lifting with your legs. When possible, use equipment like wheelbarrows or dollies to transport heavy loads.

7. Be Aware of Electrical Hazards - Outdoor work often involves the use of electrical tools and equipment. Inspect cords and outlets for damage before use, and never operate electric tools in wet conditions. Keep cords away from water and sharp objects, and use Ground Fault Circuit Interrupters (GFCIs) to prevent electrical shocks.

8. Protect Against Tick and Mosquito Bites - Ticks and mosquitoes are not just nuisances; they can also transmit diseases like Lyme disease and West Nile virus. Take steps towards tick and mosquito protection. Protect yourself by wearing insect repellent, tucking pants into socks, and performing tick checks after outdoor work. Consider treating work areas with insecticides to reduce the risk of bites.



For more information, contact our safety team or visit [OSHA.gov](https://www.osha.gov).