

Health & Safety Tips

- Hard physical work or lifting heavy or awkward loads requires care, practice and an understanding of your own capabilities and physical limitations, particularly if you are not used to it!
- Digging is one of the most physically demanding task in gardening, as it involves continued bending and straightening of the back when lifting a spade of soil. It needs to be approached with care. For your back's sake, do not rush your digging.
- Machinery - if you are using power mowers or strimmers, remember that you are responsible, as an allotment tenant, for the safety of other tenants and visitors.
- Bonfires are allowed providing they do not cause a nuisance.
- Broken glass and other materials may be hazardous if left on your allotment.
- Ponds can encourage wildlife, but ensure that they have shallow sloping sides so that children (and wildlife) are less likely to fall in. A barrier or markers will ensure that a pond overgrown with weeds and algae will be more visible and less hazardous.
- Tetanus is an illness caused by bacteria present in soil and manure, which can enter the body through the tiniest abrasion, scratch, thorn, puncture or cut. Make sure that you have a vaccination that can protect you against the disease. Your GP may be able to help.
- Garden tools can be a hazard if they are not stored properly or are left lying around the plot when not in use.
- Chemicals must be kept securely locked in their own cupboard in your shed, in clearly marked containers. Do not keep them in lemonade bottles or other food containers or leave them lying around your plot. If you must use slug pellets and other chemicals, please keep them to your own plot and do not put them on your neighbour's plot. They may garden organically and will not thank you for it!
- A first aid kit is always a wise addition to the tools kept in the garden shed. A small selection of adhesive plasters, antiseptic ointment, a pair of tweezers for removing thorns and splinters and a gauze or lint pad to use as a compress to stop the bleeding if you are badly cut