



## **SAFETY GUIDELINES FOR VOLUNTEERS AT THE FWG**

Gardening is fun and interesting. Let's keep it that way by making sure we work carefully and safely. Here are a few suggestions for all our volunteers.

Dress appropriately for the work you are doing and the conditions you are going to do it in. On sunny days, please use sunscreen and stop for a drink of water often.

Wear appropriate footwear. For example, sandals are not appropriate when you are using the lawnmower. Although lightweight shoes are fine for most tasks in the Backyard Garden, when digging, moving debris, using power tools, and walking off the trails, please wear boots.

Use garden gloves to protect your hands from scratches. If you have an unhealed cut, please make sure it is covered with a plastic band-aid and wear gloves to avoid infection. It's important to ensure that your tetanus vaccinations are up to date.

Use appropriate safety equipment. Do not use tools (especially power tools) unless you know how. Ask for help and wear protective gear, such as goggles, boots, knee pads, ear protectors etc.

Before you use a machine or tool, find out how to use it safely. When you set a tool aside, make sure it is plainly visible to others in the garden. Make sure tines are turned down or forks and shovels are set upright in a garden bed rather than left lying on the grass.

When working in remote parts of the FWG, using power tools, or working in and around the pond, take a friend along — just in case.

There is a first aid kit just inside the door of the Interpretive Centre. In the bathroom, you'll find soap, peroxide, band-aids, cotton swabs, and first aid cream. Check these out so you'll know where everything is in case of an emergency. Ice cubes are available in the refrigerator. Plastic bags are under the coffee bench; use one to make an emergency ice pack.

Remember you are in a wildlife garden. When you step off the beaten path watch for hazards like animal burrows or active wasp nests and behave appropriately to avoid any danger.

Bee or wasp stings are one of the most common emergencies at the FWG. A list of instructions is posted in the bathroom. Please note: if you are allergic to insect bites, it is your responsibility to carry appropriate medication and to take extra precautions when working outside.

Although we have not found ticks at the FWG, please take the precaution of checking your clothing and yourself after working in the garden.

Make sure you know where the telephone is. Emergency numbers are posted next to it along with instructions for getting to building 138.

Injuries must be reported to FWG management at the earliest opportunity.