

Grounds Keepers

3rd
Edition
R3

Safety Guide



Canadian Centre for Occupational Health and Safety



Summary

Groundskeeping involves a wide range of tasks. Many of these tasks can cause bodily injuries or illnesses. You can prevent such injuries and illnesses by following safe work practices and by using proper protective equipment.

Examples of some injuries and illnesses are:

- cuts, amputations from the use of chain saws, tillers, and gardening tools
- bruises and abrasions from plants and trees
- burns from hot engines or motors of powered equipment and vehicles
- electric shock or electrocution from contact with live electrical parts or electric powerlines
- slips and falls from working in wet and/or cluttered areas
- soreness and pain in hands, wrists, shoulders or back as a result of doing repetitive work, working in an awkward posture, applying too much force over and over again, operating vibrating equipment or lifting heavy loads improperly
- itching, swelling, redness of the skin as a result of exposure to very hot or very cold weather, contact with chemicals such as cleaning solutions, fertilizers, pesticides, or contact with plants and animals
- illness as a result of prolonged exposure to chemicals and pesticides, or contact with objects contaminated with infectious materials such as needles and biological waste, dead animals and animal droppings
- infectious diseases as a result of contact with objects contaminated with infectious materials such as needles and biological waste, dead animals and animal droppings
- allergies as a result of inhalation of dusts, contact with plants and animals, insect bites and stings

This Guide provides safe work methods to prevent these injuries and illnesses.

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4. First Aid

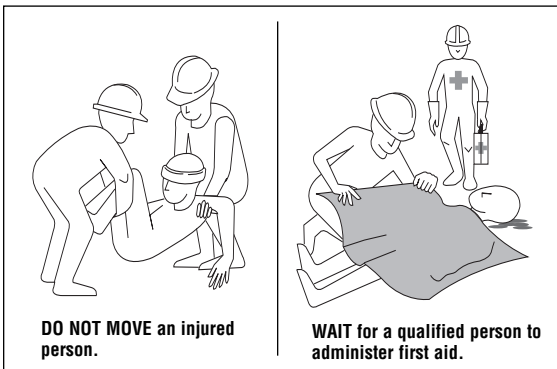
First aid regulations require that employers provide first aid facilities, equipment, and trained personnel in all workplaces. People who hold valid first aid certificates should make sure that the contents of first aid boxes are regularly checked and maintained.

For information regarding first aid kits and first aid training, please contact the local branch of the St. John Ambulance Association or the Canadian Red Cross Society or any other approved organizations.

In case of injury:

1. Promptly obtain first aid.
2. Notify your supervisor/employer.
3. Ask your supervisor for a treatment memorandum to take to a doctor or hospital.
4. Complete and promptly return all forms received from the Workers' Compensation Board.
5. Your supervisor should decide on the need for an accident investigation.

Your employer should post the names and workplace telephone numbers of the people who have agreed to provide first aid at the workplace.



X DO NOT USE loader without approved Roll-Over Protection (ROP) and Falling Object Protection (FOP) cab.

DO NOT EXCEED rated operating capacity.

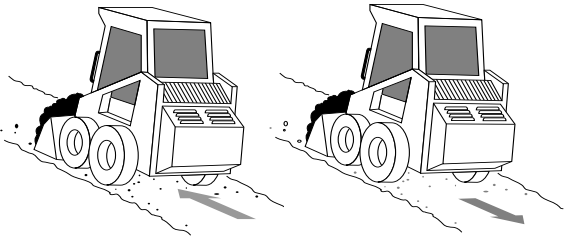
DO NOT CARRY passengers.

DO NOT TRAVEL or turn with lift arms up.

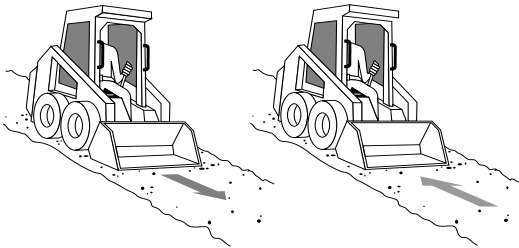
DO NOT LEAVE loader with engine running or with lift arms up.

DO NOT GO across a slope.

DO NOT APPROACH overhead wires.



**Going Up and Down a Slope with Bucket Full
KEEP HEAVY END UP**



**Going Up and Down a Slope with Bucket Empty
KEEP HEAVY END UP**

Proper Care of Safety Glasses

Safety glasses require regular maintenance.



CLEAN your safety glasses daily. Follow the manufacturer's instructions. Avoid rough handling which can scratch lenses. Scratches impair vision and can weaken glass lenses.

STORE your safety glasses in a clean, dry place where they cannot fall or be stepped on. Keep them in a case when they are not being worn.

REPLACE scratched, pitted, broken, bent or illfitting glasses. Damaged glasses interfere with vision and do not provide adequate protection.

COMPARISON OF LENS MATERIALS

Material	Advantages	Disadvantages
Glass	<ul style="list-style-type: none">• Scratch resistant• Superior visual transmission• Superior infrared/ultraviolet filter• Greatest number of special-purpose lenses available	<ul style="list-style-type: none">• General-grade impact resistance• Pits weaken impact resistance• Heavier than polycarbonate or plastic
Polycarbonate	<ul style="list-style-type: none">• Strongest material for impact resistance• Lightweight—37% lighter than glass• More flexible than glass; lenses easier to change• High visual transmission (91%)	<ul style="list-style-type: none">• Scratches more easily than glass• Limited choice in tints
Plastic	<ul style="list-style-type: none">• Stronger than glass• More choice of tints than polycarbonate• Lightweight—40% lighter than glass• Sheds metal splash and spatter the best	<ul style="list-style-type: none">• Scratches more easily than polycarbonate• Weaker on impact than polycarbonate

Note: Polycarbonate and plastic are the only two lenses which are CSA certified.

UV Index	Description	Sun Protection Actions
0 - 2	Low	<ul style="list-style-type: none"> Minimal sun protection required for normal activity Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen Reflection off snow can nearly double UV strength. Wear sunglasses and apply sunscreen
3 - 5	Moderate	<ul style="list-style-type: none"> Take precautions - cover up, wear a hat, sunglasses and sunscreen especially if you will be outside for 30 minutes or more Look for shade near midday when the sun is strongest
6 - 7	High	<ul style="list-style-type: none"> Protection required - UV radiation damages the skin and can cause sunburn Reduce time in the sun between 11 a.m. and 4 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen
8 - 10	Very High	<ul style="list-style-type: none"> Extra precautions required - unprotected skin will be damaged and can burn quickly Avoid the sun between 11 a.m. and 4 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen
11+	Extreme	<ul style="list-style-type: none"> Values of 11 or more are very rare in Canada. However, the UV Index can reach 14 or more in the tropics and southern U.S. Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 4 p.m., cover up, wear a hat, sunglasses and sunscreen White sand and other bright surfaces reflect UV radiation and increase UV exposure

Sources: UV Index Program, Environment Canada
http://www.msc-smc.ec.gc.ca/topics/uv/index_e.html

The following practices are recommended to minimize UV exposure during outdoor work:

- Avoid midday sun (11 am–4 pm in summer months).
- Wear clothing that is tightly woven to block sunlight.
- Wear a broad-brimmed hat that will shade your face, neck and ears.
- Apply on exposed skin a waterproof sunscreen with a sun protection factor (SPF) of 15 or higher and which has both UVA and UVB protection.