

General Safety Guidelines

Please keep safe! These are general safety guidelines to follow at all times when in the field carrying out GROW activities:

- If you are carrying out GROW's outdoor activities in a growing site other than your own garden or farm, you will need to consider if you require permission and long term access from the homeowner or landowner.
- Before starting, make sure the site is safe, e.g. locate yourself away from roads, check for any uneven surfaces, glass, litter, etc.
- Check your tools and make sure they are in good condition.
- If young children are present, make sure they are closely supervised at all times.
- Be aware of other people, vehicles, or animals that are close by.
- Make sure you wear suitable clothing adequate to the weather of your region.
- When digging for soil, look out for sharp objects that might be present in the ground and take care in the use of digging tools.
- Consider wearing gloves. Avoid carrying out the activities if you have open cuts or wounds. There is a low risk of contracting tetanus, a bacterial infection, through soiled cuts or wounds made by plant thorns.
- Be aware of any prickly or stinging plants, biting insects or other creatures that may be living in the soil or undergrowth.
- Think about wearing eye protection to protect your eyes from splashes or soil particles, and old clothes or an apron to avoid getting dirty.
- Wear proper shoes to protect your feet from cuts and stings. Bare feet, sandals, or flip flops are not recommended.
- Always wash hands thoroughly after carrying out GROW activities outdoors. Use a hand sterilising gel if clean water is not available.

