

Safety Guidelines

Golden Beach Community Garden Inc.

1. Responsibility of Garden Members

- Participation in the garden is at the member's own risk.
- Golden Beach Community Garden Inc., the members of the Golden Beach Community Garden Management Committee, and the Sunshine Coast Council are not liable for any injury to members, their invited family and friends, or for the loss of any of their possessions.
- Members must take full responsibility for their actions and follow these Safety Guidelines, as well as the Golden Beach Community Garden Member Guidelines.

2. Common Sense Garden Safety

- Garden safety is about common sense and thinking carefully about actions.
- Members must take reasonable care for their own health and safety and that of the people they work with.
- Garden safety and the location of the First Aid Kit are covered during the orientation for new members.

3. Accidents and Hazard Identification

- Hazards in the garden environment include excessive sun exposure, dehydration, insect bites, injury from tool use, inhalation of spores in soil, and back strain from improper lifting techniques.
- Before starting a task, assess potential risks to health and safety, including tools and equipment, materials, and personal health.
- Ensure the work area and pathways are free of slipping and tripping hazards.
- Report any danger, accident, incident, or near miss. The Garden Coordinator must document the event in the Garden Logbook and complete an Accident, Incident, and Near Miss Report for committee review and action.

4. Safety of Children

Parents must:

- Supervise their children to prevent injuries.
- Caution children about plants with hot tastes.
- Caution children about toxic leaves, such as rhubarb.

5. Manual Handling and Lifting

- Plan the lift and use a trolley or wheelbarrow if necessary.

- Wear protective clothing, including gloves and covered shoes.
- Check loads for sharp edges.
- Use proper lifting techniques: bend your knees, keep your back straight, and hold items close to your body. If unsure, seek help for heavy or bulky items.
- Ensure you have a stable footing that allows for even distribution of weight. The front foot should be beside the object, pointing in the direction of travel. The back foot should be slightly behind and hip width from the front foot.
- To avoid back injury, do not bend over to pick up something that is heavy. Instead, bend your knees and crouch down, then lift it by straightening your legs. Keep your back straight and your arms as close to the body as possible. Keep your head raised, as this ensures your spine remains straight and you can see where you are going.
- Ensure you have a secure hold of the object before lifting.
- Be aware of your limitations. If in doubt, seek help to lift and move heavy or bulky materials or objects.

6. Recommended Personal Protective Equipment

- Gardening gloves.
- Sunscreen and a broad-brimmed hat (available in the shed).
- Long-sleeved shirts, long trousers
- Covered shoes (when needed, eg using a spade or helping with construction projects).

7. Use of Garden Tools

- Check tools for damage before use.
- Use tools for their intended purpose.
- Be aware of your surroundings and work safely, especially around others and children.
- Supervise children using garden tools.

8. Use of Power Tools

- Choose the right tool for the job.
- Use tools only for the purpose they were intended
- Use cordless tools if possible.
- Never use corded tools near water.
- Only use power tools if you have the necessary experience and skills.
- It is the owner's responsibility to ensure power tools are in good repair with proper safety mechanisms.
- When necessary, wear protective gear, such as safety gloves and goggles.
- Take care to ensure that other persons are not placed at risk while using tools with sharp blades or long handles.
- Remain aware of your surroundings and work carefully and sensibly.
- Be aware of where other gardeners are working and if there are young children nearby.
- Supervise children who are using gardening tools.

9. Storage

- Store materials in designated areas to avoid tipping.
- Stack materials neatly to keep them accessible and out of walking paths.

Emergency Contact Information

- For emergencies such as Ambulance, Fire, or Police, dial **000**.