

## Early Spring 2012

### Lawn and Garden Chores



About 400,000 people are treated in hospital emergency rooms for injuries from lawn and garden tools. One out of every five deaths involves a child. It is also important to treat all lawn chemicals with respect.

- ❖ Dress appropriately for the task. Wear long pants, long-sleeved close-fitting clothes and no jewelry. Don't forget slip-resistant, closed toe shoes, eye protection, gloves, and hearing protection.
- ❖ Ensure that safety devices on the equipment are functioning properly.
- ❖ Never let a child ride or operate a garden tractor or riding mower, even if the child is supervised.
- ❖ Teenagers should only be allowed to operate outdoor power equipment if they possess adequate strength and maturity.
- ❖ Be alert and turn off the mower if children enter the mowing area. Use extra care when backing up or when approaching corners, shrubs, and trees.
- ❖ Unplug electric tools and disconnect spark plug wires on gasoline-powered tools before making adjustments or clearing jams near moving parts.
- ❖ Be sure power tools are turned off and made inoperable if they must be left unattended to prevent use by children.
- ❖ Never work with electric power tools in wet or damp conditions. For protection against electrocution, use a ground fault circuit interrupter (GFCI). GFCIs come in several models, including a portable plug-in type.
- ❖ Be sure that extension cords are in good condition, rated for outdoor use, and are the proper gauge for the tool.

## *Gasoline and Lawn Chemicals*

### **Gasoline Safety Tips**

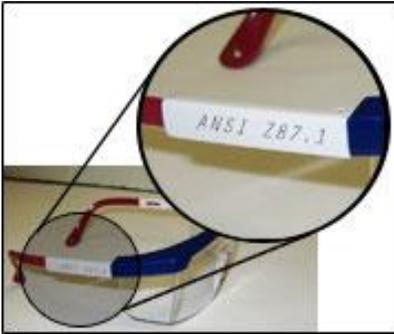
- Keep gasoline out of children's sight and reach.
- If a fire starts while handling gasoline, do not attempt to extinguish the fire or stop the flow of gasoline. Leave the area immediately, and call for help.
- Do not use or store gasoline near possible ignition sources (i.e., electrical devices, oil- or gas-fired appliances, or other devices that contain a pilot flame or a spark).
- Store gasoline outside the home (garage or lawn shed) in a tightly closed metal or plastic container approved by an independent testing laboratory or the local or state fire authorities. Never store gasoline in glass or non-reusable plastic containers.
- Store only enough gasoline necessary to power equipment. Never fill gasoline tanks while machinery is on or when equipment is still hot.
- Never use gasoline inside the home or as a cleaning agent. Clean up spills promptly and discard clean-up materials properly.
- Do not smoke when handling gasoline.
- Never use gasoline in place of kerosene.
- Use caution when fueling vehicles. Do not enter or exit vehicles when fueling. An electrical charge on your body could spark a fire, especially during the dry winter months.
- Only fill portable gasoline containers outdoors. Place the container on the ground before filling and never fill containers inside a vehicle or in the bed of a pick-up truck.

### **Lawn Chemicals**

- Never leave open and/or unused chemicals unattended with children around.
- Lock up unused products in child-safe containers or store far out of reach.
- Avoid using soda bottles, pails, cups or spray bottles when applying pesticide products; these can easily be mistaken by children as safe to drink from or touch.
- Keep the Poison Control Centers' national helpline number, 1-800-222-1222, near your phone. Program the number into all of your phones.

## A Campus Safety Newsletter for Oklahoma's Higher Education Institutions Campus Edition

### *Eye Safety at Home*



A recent study from the American Academy of Ophthalmology found that more than 40 percent of at-home eye injuries occur during activities like cooking, yard work or home repairs. In 78 percent of these injury cases, individuals were not wearing protective eyewear at the time.

Using proper, ANSI certified safety eyewear will help prevent a possibly life changing eye injury. Regular eyeglasses just won't do the job. Only wear protective eyewear with "**ANSI Z87.1**" marked on the lens or frame. This means the glasses, goggles or face shield meets the American National Standards Institute (ANSI) Z87.1 safety standard.

ANSI-approved protective eyewear can be easily purchased from most hardware stores nationwide. There are many styles and sizes of safety glasses available including some that will fit over regular eyeglasses and safety classes with magnification built in. To determine if your activity merits eye protection, consider if it will involve:

- Work that may produce particles, slivers, or dust from materials like wood, metal, plastic, cement, and drywall;
- Hammering, sanding, grinding, or doing masonry work; Power tools;
- Chemicals, including many common household chemicals like ammonia, oven cleaners, and bleach;
- A lawnmower, riding mower, or other motorized gardening devices like string trimmers;
- Wet or powdered cement;
- Welding (requires **extra** protection like a welding mask or helmet from sparks and UV radiation);
- Jumping the battery of a motor vehicle; or
- Being a bystander to any of the above.

Do not forget to wear sun glasses outdoors that are impact resistant and protect against ultraviolet rays. Look for labels that clearly state the sunglasses block 99–100 percent of UV-A and UV-B rays. Wrap-around sunglasses and wide-brimmed hats add extra protection because they help block UV rays from entering the eyes from the sides and above.

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Farmer's markets are held all over the state and are overflowing with great, locally grown fruits and vegetables. Take advantage of these tasty and healthy options and find some exciting new recipes at the **More Matters** website. Here are 10 healthy and realistic resolutions to consider from **More Matters**:

1. **Save money by eating more fruits & veggies!** A new study released by the USDA found that an adult on a 2,000-calorie diet could satisfy recommendations for fruits and vegetables at an average of \$2 to \$2.50 per day, or about 50 cents per one-cup serving.
2. **Fill half your plate with fruits & veggies.** Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math!
3. **Get 150 minutes of exercise per week.** Getting 30 minutes of exercise five (5) days a week is not realistic for many people. Break it up to fit your lifestyle - do 75 minutes of exercise for two (2) days a week or three (3) 1-hour sessions a week.
4. **Have a family dinner at least 2 nights per week.** The statistics are clear: Kids who dine with the folks are healthier, happier and better students, which is why a dying tradition is coming back. To stimulate positive family relationships, healthier meals, and new traditions start making family meals a priority!
5. **Try a vegetarian recipe once a week.** Research has shown rates of obesity, diabetes and high blood pressure are lower among long-term vegetarians versus non-vegetarians.
6. **Go green.** Look for locally-grown produce, eat a more plant-based diet, and visit your local farmer's market. The closer to home produce is grown, the less it has to travel, and the less environmental impact it will have.
7. **Get your kids excited about fruits & veggies!** This is easier said than done, right? **More Matters** has tips and tricks to help get your kids enthusiastic about their fruits & veggies! See: <http://www.fruitsandveggiesmorematters.org/get-kids-involved>.
8. **Become a healthier cook.** Cooking is a great way to use your creative juices and turn them in to food masterpieces. Our featured healthy plates provide tasty meals that help you meet your daily fruit & veggie recommendations.
9. **Eat ONE MORE fruit or vegetable each day.** Taking one step at a time to transform unhealthy eating habits into nutritious ones is the best way to make the transition to a healthier diet! Take the pledge to eat one more fruit or vegetable each day.
10. **Become an expert at planning!** Planning is essential to making any kind of change. Start each week with a few healthy meals in mind and always have a well-stocked pantry for those last-minute creations.

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## *For More Information*

### **Lawn and Garden Safety**

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml96/96127.html>

<http://www.cdc.gov/family/gardening/index.htm>

### **Lawn and Yard Chemicals**

<http://hpd.nlm.nih.gov/cgi-bin/household/prodtree?prodcats=Landscape/Yard>

<http://www.nfpa.org/index.asp>

### **Eye Safety**

<http://www.geteyesmart.org/eyesmart/living/protective-eyewear.cfm>

<http://www.geteyesmart.org/eyesmart/living/eye-injuries-home.cfm>

<http://www.preventblindness.org/eye-health-safety>

<http://www.foh.dhhs.gov/NYCU/eyeinjury.asp>

<http://www.epa.gov/sunwise/doc/eyedamage.pdf> (pdf, 980kb)

### **Fruits, Vegetables, and Healthy Eating**

<http://www.fruitsandveggiesmorematters.org/fruit-veggie-database>

<http://www.choosemyplate.gov/>



*Have a Healthy and Enjoyable Spring*



The next edition of this newsletter will be available before the end of the 2<sup>nd</sup> quarter of 2012. Send suggested topics to the SSHER Center Coordinator at [pboatright@osrhe.edu](mailto:pboatright@osrhe.edu).

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