



The Calvert Peace Project serves and supports the Calvert County, Maryland community and is led by Broadview Church and Peace Through Action USA.

Project Spudnik Garden Volunteer Garden Safety Tips

Wear good gardening gloves.

Gardening gloves can help prevent callouses and blisters, as well as protecting against cuts and punctures. If you are working with soil or gardening tools, it is always a good precaution!

Protect yourself from the sun.

Especially when the UV level is three or higher, you should take extra precautions to protect yourself against harmful UV exposure. It is recommended you use a broad-spectrum sunscreen of 30 SPF or higher, applying the sunscreen at 20 minutes before direct sun exposure and reapplying at regular intervals. You can also limit exposed skin with long but cool shirts/pants, a hat, and sunglasses with UV protection.

Stay hydrated.

Staying hydrated is always important, but it is especially important when you are doing strenuous activity and spending time in the sun. It is recommended that individuals drink about 8 oz of water every 15-20 minutes while they are working outside in the heat. While working in the garden, please ensure you have plenty of water to stay hydrated and avoid dehydration or heat-related issues.

Rotate tasks to avoid strenuous repetitive movement.

It is easy to injure yourself or worsen soreness if you are doing the same repetitive movement continuously. To avoid these issues, try to regularly rotate your tasks and avoid doing the task in the same position for too long. You can also do this by taking short periodic breaks to walk around, do light stretches to help with the muscles being used, or getting some water.

Get ready with warm up exercises before you begin.

Gardening can be equated to moderate exercise. Just as you should before exercising, it is important to warm up your muscles and stretch to avoid severe soreness and injury. With just a few minutes of deliberate preparation, a lot of pain can be prevented! For ideas, you can find a helpful warm up video [here](#).

Avoid bending at the back.

Rather than bending over at the waist, it is recommended that you “hinge” at the hips. This will help prevent back pain/fatigue and back injury. It will also help you to lift correctly when necessary.

Ensure you're lifting correctly.

If you are asked to lift something heavy, ensure you are lifting with your legs, not your back. Essentially, when you go to lift a heavy object stay as upright as possible while bending/squatting at the knees, then lifting the object by straightening out your legs rather than moving backwards with your back.

Pay attention to your body.

Pay close attention to how you are feeling as you garden. If you are experiencing pain, fatigue, or feeling faint, please take a break and adjust as needed. You can take small sips of water or getting something to eat if you are feeling faint, or adjust your position and/or stretch if you are feeling any pain or muscle fatigue.