**Working Outdoors**

**Hazard:** Equipment, weather conditions, animals/insects, weeds/plant material and people made conditions may cause personal injury and danger. Be aware of your environment and surroundings and take necessary precautions to remain safe.

**PPE**

* Footwear – close toed shoes at all times, safety toed shoes when working around equipment
* Sun protection – hat, sunscreen, sun glasses, long clothing as needed
* Insect protection – repellent, long and loose fitting clothes as necessary
* Dust mask - in dusty conditions

**Machines**

* Know how to operate and turn off any machinery you work with. If you are unsure, ask for instruction.
* Be aware of equipment movement in your area.

**Sun and heat exposure**

* Sun exposure can cause sever health problems. See heat cramps, heat exhaustion and heat stroke.
* Cover up with loose fitting, light colored clothing.
* Wear sun screen with at least 25 SPF. Consider a sun block if you have sensitive skin or pale complexion. Apply a thick coat 25 minutes before sun exposure and reapply every 30 to 45 minutes while exposed. Be sure to put it on the back of your neck, ears, and hands.
* Sun glasses protect eyes and avoid headaches.

**Insects/Wild Animals**

* Apply insect repellant in well vented area away from food or drink onto clothing rather than skin if possible. Keep away from mouth and eyes.
* Insects like bright black fabrics, jewelry that shines, perfume, cologne, hair spray and scented sun tan lotion. Avoid wearing these.
* Bees and wasps hide in vines, eaves, and outdoor light fixtures. If you are stung by an insect and feel anxious, panic stricken, short of breath, have a fast heart rate or if you begin to swell, particularly in the face or neck - get medical help immediately. You may be having an allergic reaction.
* Be aware of wild animals that could be in the area and know how to remain safe in their presence.

**Plant Sprays and Chemicals**

* Keep away from areas that have been posted as sprayed.
* If you have an accidental exposure, notify your supervisor immediately. Avoid touching your face. Wash and shower immediately. Change into clean clothing and place contaminated clothing in a plastic bag for cleaning or disposal
* Follow protocols for spraying.

**Dust**

* Wear goggles and dust mask if working in dusty areas.
* If eye becomes red and inflamed or breathing becomes difficult, see a doctor.

**Report Incident**

* If you do have an accident, be sure to report the incident to your supervisor as soon as possible.