

# Keeping healthy, Staying safe

while volunteering at the TCG or allotment



## Wash your hands regularly

Bring hand-washing/sanitising kit with you and use it regularly, especially before and after touching shared surfaces and your own face. If you have to cough or sneeze use a tissue or elbow.



## Keep social distance of 2m

Don't go closer than 2m to anyone who isn't in your household. Don't gather in groups of more than two. Don't pet dogs.



## What to wear

Please wear sturdy footwear, outdoor clothing, long sleeves, long trousers, gardening gloves and a sunhat in summer. If advised to wear protective clothing eg masks, please do so.



## Use tools carefully

Don't be the one who puts a fork through their foot, or stands on the rake! Use gardening tools carefully and don't leave them lying around when not in use. Bring your own if you can



## Trips and slips

Take care when gardening on muddy or uneven ground. Bring a small first aid kit with you to avoid cross contamination.



## Lifting and handling

Look after your back, bend your knees, know your limits, don't do too much. If in doubt don't try to lift it!



## Cuts and grazes

The main reason wearing good gloves when gardening is to protect against soil-borne diseases. We suggest you buy a tough, well-fitting pair and bring them each time you visit.

[www.trianglegarden.org](http://www.trianglegarden.org)