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Yard Work Safety

Every spring, people across the country purchase mowers, grass seed and other lawn products to beautify their yard. Yard work enhances the environs of your home and provides a way to get fresh air and exercise. However, there are certain hazards associated with yard work that you need to consider to ensure your safety.



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Significance

Consider that your wardrobe may be a potential safety hazard when you work in the yard. You should avoid wearing loose clothing or jewelry that could be caught in moving parts of lawn equipment such as a lawn mower. Wear slip-resistant shoes, especially if your yard is hilly. Eye protection may be needed at times, depending on what chore you are tackling.

Function

It is best to scour the lawn and pick up any objects such as sticks, glass or metal that could become a projectile if it is caught inside motorized lawn equipment. You should also make sure electrical tools such as trimmers are unplugged before making any adjustments.

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Types of Safety Precautions

All equipment should function properly and all electrical cords should be in good condition. Safety features should be deployed when equipment is not in use, according to the U.S. Consumer Product Safety Commission.

Considerations

It is important to watch for small children and keep them away from moving equipment. Also, do not allow children to operate any power equipment.

Warning

People should not overexert themselves while doing yard work, especially if they are older, have heart problems or other medical conditions. It is also important to stay hydrated during extremely warm weather to avoid heat exhaustion or heat stroke.

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References

[U.S. Consumer Product Safety Commission: Approach Spring Gardening And Yard Work With Caution](#)

[My Optum Health: Yard Work - The Ultimate Fall Workout](#)

[lawnandlandscape.com: Overexertion](#)

Resources

[OSHA: Tips: Proper Safety Preparation Before Beginning Yard Work](#)

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