



Tips for safe gardening

We want your time gardening with Bankside Open Spaces Trust to be rewarding and safe.

Please follow these tips while volunteering on our sites.

- **Breaks:** If you are feeling tired or out of breath take a break and inform your group leader.
- **Lifting:** Practice safe lifting by bending at the knees and keeping your back straight.
- **Working in the sun:** Make sure you have sun cream (bring your own), a hat and water.
- **First aider:** There will be a first aid kit on site. All sessional leaders are first aid trained.
- **Shoes and clothes:** Dress for the weather and wear clothes you don't mind getting dirty. Wear footwear with a closed toe (trainers/boots). Boots are available upon request.
- **Gloves and equipment:** Please wear the gloves provided while gardening to reduce the chance of injury or infection. All equipment is provided, your group leader is there to guide you so please use anything they ask you to.
- **Ponds:** When gardening in or around ponds gloves must be worn. Cover any open cuts or sores with a plaster.
- **Handwashing:** Always wash hands after working outdoors, before eating or smoking. There are toilets and handwashing facilities in Red Cross Garden and nearby cafes at other sites. Ask your leader to show you where.
- **Food/drink:** Bring a bottle of water and you may want to bring snacks.
- **Phones:** If you need to use your phone while volunteering, please take a break and remove your tabard. Do not make calls or use headphones while gardening.

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- **Smoking:** Do not smoke when children are present, while gardening or while wearing a Bankside Open Spaces Trust tabard. Cigarette butts should be safely disposed of.
- **Sharps (needles, knives, broken glass):** Although very rare, be cautious when reaching low down as sometimes sharps are hidden in public spaces. If you find knives or needles, do not touch them. Report any finds to your group leader who will deal with it.
- **Dog poo:** Please report to your group leader who will deal with it, please do not touch.
- **Tetanus:** You are not required to have a tetanus immunisation but it is something that we recommend. Your GP can provide further information.
- **Alcohol/drugs:** We do not tolerate the use of illegal drugs or alcohol by our staff or volunteers. If you are suspected to be under the influence of either while gardening with us, you will be asked to leave. Please let us know if you take prescription medication that may affect your abilities.
- **Tidy site:** Always leave paths free from rubbish and put tools away when not in use. Our parks and gardens are open to the public. Your group leader will cover this in more detail.
- **Tools:** Correct use of tools will be explained to you. Please follow instructions.
- **Help:** Don't be afraid to ask for help or admit that you don't know something. Please inform Bankside Open Spaces Trust if you have any physical or mental health support needs so we can arrange suitable activities.

If you have any questions or concerns about this leaflet please speak to your group leader.