

Having fun, Staying safe



while volunteering at the Triangle Garden



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.



Trips and slips

Take care when gardening on muddy or uneven ground.



Lifting and handling

Look after your back, bend your knees, know your limits, don't do too much. If in doubt ask for help!



Water

Be aware of the river nearby, especially when gardening with small children. Children should be supervised at all times.



Hazardous plants

Most plants in the garden are completely harmless but some may cause reactions such as rashes or itching. If in doubt ask.



Gardening gloves & hand washing

The main reason for wearing good gloves when gardening is to protect against water and soil-borne diseases. We do provide gloves of most sizes at our Garden Clubs but we suggest you buy your own well-fitting pair if you want to garden regularly. Always wash your hands after gardening and before eating.