

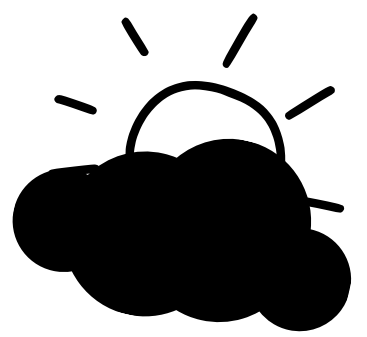
Summer Gardening

safety guidelines



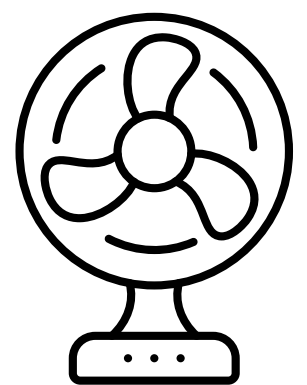
Drink plenty of water to avoid dehydration.
Drink before, during, and after working outside. Don't wait til you are thirsty. H2O is best, if you drink soemthing else, limit sugar content as it slows down liquid absorption in your body.

Protect yourself from sunrays. Gardening during early morning or evening hours will protect you the best. As the sun moves into the area you are working in, move to a shadier spot for awhile.



Wear sun protection. this includes sunscreen (reapply often), hats, loose breathable, moisture-wicking clothing, sunglasses, and anything else you can think of to keep the sun and heat off your skin.

Take breaks and take them often. Don't wait until you feel dizzy or lightheaded. Go inside to cool off and rest for however long you need. Nothing needs to be done all at once. you are more important!



Watch for summer pests; hot weather increases pests activity. mosquitoes and roaches are searching out water, while chinch bugs are attacking lawns and spidermites and aphids are hoping to suck your plants dry of nutrients. Avoid wipe out sprays and choose specified products instead.

