Participation Rules for the Garden

- The garden may only be used when Gardening Staff are present.
- The garden is on UC Davis property, therefore all activity is subject to UC Davis rules & procedures.
- Participants agree to be involved at their own risk. UC Davis will not be held responsible for any injury or illness incurred. Each participant must complete a liability waiver and training session.
- Dispose of wastes properly. Trash in the landfill bin, recyclables in the mixed recyclables bin and green waste in the green waste trailers.
- Pets are not allowed in the garden (except service animals.)
- Participants may not plant anything that has not been approved by Gardening Managers.
- The garden is an alcohol/smoke free area. Illegal substances are not tolerated.
- Harvesting of the garden should not occur unless directed and supervised by the Gardening Coordinator.
- Consumption of food from the garden is at students own risk and nothing should be eaten from the garden without approval from gardening staff.
- If participants fail to comply with any rules they may have their garden privileges revoked.
- If there are any questions please contact the Gardening staff at garden.coordinators@gmail.com
Personal Hygiene

- Do not use the garden as a restroom. (Restrooms are located in the Segundo Dining commons and services Center.
- Hands must be washed after using the restroom.
- Proper clothing suitable for gardening should be worn.
- If you are sick you cannot work in the garden.

Gardeners will not be allowed to work in the garden(s) or handle raw produce if they:

- Have any of the following symptoms associated with an acute gastrointestinal illness such as (a) vomiting, (b) diarrhea, (c) fever, (d) jaundice, (e) sore throat with fever.
- Have lesions containing pus (such as boils and infected wounds that are open and draining) on the hands, wrists and on exposed portions of the body.
- Are diagnosed with an illness due to (a) Hepatitis A virus, (b) Shigella spp., (c) Shiga Toxin-Producing Escherichia Coli, (d) Salmonella Typhi, (e) Norovirus, or (f) other communicable diseases transmissible through food, as required by your state, county and / or city / town public health authority. (Until released by diagnosing physician.)

Soil Treatment

- Domestic pets are not allowed in the gardens and garden is designed to minimize intrusion. Snacks, squirrels, spiders as well as other animals are known to live on campus and are know vectors of human diseases.
- Anything used in the garden soil must be approved in writing by Environmental Health and Safety, Student housing and UC Davis Food Services.

About the Garden ...

UC Davis, as a campus, is very committed to agriculture education and has provided students with a variety of opportunities to learn and cultivate their own gardens. UC Davis started as the UC Berkeley Student Farm in 1908, and is one of three land-grant Universities in California.

This garden will provide residence hall students a place to learn about organic gardening techniques and to have the opportunity to plant and maintain crops.

The Garden Safety Handbook and the mandatory garden training session will review how to have a safe and fun gardening experience, as well as provide a resource for students outside of the residence halls.

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Basic Garden Safety & Guidelines

Gardening injuries can be prevented by following safe work practices. If you do not understand how to do something, ask for help.

- Horseplay is not permitted in the garden area.
- Know your physical limits and work within them.
- Know how to use the tools you will be using, ensuring they are in good condition.
- Wear good solid closed-toe shoes when working with and around tools, not sandals.
- Be careful in the hot weather so you don’t get overheated.
- Drink plenty of water. Be aware of those working around you and look out for their safety as well.
- Avoid repetitive motion injuries, which occur when doing repetitive tasks without taking breaks or changing the chore you are doing.
- Clean up the area before leaving; then clean and properly store your tools.
- Personal hygiene and sanitation is necessary when handling soil, compost and plants in garden.
- Know what to do if you get a cut, insect bite, etc.
- Plants may only be planted/harvested when Garden Coordinators are present.
- No chemicals will be used in garden unless approved in writing by Environmental Health and Safety, Student housing and UC Davis Food Services.
- Keep garden free of potential contaminants (trash, feces, food waste, decaying organic materials, etc.).
- Please report any issues with garden immediately to Garden Coordinator or REO Staff.

Heat Stress Safety Information

There will be times when the temperature is above 90 degrees and you need to work on the garden. Be aware of what your body is telling you. Too often you receive information telling you that your body is having a difficult time and you don’t listen; until there is a body breakdown.

Heat stress injuries may include heat rash, heat cramps, heat syncope (fainting), heat exhaustion or heat stroke.

Some signs that there is a problem might include any of the following:
- Skin will feel cool and moist, confusion, weak pulse, heavy speech, weakness, fatigue, headache and cramps.

To help prevent these problems you should:

- Get used to the heat in short periods, to acclimate yourself to it.
- Wear a hat to shade yourself.
- Dress in lightweight, light colored clothing.
- Drink a lot of water, even if you don’t feel thirsty. (A quart an hour).
- Take frequent breaks, preferably in the shade.
- Try to schedule work for early morning or late afternoon.
- Do not drink alcohol or take cold medication.
- Be aware of what you are eating and drinking that can dehydrate the body such as caffeine and excess sugars.
- If any symptom persists, you should seek medical attention.

Heat stroke is more severe than Heat Stress. Get medical attention immediately if there are any signs of the following:

- Not sweating
- Mental confusion
- Loss of consciousness
- Convulsions
- Nausea
- Body temperature highly elevated
- Loss of coordination
- Cramps and hot dry skin

Be very aware of people working around you. If you find they are having any of the above symptoms, seek medical help for them immediately. This is a requirement for everyone’s safety.
Insect bites and Stings in the Garden Environment

Insect bites may trigger an allergic reaction, depending on the sensitivity of the person. Insects such as bees, hornets, and fire ants are classified as venomous insects. Non-venomous insects include mosquitoes, ticks, biting flies, and some spiders.

- The most common symptom when the skin gets irritated from an insect bite is itching which can be treated with an antihistamine lotion, which helps lessen the swelling and eventually reduces irritation. Another symptom is stinging, which can be remedied by placing a cold wet towel on the affected area of the skin.
- Others may have a serious allergic reaction to an insect bite. Face swelling, difficulty breathing, fever and shock are more serious symptoms that insect bites can cause.
- If the discomfort persist, you may be having an acute allergic reaction to the bite and will need to seek medical attention immediately.
- Be aware of your allergies. If there's any doubt about an allergic reaction, please seek medical attention immediately either at UC Davis Student Health & Wellness Center or other medical facility.

Article Source: http://EzineArticles.com/?expert=Damian_Sofsian

Consumption Awareness

- Know what you planted and know what you are eating
- Be aware of any allergies you may have and communicate them to the Garden Coordinator.
- It is required that you wash all produce approved for harvest by the Garden Coordinator before consuming.

Back and Lifting Safety

Proper lifting technique is critical to back safety, but also important is proper planning. Before you lift anything, take a moment to consider your action: How heavy is it? Where are you moving it to? Is the route clear? Do you need help moving it?

Proper and Safe Lifting Technique

- Stand close to the load
- Grip firmly
- Bring the load close to your body
- Lift head and shoulders first, and with your back straight, use the strength of your legs to slowly and smoothly push up
- Make sure that you can see over the load
- DON'T TWIST YOUR BODY. Torque action can be especially dangerous. Move your feet first to change direction
- Bend your knees to lower the load
- Keep your fingers from under the load
- Lower slowly and smoothly
- When moving something heavy or awkwardly shaped, utilize team lifting and/or mechanical support (dolly, hand truck).
- If something is too heavy to lift individually, lift with others.
- When in doubt, ASK FOR HELP!

Acknowledgements: Construction Safety Specialists, Hartford Conn.

Herbicides and Pesticides

- Herbicides and pesticides are not allowed to be used on the garden unless approved in writing by Environmental Health and Safety, Student housing and UC Davis Food Services. However, the garden is surrounded by grass and other plants that are maintained by the UC Davis Grounds Department. As part of their maintenance, pesticides and herbicides may be applied. Because of this, the garden will be grown using organic methods but will not be a called an organic garden.
**Slips and Falls**

A fall occurs when you lose your balance and/or footing. The following checklist can help stop a fall before it happens.

- Be sure the pathway is clear before you walk.
- Avoid excessive bending, twisting, and leaning backward while seated.
- Always use a stepladder for overhead reaching.
- Do not climb on chairs.
- Pick up after yourself.
- Pick up objects others may have left on the floor.
- Report damaged walkways.
- Never carry anything that obscures your vision.
- Wear stable shoes with non-slip soles.

If you find yourself heading for a fall, remember - roll, don't reach. By letting your body crumple and roll, you are more likely to absorb the impact and momentum of a fall without injury. Reaching an arm or leg out to break your fall may result in a broken limb.

**Personal Protective Equipment (optional)**

Personal protective equipment includes all clothing and other work accessories designed to create a barrier against hazards. Garden participants must be aware that the equipment does not eliminate the hazard. If the equipment fails, exposure will occur. To reduce the possibility of failure, equipment must be properly fitted and maintained in a clean and serviceable condition.

Some protective gear is available in the garden:
- Gloves
- Goggles or face shield

Other equipment recommended:
- Sunscreen
- Insect repellent
- Knee protection

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**Gardening Tools**

Ergonomic gardening tools are designed specifically for comfort. You must choose a tool that fits you and the job you are doing. Sometimes you can try different tools and positions to prevent aches and pains that can occur. This is a huge benefit to gardeners because it means that you will be able to spend more time out in your garden without getting tired or sore. If your body starts to hurt, stop doing whatever you are doing take a break or change tasks to minimize pain. Always work slowly and steady taking frequent breaks; all you need is a five minute break to make you feel better. The higher the percentage of a person’s strength that is required to perform a given task, the greater the risk of hurting yourself. There are a variety of factors that influence the amount of force that person can generate such as gender, age, and the type of gloves (yes - gloves! - if they fit too loose or are too thick, they can affect your grasp). Using tools that are designed with ergonomic principles can go a long way toward reducing the likelihood of injury.

**GOOD**

Grip strength is at its maximum when the wrist is in a relaxed or "neutral" position like this.

**BAD**

Testing has shown that people lose up to 25% of their grip strength when their wrist is bent. The bent posture shown here, called an ulnar deviation, is the most potentially dangerous. The tendons responsible for flexing the fingers are easily irritated by exertions made while in this posture.

Resources:  [www.handhelpers.com](http://www.handhelpers.com)