Infographic: Working Outdoors



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1.Protect your skin! Always use sunscreen when working outdoors – even in the winter – and remember to reapply throughout the day. Protect your face, eyes, and skin and wear a wide-brimmed hat, sunglasses, and long pants and long-sleeved shirts.



2.PPE is important when mowing, cutting, trimming, and other landscape-related activities. Wear goggles, closed-toed safety shoes, and long pants to protect against flying debris.



3.Gloves aren't just for winter months! Wear gloves to protect your hands from cuts and chemicals such as weed killer or other landscaping chemicals.



4. Listen to your body and watch for signs of heat stress in yourself and your co-workers - high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.



5. Drink lots of water and sports drinks – and stay away from alcohol and sugary drink. Remember, the effects of drinking alcohol in the evening can carry over to the next day.

