

**CTF COMMUNITY GARDENS ASSOCIATION INCORPORATED**

**OCCUPATIONAL HEALTH AND SAFETY DRAFT ADVISORY SHEET FOR GARDENERS**

1. Wear covered shoes or boots (NOT THONGS OR SANDALS). This will avoid injuries by dropping heavy objects on feet or bites from spiders.
2. Wear hats and light clothing that covers the arms and legs to avoid sunburn. Use sun block-out creams on exposed skin.
3. Use safe lifting methods for buckets or other water containers and fertilizers. Water containers should be less than 10 liters in volume (10kgs). Gardeners can damage their backs if they do not follow these guidelines.
4. Use gardens tools correctly and safely. Do not leave sharp edged or pointed tools where people can trip over them or cut themselves or others.
5. no knives are allowed in the garden
6. Wear gloves when doing heavy work or weeding. Again use correct bending practices ad watch for spiders
7. Construct any structures such as trellises or ditches so that they are strong and not dangerous for gardeners
8. Do not leave uncovered containers full of water on plots – put lids on them. Otherwise they may breed mosquitoes that may carry diseases such as Ross River Fever
9. All children must be supervised when they accompany gardeners and are not allowed to run about the paths or plots unsupervised. Children are not allowed in the gardens unless they are with a gardener.
10. Potting mixes of soil, mulch or fertilizers can contain dangerous fungi or mould spores. Gardeners should wear masks while using them and wash their hands after use.
11. Some people are allergic to weeds such as dock weed. Remove any weeds that grow on your plot or on the nearby paths. If weeds are left their seeds can spread everywhere by wind, rain, birds or people.
12. Remove any rubbish such as papers or other wastes from your plot or nearby paths as they can be unhealthy and unsafe.
13. Work in the gardens only in daylight hours and make sure you are not by yourself in the gardens
14. If an intruder threatens you ring Camden Police on 46324499 immediately or emergencies 000.

**If new gardeners need more instructions or information on any of these guidelines please talk to a committee member.**

**Signed..... Plot No ..... Date .....**

**THIS COPY TO BE RETURNED WITH MEMBERSHIP RENEWAL**

Below applicable to attending community gardens as part of a group, group coordinator to have copy of certificate of currency for public liability, or committee member to have cited prior to visit

**Signed..... Name ..... Group .....**

**Date .....**