Lawn Care Safety Tips

Your best defense against injury is common sense. Follow directions that come with the equipment and other products.

String Trimmer Safety Tips:

- Prior to start-up, check for any damage caused by past usage.
- Achieving a good form and maintaining it consistently. Is the key to using a trimmer safely.
- Stay balanced in your footwork. Don't over-extend your arms, which could cause you to lose your balance.
- Likewise, don't use string trimmers (or mowers) when the grass is wet, lest you slip.
- Fatigue can ruin your form. Using a shoulder strap for your trimmer can help cut down on fatigue.
- The tip of the cutting string should be doing the cutting.
- A slower, measured swinging motion is safer than a faster, unrestrained motion.
- Keep the string head below waist level as you swing the trimmer.

Lawn Mowers Safety Tips:

- Check the lawn first for objects that shouldn't be there.
- Mow only when the grass is dry, to reduce risk of injury through slipping.
- Do not pull the mower backward or mow in reverse unless absolutely necessary,

What to Wear

- Earplugs, goggles
- Footwear with good traction
- Tight-fitting clothing (long pants, a long-sleeve shirt).
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