

# Infographic: Working Outdoors



# Infographic: Working Outdoors

**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.

