

Hazard Review

- **Allergic reactions**
- **Muscle strain**
- **Repetitive strain injury**
- **Slips, trips and falls**

Related Safe Work Practices

- **Insect/Arachnid Bites and Stings**
- **Lifting, Body Mechanics and Ergonomics**
- **Hand Tools**
- **Poisonous Plants**
- **Walking and Working Surfaces**

Personal Protective Equipment

- **Gloves**
- **Long sleeved shirt**
- **Long pants**
- **Protective footwear (as needed)**
- **Safety glasses**

Prepared by:	S. Shapiro, C. Campbell
Approval by:	J. Bramlett, EHS Program Manager EHS Advisory Committee E. Gee-Ogawa, Acting Superintendent of Neighborhood Services T. Schwartz, Superintendent of Citywide Services K. Gee, Manager of Human Resources Y. Agunbiade, General Manager
Issued:	10/13/05 Revised 3/14/08, 5/21/08

This safe work practice is for all types of weeding, including hand, mechanical, chemical or other means (such as flame). Currently, the only type of weeding addressed is handweeding.

HANDWEEDING

Before

1. Ensure you are wearing the correct personal protective equipment. Safety glasses may be needed in certain situations (e.g. windy day¹, working overhead, etc.)
2. Use correct tools for the job (e.g. use a weed wrench for broom) and make sure that the tools are in good condition before you use them (see *Hand Tools*).

¹ RPD Industrial Investigation, EHS Case 3444, DOI 4/9/07

During

1. Find most comfortable and least stressful position to work: sitting, kneeling, bent over with one hand on knee, etc.
2. Work with hands as close to body as feasible. Don't overreach and tug.
3. Switch hands or tools occasionally to avoid fatigue.
4. Take breaks as needed.
5. Stretch forearms, move body in opposite direction as stressed during weeding (e.g. arch back to the sky if bending forward to weed; see *Lifting, Body Mechanics and Ergonomics* for specific stretches).
6. Change tasks occasionally if possible (clean-up or move weeded plants to disposal area).
7. When on steep slopes (see *Walking and Working Surfaces*), switch downhill leg often.

After

1. Check tools for defects and remove defective tools from service.
2. Store the tools properly so that others cannot be hurt by them.
3. Keep your tools clean.