

Hi everyone, thank you so much for volunteering today!

Before we get stuck in, I need to take just two minutes to run through a quick safety briefing, so we all go home safe and sound.

1. The Good News for your Backs

- **Two planting Beds are ready:** "The great news is that the planting beds have been prepared in advance by Swanage Town Council operatives. This way We don't need to do any heavy digging, and we can plant more bulbs. Place the bulbs on desired location and once happy top up bed with soil/compost.
- **Pace yourself:** "You will mostly be kneeling, bending, and using small hand trowels. Please take your time, change positions often, and swap with someone else if you feel stiff."

2. Bulb Safety & Toxicity

- **Wear your gloves:** Please make sure you have your gardening gloves on at all times. Some of these bulbs—especially the daffodils—contain natural chemicals that can cause skin rashes or severe irritation.
- **Don't touch your face:** Keep your gloved hands away from your eyes and mouth. Absolutely no eating or drinking until you've finished, taken your gloves off, and washed your hands.
- **Do not ingest:** Remember, garden bulbs look a bit like onions, but they are highly toxic if eaten. Keep a close eye on any children.

3. Hand Tools & Slip Hazards

- **Tool awareness:** When using hand trowels or bulb planters, keep your eyes on what you are doing.
- **Tidy workspace:** Never leave a tool lying face-up on the ground where someone could trip on it. Put them back in the tool buckets when you aren't using them.
- **Watch your step:** The ground around the beds can get muddy and slippery. Watch your footing and step carefully over the edges of the prepared beds.

4. Hygiene & First Aid

- **First Aid:** "If anyone gets a cut, a scrape, or feels unwell, please tell me straight away. We have a first aider on site and first aid kit.
- **Wash up:** "Once we are done, please wash your hands thoroughly before grabbing any refreshments."

"Any questions before we split into groups? Great, let's grab our gloves and tools and have a brilliant day!"