

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN MOWING

Lawn mowing while using a push mower contributes to healthy active living and fitness, contributing to endurance and strength. Push mowers may be non-motorized or gas/electric powered.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for lawnmowing with a push mower.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an individual experienced in lawn mowing and capable of demonstrating and providing instruction for safe lawn mowing as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in lawn mowing

Safety rules and procedures* are learned prior to participation:

- Read, understand, and follow all of the manufacturer's instructions before using any power tool
- Keep children out of the mowing area and never allow them to operate a lawn mower
- Remove all rocks, sticks, toys, and tools from the lawn before mowing
- Never mow or use electrical equipment in wet conditions
- If the blades of a power lawn mower become clogged, turn off the machine before clearing it (Use a stick or other tool to remove the clogged debris in case the blades complete a rotation after clearing.)
- Always wear proper equipment when using power tools, including leather shoes or work boots, ear protection, gloves, and safety glasses
- Mow across the face of slopes, not up and down
- Before plugging in any power equipment, make sure the power switch is "off"

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Difficulty of task is appropriate based on student's capabilities

* For further information on garden safety and power tools, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session

Activity area is free of hazards/debris and traffic, especially young children

Slope does not exceed 15 degrees

Conditions are dry when using electrical equipment

Equipment

Mower to be used is suitable and in good condition

Mower is checked before every session

Equipment is the appropriate size/weight for the student

Instructions are given regarding the proper use, maintenance, and storage of equipment, including correct technique for starting mower, refueling, and clearing blade area

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; leather shoes/boots are recommended

Laces are tied and open-toed shoes are avoided

Gloves, ear, and eye protection are recommended

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing provides protection from the weather and insects

Insect repellent and sunscreen are used as necessary

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher