Recommended Practices for Safe Gardening: Ways to Reduce Incidental Soil Ingestion and Inhalation

**Windy Days = No Gardening.**
Avoid gardening on windy days.

**Avoid eating and drinking while you garden.**
Soils and dust might get on your food or in your drink, and you could accidental swallow it.

**Keep soils moist while gardening to control dust.**
This will limit the amount of dust you inhale.

**Designate certain clothes and shoes for gardening use only, and store them outside.**
Keep your gardening clothes and shoes outside, or in a plastic bag outside. Try your best to keep your gardening clothes and shoes out of your home.

**Stay Clean.**
Wash your hands and all exposed body surfaces after gardening.

**Leave your shoes outside.**
Remove your shoes right before enter your home to avoid tracking soil into your home.

**Cover Up.**
Consider wearing a mask in dusty environments.

**Home Care**
Mop floors with a damp mop, and wipe down surfaces in your home regularly.
Change your vacuum bag more often, or upgrade your vacuum to one that has a High-Efficiency Particulate Air (HEPA) filter.

**Gardening Tools**
Wash, and then store all your gardening tools outside.

*You can greatly reduce your exposure to arsenic from your soil if you follow the suggestions above.*
References


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All contents and materials were generated under the project Gardenroots by Monica Ramirez-Andreotta, Department of Soil, Water and Environmental Science © 2012 Arizona Board of Regents on behalf of the University of Arizona.