

Gardening Health & Safety



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Allergic to Bee Stings

A certain species of bees (belonging to the Hymenoptera order) are more likely to cause anaphylaxis in humans. If you have discovered that you are allergic to bee stings, prepare to stay safe while you enjoy the summer outdoors.

Anaphylaxis is a severe reaction to a food, insect or other substance once it enters the body. The effects are usually felt almost immediately. They can be life threatening if treatment is not administered right away.

For those who are allergic to bees, you may find that anaphylaxis occurs even if you have been stung before with no adverse effects. The venom of the bee enters the body and causes a severe allergic reaction.

Those who are allergic may experience:

- * Swelling of the tongue and throat
- * Dizziness
- * Laboured breathing
- * Headache
- * Nausea and vomiting

After you have been exposed to a bee sting leading to a bout of anaphylaxis, your doctor will more than likely prescribe an epi-pen. This is an injector pencil that delivers a dose of epinephrine into the system to reopen the blood vessels and the airway. Epinephrine, or adrenalin, is found naturally in the body. It dilates blood vessels.

An immediate shot can provide enough relief to get medical attention. One thing to remember is that one epi-pen dose can wear off and the anaphylaxis begins again if the venom is still present. That is another reason why it is important to seek medical attention right away.

Preparing for a Summer Full of Bees;

Don't let your allergy to bees keep you from getting out and about in the summer sun. You can still live your life the way that you want by taking a few precautions.

One main precaution is to ask your allergist about immunotherapy. This consists of allergy shots to help boost your protection against any future stings. The more medicine that is in your system, the more you are protected. This doesn't mean that you ignore a sting, but it gives you more time and control over the situation.

Here are some items to carry with you for first-line protection.

* Epinephrine auto-injector (epi-pen) – Your doctor has probably prescribed an epi-pen. They may even give you two. A second dose may be needed if it takes you longer than 30 minutes to reach medical attention. When one wears off the anaphylaxis may return. Carry them with you always in a cool, dry place. Check expiration dates to get a fresh refill if yours has expired.

* Use antihistamines – This can cut down on the amount of histamine released by the body. Histamine leads to the rash, itching and redness that are exhibited at the sting site.

* Salt or a credit card – Certain bees leave the stinger in the skin. This continues to release venom into your system. Using salt as a rub or a credit card, scrape over the surface of the sting area to remove the stinger.

* Cold packs – These reduce the pain and spread of venom so you can get help.

Those who are allergic to bee stings need to take precautions when spending time outside. This doesn't mean that you have to stay indoors, as long as you are protected.



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Bee Stings and Anaphylactic Shock – How to React

Insects are a common problem during the warmer summer months. For some people they're nothing more than a nuisance; for others they could be a serious problem. This is especially true for people who get bee stings and anaphylactic shock sets in. Even if you think you don't know someone with this type of allergy to bee stings, it's a good idea to know how to react. Your actions could save a life.

People don't often think about how serious a bee sting can be, unless they have had a severe reaction to a sting themselves.

Know the symptoms of anaphylactic shock so you can help someone who is having a severe allergic reaction:

- * Severe and sudden headaches
- * Difficulty breathing
- * Swollen tongue
- * Nausea

If you find someone having these symptoms, get them to a hospital at once.

Experts believe the reason bee stings are more harmful and cause anaphylactic shock (more so than other stinging insects) is because their stinger is barbed. When a wasp, hornet or yellow jacket stings, the stinger remains with the insect and the poison is removed when it flies off. Bees, on the other hand, lose their stinger when they sting a person and fly off to die.

The stinger, which is connected to a poison sack, remains in the skin. As long as it is imbedded in the skin, it can still pump poison into the body. This can continue for several minutes. If the stinger isn't removed it can quickly turn to anaphylactic shock.

Be careful how you remove the stinger. Don't press on the venom sac or this will inject more poison into the person. Instead use a fingernail or credit card to scrape the stinger out. Wash the area with soap and water immediately and place ice on the area that was stung.

If you notice any of the above symptoms, get the person medical help immediately.

People who know that they have that serious an allergic reaction to bee stings will generally carry an epinephrine (or Epi) pen with them. The pen provides a specific dose (0.3 milligram) of epinephrine. Even if this doesn't seem like much, this little amount can literally save a person's life if they're going into anaphylactic shock from an allergic reaction.

If you have to use an EpiPen on someone, remove the gray safety cap. Place the black tip on the thigh at a right angle and press it into the outside of the thigh. Hold the injection there for several seconds and then massage the injection site for at least 10 seconds. NEVER give an EpiPen shot to any other area of the body.

Watching someone go into anaphylactic shock can be traumatic. However, when bee stings and anaphylactic shock are a possibility it is best to be prepared. Learn what you can about this condition so you can help someone experiencing it and possibly save their life.



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What to Do If Your Child Is Allergic to Bee Stings

We discover most of our allergies in childhood. Children are exposed to so many new sights, sounds, smells and tastes that allergies can show up at any time. Some allergies can lead to dangerous reactions. Bee stings may fall into this category.

Unfortunately, the only way to know if you are allergic to something is to be exposed to it. When it comes to bees, this means getting stung. Don't go out looking for bees. In the summer, you will find them whether you want to or not.

The best advice for bees is avoiding their habitat as much as you can. If you have bees that build their nests in holes in the ground, contact the city for help with getting rid of them.

When Your Child Is Stung

We can't protect our kids from everything. While your child is playing outside they may accidentally come in contact with a bee. Bees don't usually sting unless they feel threatened. Your child could be swatting at them playfully, sit on one or lean against one.

The first sign that your child has been stung will be the deafening cry you'll hear. Bee stings are painful even for adults. If your child can talk, they may be able to tell you that it was a bee. If not, then you will have to examine the area that they are coddling - the source of their pain.

Most bees sting only once. Some do have the ability to sting more than once, but usually the stinger will break off and be lodged in the skin. This will create a red, warm area on the skin at the site of the sting.

There is nothing abnormal about this reaction. The body will begin to release histamines to combat the invading venom from the bee's stinger.

The most important thing to do first is remove the stinger from the skin. Use salt or a credit card to scrape the red area and remove the stinger.

Squeezing with your fingers will only release more venom into the body. You may be able to see the stinger with the naked eye right after the sting.

Still scrape to remove it.

Apply a cool compress to the area after washing it with soap. Children's Tylenol can help with the pain. Closely monitor your child for any further signs that the sting is affecting them systemically. If anaphylaxis is present it will happen very quickly. This is a more severe reaction to the bee venom that is deadly.

Signs to watch out for include:

- * Swelling of the tongue or throat
- * Fever
- * Spreading redness
- * Hives on areas of the skin that were not affected by the sting

At this point contact medical personnel immediately.

Your child will need an injection of epinephrine to alleviate the swelling that is blocking the airway.

Be sure to tell the emergency personnel that your child has been stung by a bee.

Bee stings can turn deadly if your child shows signs of an anaphylactic reaction.

Know the signs and call 911 or 999 right away.



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Insect Bites: How to Relieve the Itch

Summer gets people moving from indoors to outdoors. The fresh air is invigorating but the insects are not. Here are some ways to deal with your bug bites so that it won't ruin your fun.

Bugs are all around. In fact they are one of the most numerous species on earth. So, that means that you are going to see two or ten when you are outside.

If you spend a lot of time doing outdoor activities, here are some precautions you can take to keep bug bites at bay.

* ***Wear insect repellent*** – Mosquitoes can make your cool summer evening unbearable. Spray exposed skin (except the face) every couple of hours while you are outside. This can cut down on the number of bug bites.

* ***Wear socks in the tall grass and woods*** – Taking hikes along trails can expose your legs and feet to a number of unpleasant insects. Wearing socks does two things: they keep your feet cool and fresh, and they also act as a barrier for bugs. Anything trying to attack your ankles will come in contact with the sock so you can catch them.

* ***Know where the danger lies*** – Some bees make their nests in the ground. Fire ants can give you a nasty bite if you disturb their habitat. Mosquitoes love standing water. Knowing what to avoid can also help you stop getting tortured by bugs. Steer clear as much as possible from their stomping grounds so you keep the bites to a minimum.

* ***Wash off when you come inside*** – Remove dirty clothes and inspect them for any bugs that may have gotten folded into your clothing.

How to Treat the Itching of a Bug Bite

Even if you are super careful, you can still get bit by a bug.

Ever heard of “no-see-ums”? They are named that for a reason. You won't be able to see them but you will feel their presence.

Bug bites introduce a foreign substance into the body. It could be bug saliva or oils from their skin, or even venom from stinging insects. The body rushes to respond by releasing histamine to combat the invasion.

The one thing about histamine is that it can cause local and systemic reactions in the skin. One irritating reaction is itching. Once you begin to scratch an itch, especially one from a bug bite, it can get worse and lead to more itching.

Here are some ways to treat a bug bite itch.

Clean the area – Use soap and water to remove dirt and debris from the area.

Hydrocortisone cream – Apply to the affected rash or bite mark to reduce itching.

Cold compresses – This can provide relief, especially if you have already done a lot of scratching. The coldness numbs any pain and can stop venom from spreading through the system.

Antihistamines – Antihistamine tablets block the release of histamine so other remedies can work to stop the itch once and for all.

Your Own Saliva – Spitting on the affected area can relieve itching but it is a temporary measure and usually only last a five or ten minutes. But if you have none of the other options it's better than nothing.

Are you being attacked by mosquitoes, chiggers, ants and other bugs? Try to avoid them as much as possible, but if you can't, use the above treatment suggestions.



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Keeping Your Toddler/Preschooler Safe in Your Backyard

Perhaps your home is like many in the country. You have a pool or outside play equipment in your yard. Maybe you have a garden or shed which houses the tools you need for gardening. Your children could be hurt on any of these things if they're not careful. The following are some things you can do to ensure their safety.

The best way to keep your toddler or preschooler safe in your backyard is to have adult supervision. If your toddler or preschooler is outdoors, it's important for you to be there. You may have other things to do inside the house, but being outdoors with your child will allow you to keep an eye on them and keep them from danger.

After supervising your children, your next best method of keeping your children protected is to ensure the backyard is safe. Safety comes from having a clean yard, safe play equipment, and fences with gates to keep children from certain areas. It is also advisable to have locks on buildings where chemicals and tools are stored.

Outdoor play equipment can be a lot of fun for your children. However, if it's not put together properly, damaged or made with inferior grade materials, it can be dangerous. Choose outdoor play equipment which meets or exceeds government standards for safety. Then be sure to instruct your children on the proper use for the equipment.

Protect your children by providing fencing around your yard. This will keep them from wandering from your property without your knowledge, as well as keep others out. A privacy fence, one that's tall and doesn't allow people to see through, can also protect your children from potential predators.

Some children love to climb trees, but climbing trees isn't necessarily something which should be encouraged, especially for very small children. Keep limbs picked up to avoid children tripping over them or picking them up and running with them. If there are stumps in the ground, remove them completely or plant flowers around it to make it more noticeable.

Gardens can be a great learning environment for toddlers and preschoolers, but you may want to keep it off limits to your children unless you're with them.

You'll also want to be aware of the plants you have around your yard.

Some plants can be poisonous if handled or eaten. For this reason, it is always a good idea to keep the telephone number for Poison Control available.

Put yard tools and equipment up when finished with them. Don't leave an idling lawnmower unattended. It may even be best to keep children indoors when the lawn is being mowed. This will keep them from being hit with anything launched during the process.

If you have a pool, do everything you can to ensure children cannot get into it unless a parent or other adult is present.

Place a fence with a locked gate around it.

Then keep it locked unless adults are in the pool.

Do not leave children around the pool even for a second; if you must leave the area, take the children with you.

You know how important it is to keep your toddler or preschooler safe, even in your own backyard. The above ideas are a start.

Remember, however - nothing will keep your children safer than being with them while they are outdoors.



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Mosquito Bite Prevention and First Aid

Most people love the summer months because of the warm temperatures and all the activities they can be involved in. It's safe to say no one likes dealing with mosquitoes, though.

No one likes to be bitten by mosquitoes or any other insect. In some instances it's possible to avoid getting bitten, but not always. Here are some ways to avoid mosquito bites.

* ***Make sure there's no stagnant water near where you work, live or play.***

Stagnant water is the perfect breeding ground for mosquitoes. Where would you find stagnant water? Pet water dishes, ponds, pools, empty trash cans, unused toys or old tires are normal culprits. Dump out anything that can hold water so mosquitoes won't be tempted to stick around.

* ***Wear long sleeves, pants and socks*** when you're going to spend time in areas you think mosquitoes will be. For added protection, spray a mosquito repellent on your clothing.

* ***Mosquito repellents containing DEET*** (N,N-diethyl-meta-toluamide) are thought to be the most effective. Spray it directly to the skin or onto clothing. It is considered to be safe for pregnant and nursing mothers. Children need a product containing 10% or less concentration.

* ***Some people prefer to avoid DEET altogether.***

If so, find mosquito repellents with Picaridin or oil of eucalyptus. While they may not be as effective as DEET because of their lower concentrations, they may do the trick for you.

* ***Stay indoors during the hours mosquitoes are most active.***

They are normally very active beginning at dusk and remain active until very early morning. Use any and all measures to avoid being bitten if you're outdoors during this time.

* ***Repair or install screens to windows and doors.***

This is particularly important if you like to leave your windows open for fresh

air at night. Having screens on doors and windows will keep as many mosquitoes out of your home as possible and outdoors where they belong.

How do you treat mosquito bites should you get them? As with any other injury you get, clean the area with a mild soap and water. Pat the area dry and avoid scratching it. The more you scratch the more you'll want to scratch, which can tear the skin and cause it to become infected.

You can make a mosquito bite remedy by mixing two parts baking soda and one part water. This will create a paste when mixed well. It is then placed on the bites and will relieve the area as it begins to dry. The swelling and itching will also be reduced. Once the symptoms have eased you can wash the paste off with soap and water.

Apply a cold can of drink or ice cube directly to the bitten area. This will reduce the swelling and can help stop the itching. Aloe Vera gel is also a good treatment for mosquito bites. It is all-natural and can be reapplied as necessary.

Calamine lotion and hydrocortisone cream can also alleviate the itching. If the topical measures don't do the trick, take an anti-inflammatory medicine such as ibuprofen or an antihistamine. If the area becomes infected, be sure to contact your doctor.

Mosquito bite prevention and first aid is something you'll want to know now that warmer weather has finally arrived. Use these tips for avoiding the bite in the first place. And if you do get bitten, you also know how to care for the bites.



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Pond Safety Tips

Ponds can be wonderful additions to your yard. They can provide a place to learn about nature and wildlife, as well as being a quiet spot in the midst of your garden or yard. Unfortunately, they can also be a hazard; it is for this reason it's important to know these pond safety tips.

Perhaps your family has a large enough pond for you to go fishing. Or it may be a small pond in the centre of your garden. No matter if it's a huge pond or one that's small; you'll want to make sure everyone is aware of the rules and knows that safety comes first.

* ***When deciding where to place a small garden pond***, try to locate it where children won't be tempted to go to it. You may also want to place it where it can be easily seen from inside the house.

* ***Research the local ordinances where you live*** to determine what safety laws you have to follow. You may be required to place a fence around your pond if it's a specific size or depth.

* ***Let children know they're not allowed near the pond without an adult.*** This rule stands for children even if they know how to swim. Ponds can appear to be safe but you can never tell where the safety ledge is within any given pond. The ledge may drop off quickly and they might not be prepared for it.

* ***Children should also be taught not to go*** in any water where they can't see the bottom. Seeing the bottom is not a guarantee that the child will be safe, but this rule could keep them from going into a pond with dirty water where they don't know how deep the water is.

* ***If there are animals around the pond which aren't family pets***, don't go near them. They're wild animals and might bite. If you'd like to watch the animals, do so from a safe distance with a pair of binoculars.

* ***Learn about the plants which may be around your pond***, particularly if the pond was there before you arrived. Explain to the children that it's not safe to chew on plants around the pond.

Even though most of them won't be dangerous, some may be poisonous.

Learn to recognize what plants are there, which ones are poisonous, how to recognize problems associated with the poisonous plants, and what to do if someone ingests some of the poisonous plant.

* ***Do not drink water from the pond.*** Birds and other animals may come to the pond to drink. In the process they may also go to the bathroom in the pond. This makes the water hazardous to drink.

Your family may have your own pond safety tips. If you don't, however, these tips will give you a starting place for creating your own.

OK That's it Folks, I hope you got some great value from this short E-book.

If So ... Please share it with your Friends. Family & Associates, and don't forget to check out the 'Resources' below as there's even 'More' Free-stuff to be found there!



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(Please check it out Now! Before you leave and forget about it later :-)

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