



# SWEET HARVESTS &

# SAFE ADVENTURES



*Fall is officially here, and with fun autumn activities like apple picking, it is important to remain safe while making memories with friends and family! Follow these simple precautions to protect your family from illnesses.*



## Watch Your Step

- Check the area by walking carefully around loose apples on the ground, uneven paths, tree roots and limbs.
- Avoid climbing trees or using ladders to prevent serious fall risks.

## Mind the Wildlife and Weather

- Be aware of outdoor unknowns like bees, wasps, and yellowjackets that may cause stings.
- Keep an eye out for sudden weather shifts, including lightning, high winds, flash flooding, and extreme heat or cold.

## Practice Good Food Safety

- When picking apples, wash them at home under running water before eating. Avoid eating apples that have fallen on the ground. Even if they look clean, they may have come into contact with animal waste or other sources of germs.
- If you plan on enjoying a cup of apple cider or purchasing juice from an orchard or farm, check the label to make sure it has been pasteurized\*. If you aren't sure whether a product is pasteurized, ask the seller.

*\*Pasteurization is a heat-treatment process that helps to destroy harmful germs so juice, milk and other liquids are safe to drink.*

**For more information on Apple Picking Safety, visit:**  
**[agsafety.osu.edu/newsletter/ag-safety-stat/safety-through-seasons-2021/u-pick-apple-orchard-safety](https://agsafety.osu.edu/newsletter/ag-safety-stat/safety-through-seasons-2021/u-pick-apple-orchard-safety)**



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