Hand Harvesting Fruit & Vegetables





Main Hazards







Sharp Tools

Sun Exposure

Repetitive Motion

Remember







Sun Protection



Proper Body



Good Handwashing

Work Conditions

- Be aware of all allergies or medical conditions
- Provide safe transport to/from field
- Follow reentry standards
- Ensure work area is as free from hazards as possible
- · Provide toilet facilities and water for drinking and washing hands
- Provide 10-minute break in shaded areas every hour
- Maintain 2-way communication

Agricultural Youth Work Guidelines (AYWG)

cultivatesafety.org/work

- Hand Harvesting Fruits and Vegetables - assess ability to safely perform task
- Bending and Lifting fact sheet and videos with proper bending and lifting techniques
- Use additional guidelines to assess ability to safely perform associated tasks, including:
 - Hand Weeding
 - Picking Rock
 - Operating an ATV, UTV or Tractor
 - Refueling Equipment

Federal Regulations: Fair **Labor Standards Act (FLSA)**

- Refer to Employer/Supervisor Responsibilities for links to detailed information on federal and state regulations for young workers
- Refer to Adolescents at Work guideline for general regulations
- Youth under 16 may not apply toxic agricultural chemicals (including cleaning or decontaminating equipment, disposal or return of empty containers)
- **Environmental Protection Agency** (EPA) specifies age 18 for application of restricted use pesticides (exceptions exist, see epa.gov/pesticide-workersafety)
- If youth under 16 are assisting with tasks related to hand harvesting such as clearing land, pruning vines or hauling product, check federal and state regulations for list of prohibited equipment
- Check state laws for additional regulations. State-specific information is available at www.youthrules.dol.gov

Training and Supervision

- · Assess youth's ability to safely complete work
- Train employees on safe bending and lifting practices
- Train employee in safe cutting
- Use the right tool for the job
- · Provide tools sized to worker
- Plant feet firmly
- Cut away from body
- Keep wrist straight
- Have worker demonstrate ability to safely perform task
- Provide supervision

Other Factors

There are other factors that can impact a teen's ability to safely perform work. These factors include things like:

- Fatigue
- Substance use/abuse
- · Emotional disturbances
- Stress

These factors can change from day to day, spurring the need to meet with youth prior to work each day and assess their condition and abilities. Visit agsupervisortraining.org for more information on assessing these factors.

Farm Tasks