Bending

Can youth do this job safely?

Youth must be able to do/have all of the following to perform this job safely:

- Avoid loose clothing, clothes with strings, tie up long hair
- Perform warm-up exercises
- Trained on proper bending techniques
- Bend safely, using proper bending technique
- Safely demonstrate the job 4 to 5 times
- Maintain two-way communication link



Adult Responsibilities

- Comply with the working outdoors guideline (if applicable)
- Ensure work area is free from as many hazards as possible
- Educate youth on avoiding/addressing remaining hazards
- Adjust tools and station to reduce bending
- Demonstrate how to bend safely
- Provide appropriate training
- Have youth kneel with pads when working at low levels
- Consider "prone carts" or devices to avoid prolonged bending or kneeling
- Provide youth with frequent stretch breaks

Supervision

7-9 yrs	Constant supervision (Limit work to 15 minutes)
10-11 yrs	Intermittent supervision (Limit work to 20 minutes)
12+ yrs	Periodic supervision

Hazards



Slippery/ uneven surfaces | Repetitive motion | Distractions | Sun Heat | Severe Weather

Protective Strategies



Non-skid shoes | Communication tools | Sun protection | Handwashing | Drink fluids/ hydrate

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