Hand-Harvesting
(vegetables and ground fruit)

Can youth do this job safely?

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

- Bend safely, using proper bending technique
- Lift safely, using proper lifting technique
- Carry container to collection area without straining
- Physical stamina to perform job for up to 50 minutes (12+ yrs)
- Attention span long enough to complete work
- Good hand-eye coordination
- Think through actions and consequences before acting
- Received training on safe use of cutting tools (12+ yrs)
- Safely demonstrate the job 4 to 5 times
- Maintain two-way communication link



Adult Responsibilities

- Comply with the working outdoors guideline
- Provide safe transport to the field
- Confirm re-entry standards are followed
- 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
- Provide appropriate training
- Provide youth with frequent stretch breaks
- Provide properly sized cutting tools for youth (12+ yrs)
- Demonstrate how to safely hand-harvest

Supervision

Note: Youth under 12 years old should not use cutting tools

7-9 yrs	Constant supervision (Limit work to 15 minutes)
10-11 yrs	Intermittent supervision (Limit work to 20 minutes)
12-13 yrs	Constant supervision progressing to intermittent
14-15 yrs	Intermittent supervision progressing to periodic
16+ yrs	Periodic supervision

Hazards



Slippery/ uneven surfaces | Repetitive motion | Chemicals | Sharp objects | Weight

Protective Strategies



Non-skid shoes | Gloves (if needed) | Handwashing | Sun protection | Communication tools

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