# Picking Rock

## 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
- Bend safely using proper bending technique
- Lift object using proper lifting technique
- Physical stamina to perform job for 50 minutes (12+ years)
- Carry load the required distance without straining
- Good peripheral vision
- Appropriate attention span
- Safely demonstrate the job 4 to 5 times
- Maintain two-way communication link



## Adult Responsibilities

- Comply with the working outdoors guideline
- Ensure safe transport to work area
- Ensure work area is free from as many hazards as possible
- Educate youth on avoiding/addressing remaining hazards
- Ensure objects to be lifted weigh less than 25% of youth's body weight
- Provide frequent stretch breaks
- Provide appropriate training
- Demonstrate how to pick rocks safely
- Position workers to avoid trajectory of rocks and path of moving vehicles

## Supervision

| | |
|---|---|
| **7-9 yrs** | Constant supervision (*limit job to 15 minutes*) |
| **10-11 yrs** | Nearly constant supervision (*limit job to 20 minutes*) |
| **12-15 yrs** | Intermittent supervision |
| **16+ yrs** | Periodic supervision |

## Hazards



Weight | Repetitive motion | Slippery/ uneven surface | Runover | Sun/Heat

## Protective Strategies




Steel toed non-skid shoes | Gloves | Handwashing | Sun protection | Communication tools

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