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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