Hand Harvesting Fruit & Vegetables

Hired Agricultural Youth Work Guidelines



Main Hazards



Sharp Tools



Sun Exposure



Repetitive Motion

Remember



Proper Body Movement



Sun Protection



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-worker-safety**)
- 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.