



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



Protective Strategies

