



# 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



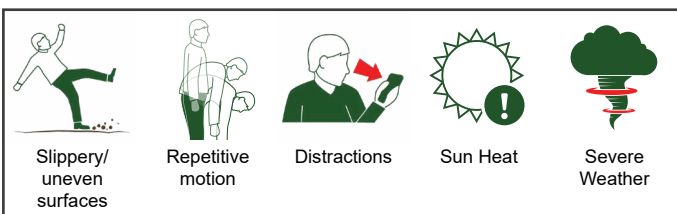
## Adult Responsibilities

- 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

- |                  |   |
|------------------|---|
| <b>7-9 yrs</b>   | Constant supervision (Limit work to 15 minutes)     |
| <b>10-11 yrs</b> | Intermittent supervision (Limit work to 20 minutes) |
| <b>12+ yrs</b>   | Periodic supervision                                |

## Hazards



## Protective Strategies

