



Hand-Harvesting (vegetables and ground fruit)

Can youth do this job safely?

Youth must be able to do/have all of the following to perform this job safely:

- Bend safely, using [proper bending technique](#)
- Lift safely, using [proper lifting technique](#)
- Carry container to collection area without straining
- Physical stamina to perform job for up to 50 minutes (12+ yrs)
- Attention span [long enough](#) to complete work
- Good [hand-eye coordination](#)
- [Think through](#) actions and consequences before acting
- Received training on safe use of cutting tools (12+ yrs)
- Safely demonstrate the job 4 to 5 times
- Maintain [two-way communication](#) link



Adult Responsibilities

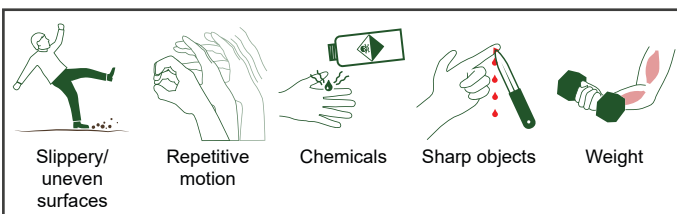
- Comply with the [working outdoors guideline](#)
- Provide safe transport to the field
- Confirm re-entry standards are followed
- Ensure work area is free from as many hazards as possible
- Educate youth on avoiding/addressing remaining hazards
- Adjust tools and station to reduce bending
- Provide appropriate training
- Provide youth with frequent stretch breaks
- Provide properly sized cutting tools for youth (12+ yrs)
- Demonstrate how to safely hand-harvest

Supervision

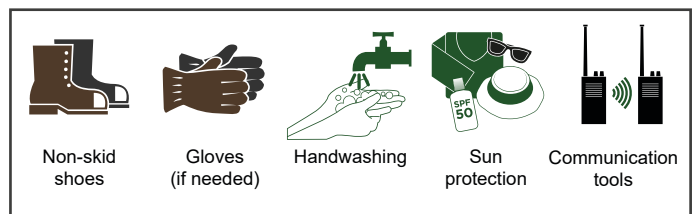
Note: Youth under 12 years old should not use cutting tools

7-9 yrs	Constant supervision (Limit work to 15 minutes)
10-11 yrs	Intermittent supervision (Limit work to 20 minutes)
12-13 yrs	Constant supervision progressing to intermittent
14-15 yrs	Intermittent supervision progressing to periodic
16+ yrs	Periodic supervision

Hazards



Protective Strategies



www.cultivatesafety.org