



# 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



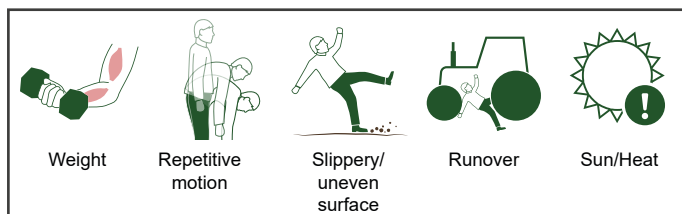
## Adult Responsibilities

- 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 ( <i>limit job to 15 minutes</i> )        |
| 10-11 yrs | Nearly constant supervision ( <i>limit job to 20 minutes</i> ) |
| 12-15 yrs | Intermittent supervision                                       |
| 16+ yrs   | Periodic supervision   |

## Hazards



## Protective Strategies

