# Ladder safety

#### Make sure ladder is stable.

Push the leg stakes into the ground.

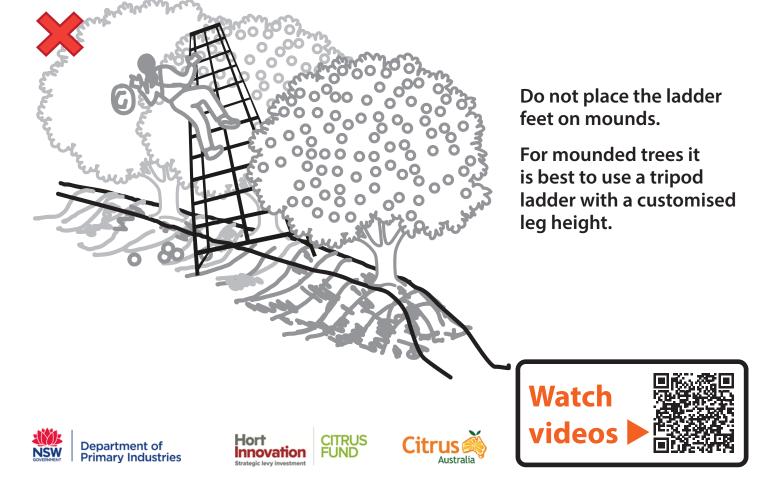
Ensure the ladder is braced against strong branches.

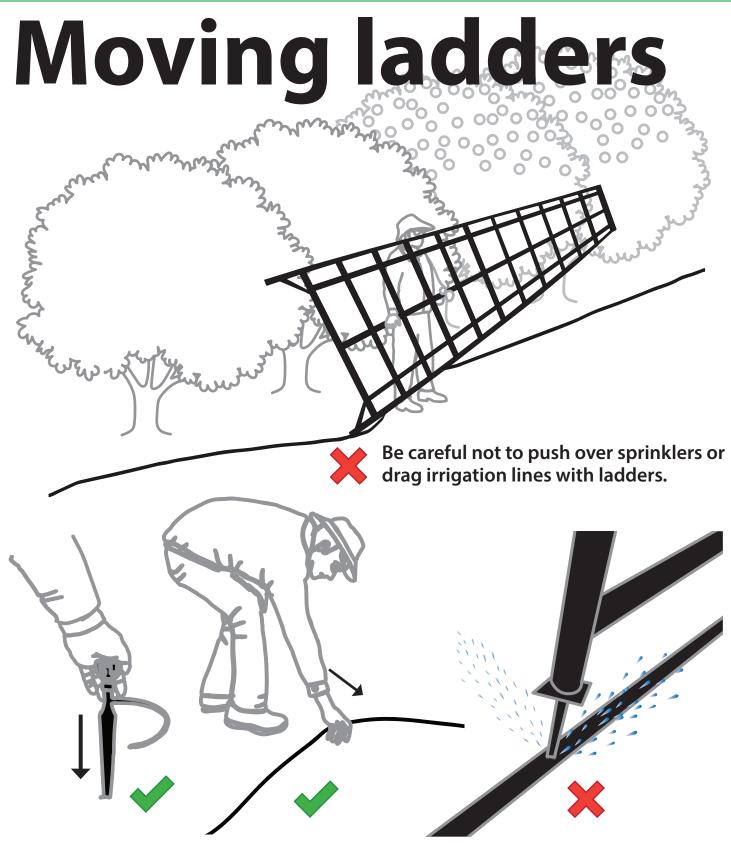
Give the ladder a push and shake before climbing to check it is stable.



Keep your hip below the top of the ladder.

Do not reach too far from the ladder.





Put back moved irrigation lines or pushed over sprinklers.

Be careful not to puncture irrigation lines with ladders. Report punctures.



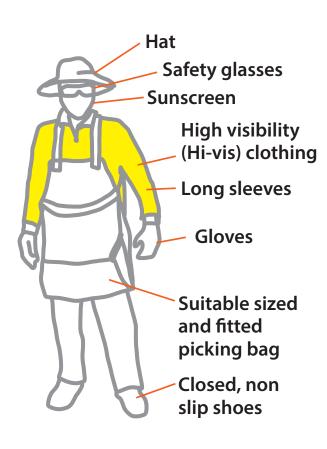




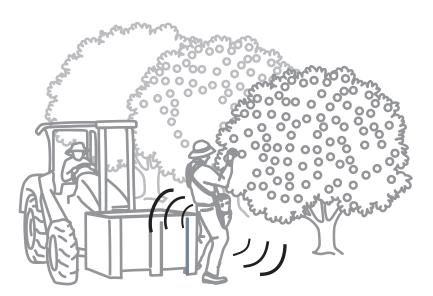




### Personal safety



### Watch out and listen for tractors and machinery.





Do not work if injured, sick or unable to do manual work.



Wash hands with soap after using the toilet.



Clean and cover all cuts and wounds.







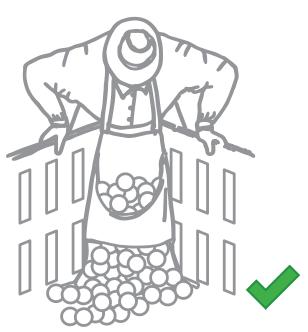




## **Picking safety**



Do not overfill bags.



Place fruit gently into bins. Don't let fruit drop.



Kneel to pick any low fruit.



Avoid leaning over and bending to pick fruit. Step closer to the fruit.



Don't twist your back to reach the fruit.







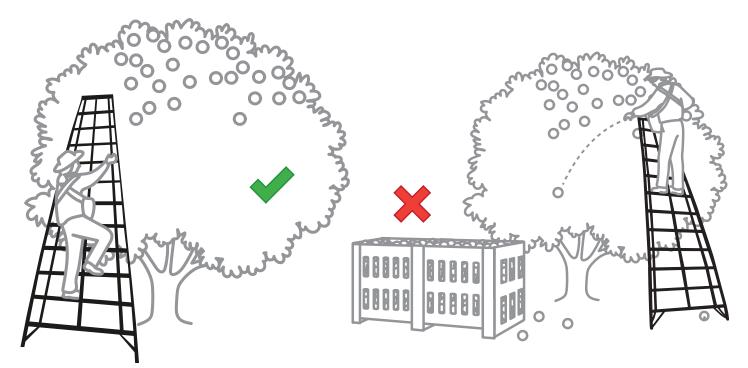


### **Harvest practice**



Pick all fruit before moving to the next tree.

Never pick up fruit off the ground.



Climb up ladder with an empty bag and down with a filled bag to unload fruit.

Do not throw fruit into bins.









