

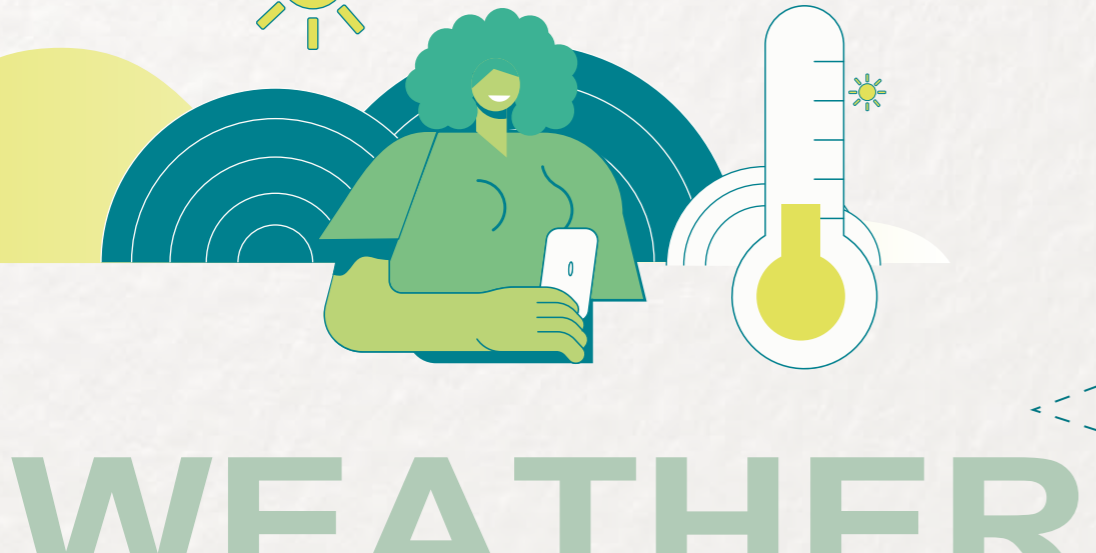


Sectorial strategy for occupational safety and health for the food and wood value chain in the Basque Country 2019-2025

Health and safety advice for seasonal work

1.

Before starting work



WEATHER

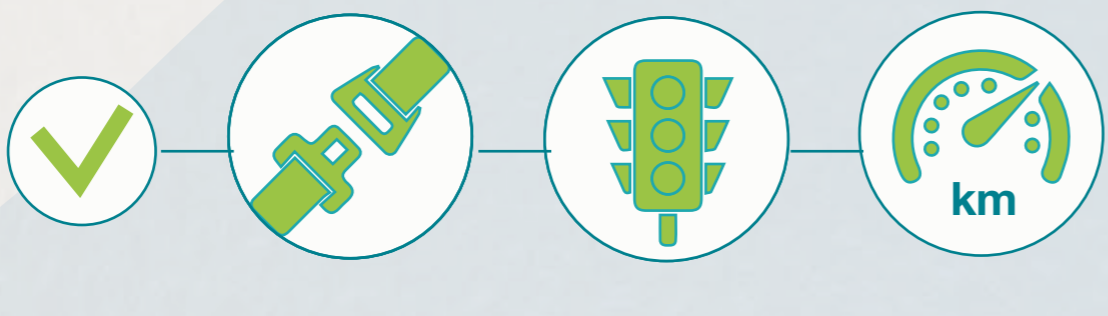
Choose clothes according to the weather of the day



Choose breathable clothing and non-slip shoes

2.

Transport to the workplace

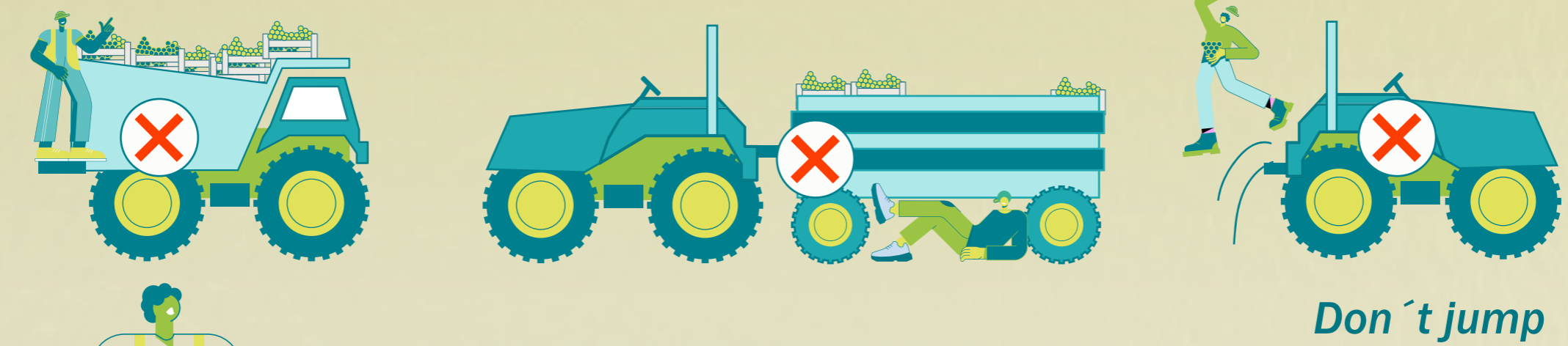


3.

Machinery use

Fasten your seatbelt, keep the doors closed or raise the folding arch

OK



Don't jump



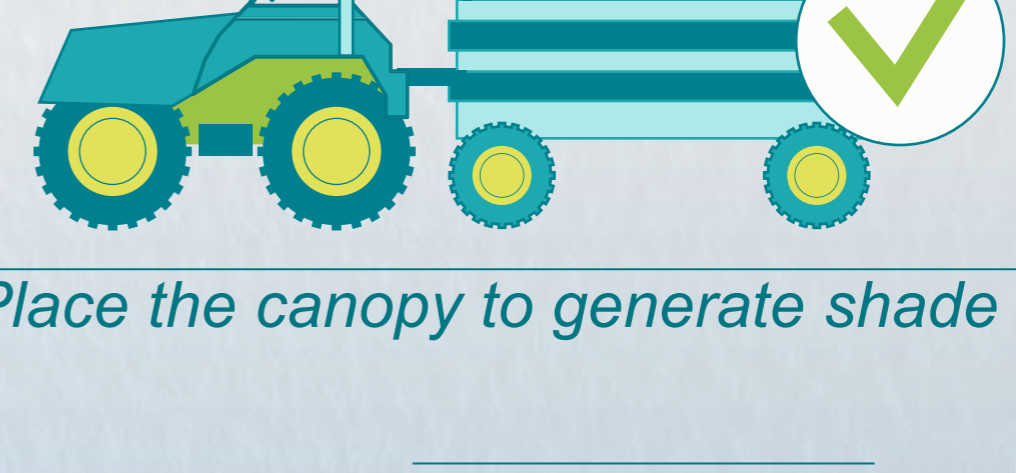
Don't remove or nullify the protection elements (railings, guards for moving parts, emergency systems, etc.)



Don't wear loose clothing and always keep your hair up



Don't overload trailers



Place the canopy to generate shade



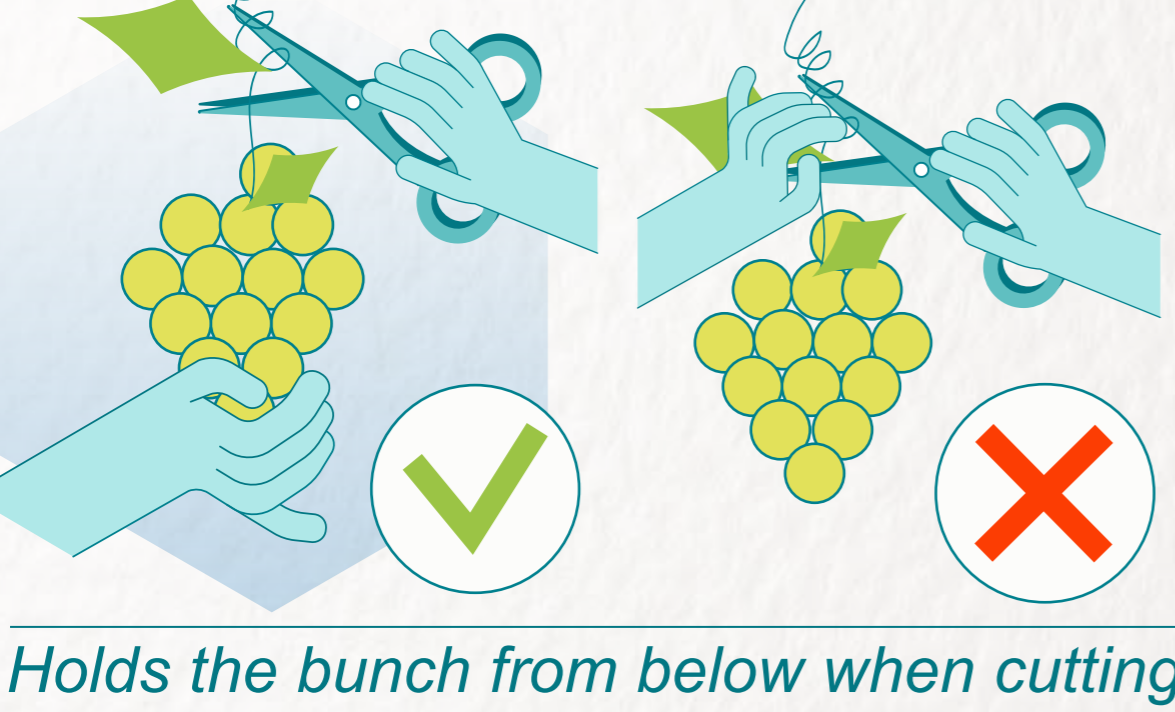
Don't work in areas without fall protection

4.

Task risk



Wear a mask to avoid breathing field dust



Holds the bunch from below when cutting



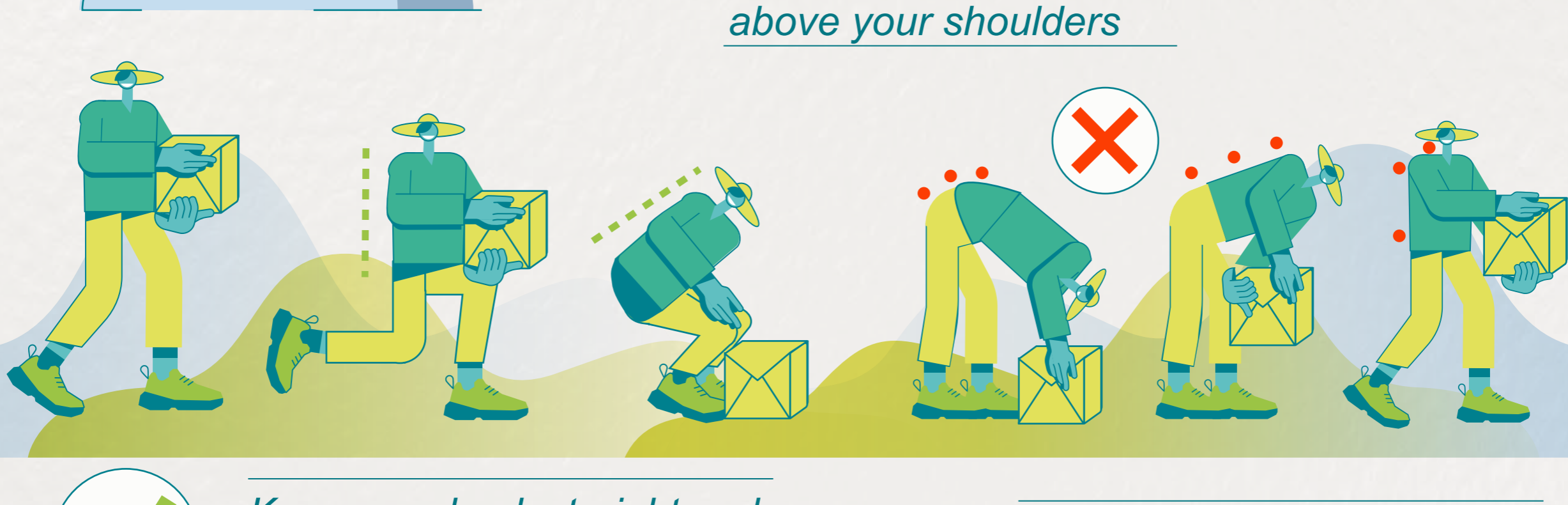
5.

Manual load handling



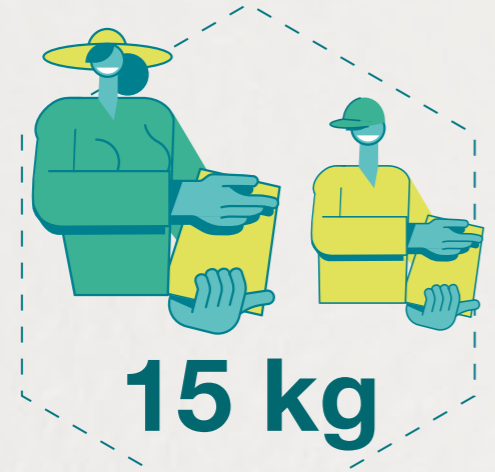
Don't carry weights above your shoulders

Don't turn your body



Keep your back straight and weight close to your body

Maintain the correct posture



15 kg

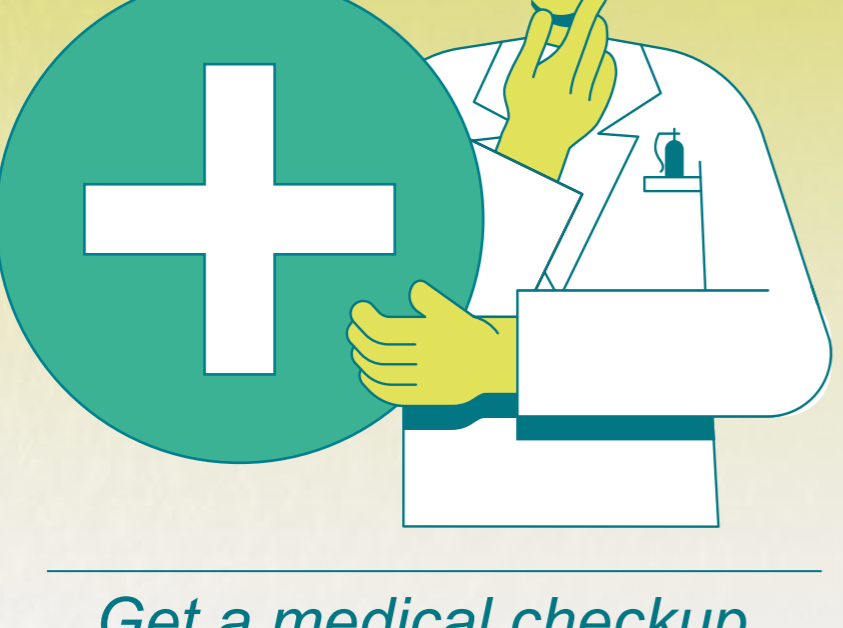


25 kg



6.

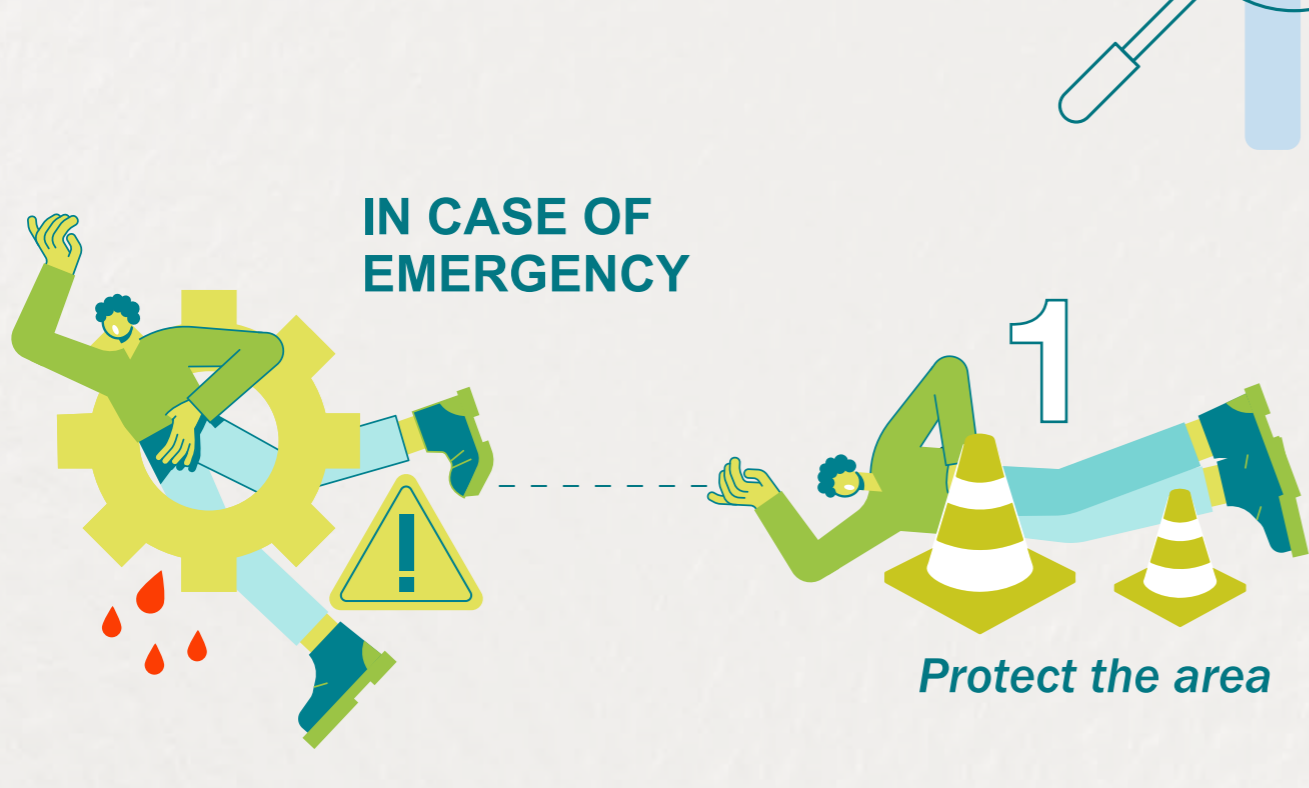
Breaks



Get a medical checkup and get vaccinated

7.

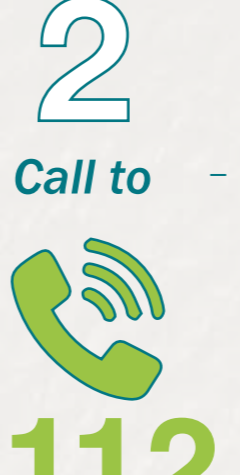
Health aspects



IN CASE OF EMERGENCY



1 Protect the area



2 Call to 112

3 If you know 1st aid, take care of the victim



Keep the first-aid kit in the workplace