Health and safety advice for seasonal work

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

**1. Before starting work**

- Choose clothes according to the weather of the day.
- Choose breathable clothing and non-slip shoes.

**2. Transport to the workplace**

- Machinery use:
  - Fasten your seatbelt, keep the doors closed or raise the folding arch.
  - 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.

**3. Machinery use**

- Don't work in areas without fall protection.
- Wear a mask to avoid breathing field dust.

**4. Task risk**

- 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.

**5. Manual load handling**

- Don't hold the bunch from below when cutting.
- Manual load handling:
  - Don't overload trailers.
  - Place the canopy to generate shade.

**6. Breaks**

- Breaks:
  - Don't work in areas without fall protection.

**7. Health aspects**

- Health and safety advice:
  - If you know first aid, take care of the victim.
  - In case of emergency, call 112.

- Keep the first-aid kit in the workplace.

- Get a medical checkup and get vaccinated.