



help &  
assistance

# Fruit picking

■ Information for seasonal vineyard workers



# WELCOME!

You have just been hired for the harvest season. Here is some advice that will allow you to work as safely as possible...

## In general

- Respect the company's organisation and safety instructions.
- Respect the Highway Code when travelling.
- Don't drive the tractor if you don't have permission.



## Before arriving at work

Eat a good breakfast.



Wear sensible closed shows and appropriate clothing (not loose). Don't wear jewellery.



Protect yourself from the sun (sunhat, long and light clothing, sunscreen) and drink plenty of water throughout the day.



## When working

Keep a safe distance from your colleagues. Work in a staggered pattern, to avoid cuts and eye injuries.



Vary your working position to prevent joint pain



## Handling

- Look after your back.
- Respect the basic principles: straight back, legs bent, loads as close as possible to the body.
- Don't overfill the harvest buckets, sacks and boxes.



Use secure access to empty the harvest.



Pay attention to vehicles and machinery: keep away from moving tractors.



# IN CASE OF ACCIDENT

Contact the team leader or first aider.



It is important to know where the first aid kit is kept.

Workplace First Aider (Tel.): .....

Team leader (Tel.):.....

**15**  
Medical  
emergencies



**18**  
Fire  
brigade



**112**  
Emergency  
centre



Happy  
harvesting...

