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| **Company Information** | | | | |
| **Company:** | | | **Workplace Location:** | |
| **Prepared by:** | | | **Date:** | |
| **TASK** | **HAZARD** | **LEVEL OF RISK** | | **CONTROL METHOD** |
| **Elevate picking carts to pick product/plant** | Possible fall >2m | **Moderate to High** | | * Ensure pipe rails are straight and level prior to start of shift. * Ensure guard rails are installed when carts are raised above 4 feet. * Carts should be inspected and maintained. |
| Awkward positions, reaching, twisting, repetitive motions | **Moderate** | | * Don’t reach too far to get close to the plant, move the cart. * Do stretches or short exercises when starting shift. * Take microbreaks. |
| **Reaching and cutting the vegetable/crop from plants** | Awkward positions, reaching, twisting, repetitive motions. | **Moderate** | | * Don’t reach too far to get close to the plant, move the cart. * Do stretches or short exercises when starting shift. * Take microbreaks. |
| Cuts to hand, body | * Cut away from body, wear gloves |
| **Empty full totes of vegetables into larger bins** | Lifting and straining | **Moderate** | | * Lift with knees, do not overfill totes |
| **Working in the heat** | Dehydration | **Moderate** | | * Workers are encouraged to drink water. * Take water breaks every 30 mins during summer months. |
| **Other Recommendations:** | | | | |

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