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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.
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| 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.
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| **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.
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| Cuts to hand, body | * Cut away from body, wear gloves
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| **Empty full totes of vegetables into larger bins** | Lifting and straining | **Moderate** | * Lift with knees, do not overfill totes
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| **Working in the heat** | Dehydration | **Moderate** | * Workers are encouraged to drink water.
* Take water breaks every 30 mins during summer months.
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| **Other Recommendations:** |

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