

## ***Agriculture – Harvesting Crops By Hand, Basic Safety***

Harvesting crops by hand is hard work. However, it doesn't have to be dangerous. There are many different types of tools, machines, other workers, and the elements to consider. Developing safe work practices is very important.

### **Common Safety Tips:**

- Taking care of your body is the most important of these.
- Wear the proper clothing. It is best to dress in layers. They can be removed as the temperature rises and put back on as the temperature drops.
- Wear a hat to protect the head and gloves to protect the hands.
- Wear shoes or boots that provide adequate foot protection.
- Wear sunscreen to minimize the risk of skin cancer. Be careful when applying it on the face, because sweat can wash it into the eyes.
- Wear insect repellent when needed. Again, be careful when applying it.
- Get plenty of rest. Harvesting any crop by hand is hard work and the body gets tired.
- Drink plenty of fluids, especially water, and eat well-balanced meals.
- Snacks in-between meals are a good idea to keep energy levels up.
- Take breaks every few hours to regenerate and stay alert.

### **Take care of personal hygiene at the end of each day:**

- Remove clothing as soon as you get home.
- Wash your hands and face with soap before eating.
- Take a shower and wash your hair every day.
- Wash work clothing separately from others and wear clean clothes every day.

