



WE ENSURE SAFETY

*Work risks and preventive
measures for seasonal
and occasional workers*



**Certified document in compliance with Art. 3 of the Interministerial Decree
dated 27.03.2013**

*This booklet is intended for seasonal and occasional workers performing up to fifty days
of work per year for the same company, specifically for grape harvesting and fruit picking
activities. Such activities involve health and safety risks for workers.*

Work-related risks can be significantly reduced through awareness of hazards, proper use of appropriate equipment provided by the employer, and the adoption of suitable clothing and behavior.

Each worker must take responsibility for their own safety and health, as well as that of others present in the workplace.

Before starting work



Remember that tetanus vaccination is mandatory for agricultural workers.



Avoid consuming alcoholic beverages during work.



AVOID exposing your skin directly to the sun.

Always **WEAR** covering clothes (long-sleeved shirts, long pants, and a hat).

Prevent injury risks:
always **WEAR** closed shoes with ankle protection and non-slip soles.
WEAR gloves to protect your hands from cuts, abrasions, and biological/chemical contamination.



Weather conditions



Prolonged exposure to sun and heat can cause effects ranging from mild discomfort to severe conditions such as "heatstroke" and "sunstroke."

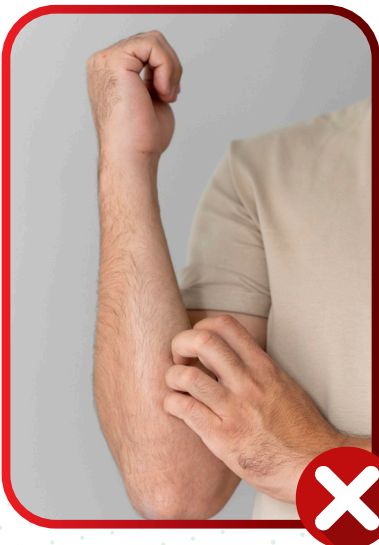
Warning signs include: fatigue, headache, nausea, muscle cramps, dizziness. If ignored, these can lead to unconsciousness and more serious injuries.

WEAR covering clothes.

DRINK small sips of non-iced water at frequent intervals to prevent dehydration.

Refresh yourself frequently by wetting your skin with cool water.

Biological risk



Working outdoors without suitable clothing may result in contact with insects or other animals, which can cause illnesses, infections, and, in allergic individuals, severe reactions.

Cutting



Always pay attention to the position of your other hand when cutting.

AVOID working directly opposite colleagues along the same row of vines or trellises.

MAINTAIN proper distancing.



Manual handling of loads



Manual handling of loads can cause injuries to the spine and limbs. These injuries may occur when lifting excessively heavy loads or performing the task incorrectly. For manual load handling:



AVOID twisting only your torso; instead, turn your whole body, using your legs.
AVOID lifting excessively heavy loads alone.



BEND your knees while keeping your back straight.
KEEP the object close to your body. For heavy loads, consider lifting with two people.



Repetitive movements

Harvesting work involves repeated movements of arms and hands, often maintaining the same positions for extended periods. To avoid damage to joints, muscles, tendons, and nerves avoid keeping your arms above shoulder height or your wrists bent sideways for long periods.

Ladders



Ladders must meet appropriate safety standards to prevent falls, including sturdy construction, adequate size, anti-slip and anchoring systems, and proper maintenance.

To prevent falls from height:
POSITION the ladder carefully.

If necessary, **LEAN IT** against the main trunk, **NOT SIDEWAYS**.
AVOID standing on the top rungs.

IF IN DOUBT ABOUT STABILITY, HAVE ANOTHER WORKER HOLD THE LADDER FROM BELOW.

WHEN CARRYING LOADS MANUALLY DURING ASCENT OR DESCENT, ENSURE A FIRM GRIP ON THE LADDER.

First aid



Even small wounds contaminated with soil can lead to contact with tetanus spores.

TETANUS CAN BE FATAL!

WOUNDS MUST BE PROMPTLY CLEANED, DISINFECTED, AND TREATED with the assistance of the workplace first aid staff.

A first aid kit is **ALWAYS AVAILABLE** at the workplace.

IN CASE OF INJURY OR ILLNESS, CALL EMERGENCY
NUMBERS **112** OR **118**

COMPANY

Phone.....

In case of emergency, contact the workplace first aid

staff at.....

Phone.....



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