

Sistema Socio Sanitario



Regione  
Lombardia

ATS Pavia

# 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:

**X** **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.....



## **ATS Pavia**

*S.C. Prevenzione e Sicurezza Ambienti di Lavoro  
Dipartimento di Igiene e Prevenzione Sanitaria*

Via Indipendenza, 3  
27100 Pavia PV

Telefono: 0382 4311

*We would like to express our gratitude to the companies and all the individuals who  
contributed to the creation of this brochure.*