

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.

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.