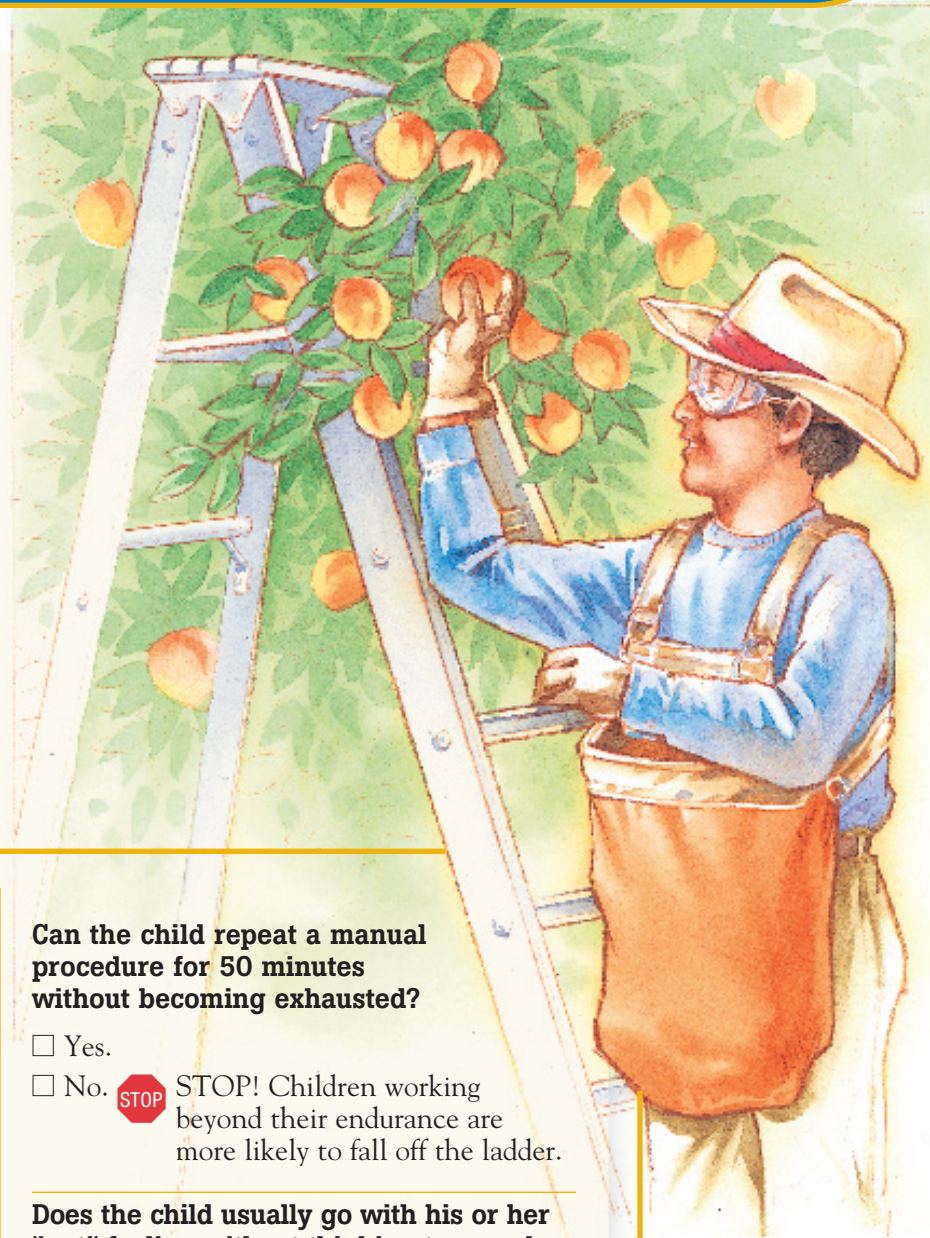


# Harvesting tree fruit

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Re-entry standards are followed
- Work area has no hazards
- Child has no insect allergies
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour



## Can your child do this job?

### ABILITY

**Can the child set and climb the ladder?** (See "Climbing")

- ☐ Yes.
- ☐ No. **STOP** STOP! Children must be able to set and climb a ladder to do this job safely.

**Can the child lift safely?** (See "Lifting")

- ☐ Yes.
- ☐ No. **STOP** STOP! Children must be able to lift correctly to do this job safely.

**Is the child going through a growth spurt?** For example, is he or she clumsy or frequently changing clothes size?

- ☐ Yes. **STOP** STOP! Children in periods of rapid growth become less coordinated, increasing the chance of falling off the ladder.
- ☐ No.

**Can the child balance, lift, turn and stretch on a two-step ladder, with a spotter?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children with poor balance are likely to fall off the ladder.

**Is the collection bag properly sized to limit the weight the child will carry to 10-15% of his or her body weight?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children lifting more than 15% of their body weight are more likely to injure their backs.

**Does the child have to carry the filled container less than 10-15 yards?**

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult should keep the collection point close by or carry the filled containers to the collection point.

**Can the child repeat a manual procedure for 50 minutes without becoming exhausted?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children working beyond their endurance are more likely to fall off the ladder.

**Does the child usually go with his or her "gut" feeling without thinking too much about what could happen next?**

- ☐ Yes. **!** CAUTION! Children who act on impulse need close supervision.
- ☐ No.

**Is your child responsible?** Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **!** CAUTION! Children who behave irresponsibly need close supervision.

**Does the child do things that seem dangerous for the thrill of it?**

- ☐ Yes. **!** CAUTION! Children who take risks or behave dangerously need close supervision.
- ☐ No.

### TRAINING

**Has an adult demonstrated harvesting tree fruit on site?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

**Has the child shown he or she can do the job safely 4 to 5 times under close supervision?**

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

**Can an adult supervise as recommended?**

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

## Main Hazards



Working up high can lead to falls



Weight of ladder and/or fruit can strain muscles



Repetitive motion can strain muscles and injure back and joints

## Supervision

**What's the right amount? Here are suggestions—but remember, it depends on the child.**

### Age 16+:

When the child shows that he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is climbing and lifting correctly and not showing signs of fatigue.

## Remember



Non-skid shoes



Eye protection



Good handwashing



# Pruning trees and vines

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Re-entry standards are followed
- Work area has no hazards
- Child has no insect allergies
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour



## Can your child do this job?

### ABILITY

If climbing is needed, can the child set and climb the ladder?  
(See "Climbing")

- ☐ Yes.
- ☐ No. **STOP** STOP! Children must be able to set and climb a ladder to do this job safely.

Are the cutting tools the right size for the child?

- ☐ Yes.
- ☐ No. **STOP** STOP! The wrong size tools can cause injury.

Can the child stay focused on a job up to 50 minutes?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children working beyond their attention span are easily distracted and more likely to be injured.

Does the child usually go with his or her "gut" feeling without thinking too much about what could happen next?

- ☐ Yes. **!** CAUTION! Children who act on impulse need close supervision.
- ☐ No.

Is your child responsible?  
Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **!** CAUTION! Children who behave irresponsibly need close supervision.

Does the child do things that seem dangerous for the thrill of it?

- ☐ Yes. **!** CAUTION! Children who take risks or behave dangerously need close supervision.
- ☐ No.

### TRAINING

Has the child been trained to use cutting tools safely?

- ☐ Yes.
- ☐ No. **STOP** STOP! Training is needed to prevent injury.

Has an adult demonstrated pruning trees and vines on site?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

## Remember



Non-skid shoes



Eye protection



Leather gloves

## Main Hazards



Working up high can lead to falls



Sharp tools can cut skin



Repetitive motion can strain muscles and injure back and joints

## Supervision

What's the right amount?  
Here are suggestions—but remember, it depends on the child.

### Age 12-13:

**WATCH** constantly at first. When the child shows he or she can do the job **CHECK** every few minutes.

## Working from the ground

### Age 14-15:

**CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is not showing signs of fatigue.

### Age 16+:

**CHECK** every few minutes. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is not showing signs of fatigue.



# Detasseling corn

## Adult responsibilities

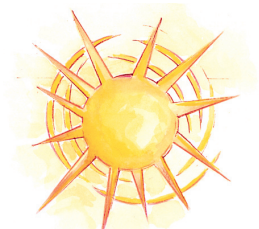
### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Work area has no hazards
- Child has no insect allergies
- Child has been fitted for a respirator and shown how to use it
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Child and adult can communicate by cellular phone, walkie-talkie or other method
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour



## Can your child do this job?

### Main Hazards



Sun can cause heat exhaustion



Repetitive motion can strain muscles and injure back and joints

### ABILITY

Is the child tall enough to reach the tassels from a balanced standing position without overstretching?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children who have to strain to reach the tassels are more likely to be injured.

Can the child repeat a manual procedure for 50 minutes without becoming exhausted?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children working beyond their endurance are more likely to be injured.

Is your child responsible? Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **!** CAUTION! Children who behave irresponsibly need close supervision.

### TRAINING

Has an adult demonstrated detasseling corn on site?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 12-13:**  
**WATCH** nearly constantly at first. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 14-15:**  
**CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is not showing signs of fatigue.

**Age 16+:**  
When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is not showing signs of fatigue.

### Remember



Non-skid shoes



Respirator as needed



Eye protection



# Harvesting strawberries

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Re-entry standards are followed
- Work area has no hazards
- Child has no insect allergies
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour

## Can your child do this job?

### ABILITY

Can the child bend safely? (See "Bending")

- ☐ Yes
- ☐ No. **STOP** STOP! Children must be able to bend correctly to do this job safely.

Does the filled container the child will carry weigh less than 10-15% of the child's body weight?

- ☐ Yes
- ☐ No. **!** CAUTION! An adult should carry the filled container.

Does the child have to carry the filled container less than 10-15 yards?

- ☐ Yes
- ☐ No. **!** CAUTION! An adult should keep the collection point close by or carry filled containers to the collection point.

If the child is 12 or older, can he or she repeat a manual procedure for 50 minutes without becoming exhausted?

- ☐ Yes
- ☐ No. **STOP** STOP! Children working beyond their endurance are more likely to be injured.

Does the child have at least a 15-20 minute attention span? For example, can the child play a board game for 20 minutes?

- ☐ Yes
- ☐ No. **STOP** STOP! Children working beyond their attention span are easily distracted and more likely to be injured.



### TRAINING

Has the child been trained on lifting techniques?

- ☐ Yes
- ☐ No. **STOP** STOP! Lifting incorrectly can cause back injury.

Has an adult demonstrated harvesting strawberries on site?

- ☐ Yes
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

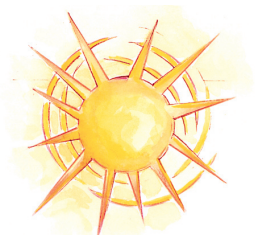
- ☐ Yes
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

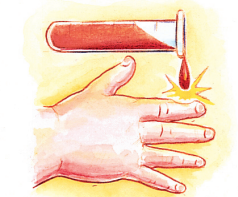
## Main Hazards



Sun can cause heat exhaustion



Repetitive motion can strain muscles and injure back and joints



Contact with chemicals can cause disease, now or later

## Remember



Non-skid shoes



Good handwashing

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 7-9: LIMIT** job to 15 minutes. **WATCH** constantly.

**Age 10-11: LIMIT** job to 20 minutes. **WATCH** nearly constantly at first. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 12-13: CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is bending and lifting correctly and not showing signs of fatigue.

**Age 14-15:** When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is bending and lifting correctly and not showing signs of fatigue.



# Hand-harvesting vegetables

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Re-entry standards are followed
- Work area has no hazards
- Child has no insect allergies
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour



## Can your child do this job?

### ABILITY

**Can the child bend and lift safely?**  
(See "Bending"/"Lifting")

☐ Yes

☐ No. **STOP** STOP! Children must be able to bend and lift correctly in order to do this job safely.

**Are cutting tools the right size for the child?**

☐ Yes

☐ No. **STOP** STOP! The wrong size tools can cause injury.

**Does the filled container the child will carry weigh less than 10-15% of his or her body weight?**

☐ Yes.

☐ No. **!** CAUTION! An adult should carry the filled container.

**Does the child have to carry the filled container less than 10-15 yards?**

☐ Yes

☐ No. **!** CAUTION! An adult should keep the collection point close by or carry the filled container to the collection point.

**If the child is 12 or older, can he or she repeat a manual procedure for 50 minutes without becoming exhausted?**

☐ Yes.

☐ No. **STOP** STOP! Children working beyond their endurance are more likely to be injured.

**Does the child have at least a 15-20 minute attention span? For example, can the child play a board game for 20 minutes?**

☐ Yes

☐ No. **STOP** STOP! Children working beyond their attention span are easily distracted and more likely to be injured.

**Does the child have good eye-hand coordination? For example, can the child place a key in a lock?**

☐ Yes.

☐ No. **STOP** STOP! Good eye-hand coordination is needed to prevent injury.

**Does the child do things that seem dangerous for the thrill of it?**

☐ Yes **!** CAUTION! Children who take risks or behave dangerously need close supervision. Limit cutting with a knife.

☐ No.

### TRAINING

**Has the child been trained to use cutting tools safely?**

☐ Yes

☐ No. **STOP** STOP! Training is needed to prevent injury.

**Has an adult demonstrated hand-harvesting vegetables on site?**

☐ Yes

☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

**Has the child shown he or she can do the job safely 4 to 5 times under close supervision?**

☐ Yes

☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

**Can an adult supervise as recommended?**

☐ Yes

☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

## Remember



Non-skid shoes

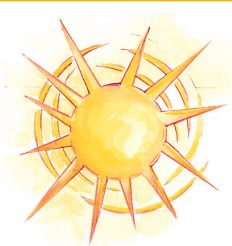


Good handwashing

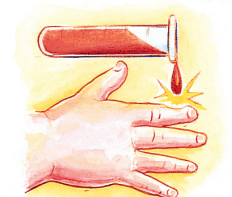


Gloves (may be leather or moisture resistant)

## Main Hazards



Sun can cause heat exhaustion



Contact with chemicals can cause disease, now or later



Repetitive motion can strain muscles and injure back and joints

## Supervision

**What's the right amount? Here are suggestions—but remember, it depends on the child.**

**Age 7-9:**  
**LIMIT** job to 15 minutes.  
**NO** cutting tools. **WATCH** constantly.

**Age 10-11:**  
**LIMIT** job to 20 minutes.  
**NO** cutting tools. **WATCH** nearly constantly.

**Age 12-13:** **WATCH** constantly at first if the child uses cutting tools. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 14-15:** **CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is bending and lifting correctly and not showing signs of fatigue.



# Hand-weeding

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child has safe transport to the field
- Re-entry standards are followed
- Work area has no hazards
- Child and adult can communicate by cell phone, walkie-talkies or other method
- Child has no insect allergies
- Child wears long sleeved shirt, long pants, wide brimmed hat, sunglasses and sunscreen
- Break areas are provided away from the work site with bathrooms and water for drinking and washing hands
- Child has at least one ten-minute break every hour
- Child drinks a quart of fluids every hour

## Can your child do this job?

### ABILITY

**Can the child bend safely?** (See "Bending")

- ☐ Yes.
- ☐ No. **STOP** STOP! Children must be able to bend correctly to do this job safely.

**Does the filled container the child will lift weigh less than 10-15% of his or her body weight?**

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult should lift the filled container.

**Does the child have to carry the filled container less than 10-15 yards?**

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult should keep the collection point close by or carry the filled container to the collection point.

**Are cutting and hoeing tools the right size for the child?**

- ☐ Yes.
- ☐ No. **STOP** STOP! The wrong size tools can cause injury.

**If the child is 12 or older, can he or she repeat a manual task for 50 minutes without becoming exhausted?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children working beyond their endurance are more likely to be injured.

**Does the child have at least a 15-20 minute attention span? For example, can the child play a board game for 20 minutes?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children working beyond their attention span are easily distracted and more likely to be injured.

**Does the child do things that seem dangerous for the thrill of it?**

- ☐ Yes **!** CAUTION! Children who take risks or behave dangerously should be closely supervised. Limit cutting with a knife.
- ☐ No.



### TRAINING

**Has the child been trained to use cutting tools?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Training is needed to prevent injury.

**Has an adult demonstrated hand-weeding on site?**

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

**Has the child shown he or she can do the job safely 4 to 5 times under close supervision?**

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

**Can an adult supervise as recommended?**

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

### REMEMBER



Non-skid shoes



Good handwashing



Leather gloves

## Supervision

**What's the right amount? Here are suggestions—but remember, it depends on the child.**

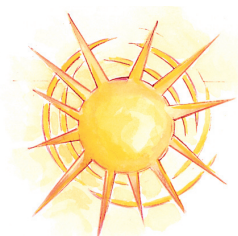
**Age 7-9:** **LIMIT** job to 15 minutes. **NO** cutting tools. **WATCH** constantly.

**Age 10-11:** **LIMIT** job to 20 minutes. **NO** cutting tools. **WATCH** nearly constantly at first. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 12-13:** **WATCH** constantly if the child uses cutting tools. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 14-15:** **CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is bending correctly and not showing signs of fatigue.

## Main Hazards



Sun can cause heat exhaustion



Repetitive motion can strain muscles and injure back and joints



Sharp tools can cut skin



# Lifting

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Work area has no hazards
- Object to be lifted weighs less than 10-15% of child's body weight
- Child carries object less than 10-15 yards

### The important steps for safe lifting are followed:

1. Stand close to object to be lifted
2. Spread feet wide to straddle the object
3. Squat, bending knees and hips
4. Keep head up and back straight
5. Hold in stomach muscles
6. Lift using leg muscles
7. Keep the load close to body with a good grip
8. Turn feet, not back, in the direction you are going
9. Follow the above tips when putting the object down

### Young people should be reminded:

- Improper lifting can lead to long-term back pain
- Ask for help when the load is too heavy or you don't know how heavy it is
- "Hug the load"
- Use mechanical devices such as carts and levers whenever possible
- Don't lift objects above chest height
- Bulky objects are more difficult to balance and carry
- Avoid twisting while lifting
- Take frequent stretch breaks to avoid overuse of muscles



## Can your child do this job?

### Main Hazards



Slippery/uneven surface can lead to slips, trips and falls



Weight of objects can strain muscles



Repetitive motion can strain muscles and injure back and joints

### ABILITY

Can the child bend safely? (See "Bending")

- ☐ Yes.
- ☐ No. **STOP** STOP! Children must be able to bend correctly to do this job safely.

Is the child going through a growth spurt? For example, is he or she clumsy or frequently changing clothing size?

- ☐ Yes. **STOP** STOP! Children in periods of rapid growth become less flexible, increasing the chance of muscle strains and injury to back and joints.
- ☐ No.

Do the objects to be lifted weigh less than 10-15% of the child's body weight?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children lifting more than 15% of their body weight are more likely to injure their backs.

Does the child have to carry the load less than 10-15 yards?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children carrying a load more than 10-15 yards are more likely to injure their backs.

### TRAINING

Has the child been trained on lifting techniques?

- ☐ Yes.
- ☐ No. **STOP** STOP! Lifting incorrectly can cause back injury.

Has an adult demonstrated lifting on site?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

### Remember



Non-skid shoes

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

Age 7-9: **LIMIT** job to 15 minutes. **WATCH** constantly.

Age 10-11: **LIMIT** job to 20 minutes. **CHECK** every few minutes.

Age 12-13: **CHECK** every few minutes.

Age 14-15: **CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is lifting correctly and not showing signs of fatigue.



# Climbing

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Child is free of medical conditions or medications that affect his or her ability to concentrate and maintain balance
- Ladder is ANSI or CSA approved and free of damage
- Ladder is the right size for the child
- Climbing structure is stable and safe
- Work area has no hazards (especially electric wires)

### The important steps for safe climbing are followed:

These steps may be modified if the ladder is permanently secured to a structure

1. Check that the ladder is firmly set
2. Grasp alternate rungs and take first step
3. Pause and think about whether or not the ladder feels stable
4. Climb up, keeping feet and hips within sides of ladder frame
5. Always maintain three contact points, for example, two hands and one foot
6. Keep head up and back straight
7. Concentrate on the climbing process
8. Do not climb beyond the third rung from the top
9. Follow the above tips when climbing back down the ladder



## Can your child do this job?

### ABILITY

Is the child comfortable with heights?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children who are afraid of heights are more likely to be injured.

Is the child going through a growth spurt? For example, is he or she clumsy or frequently changing clothing size?

- ☐ Yes. **STOP** STOP! Children in periods of rapid growth become less coordinated, increasing the chance of falling off the ladder.
- ☐ No.

Can the child balance, lift, turn and stretch on a two-step ladder?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children with poor balance are likely to fall off the ladder.

Does the ladder weigh less than 10-15% of the child's body weight?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult should help carry the ladder.

Does the child have to carry the ladder less than 10-15 yards?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult should carry the ladder.

Does the child usually go with his or her "gut" feeling without thinking too much about what could happen next?

- ☐ Yes. **!** CAUTION! Children who act on impulse need close supervision.
- ☐ No.

Is your child responsible? Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **!** CAUTION! Children who behave irresponsibly need close supervision.

Does the child do things that seem dangerous for the thrill of it?

- ☐ Yes. **!** CAUTION! Children who take risks or behave dangerously need close supervision.
- ☐ No.

### TRAINING

Has the child been trained on ladder and climbing safety?

- ☐ Yes.
- ☐ No. **STOP** STOP! Training is needed to prevent injury.

Has the child been trained to identify electrical hazards?

- ☐ Yes.
- ☐ No. **STOP** STOP! Training is needed to prevent electric shock.

Has an adult demonstrated climbing on site?

- ☐ Yes.
- ☐ No. **STOP** STOP! Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP** STOP! The right level of supervision is key to preventing injuries.

## Main Hazards



Working up high can lead to falls



Weight of ladder can strain muscles



Contact with wires can cause electric shock

## Remember



Non-skid shoes



Leather gloves

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 16+:** **WATCH** nearly constantly at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is climbing correctly and not showing signs of fatigue.



# Bending

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

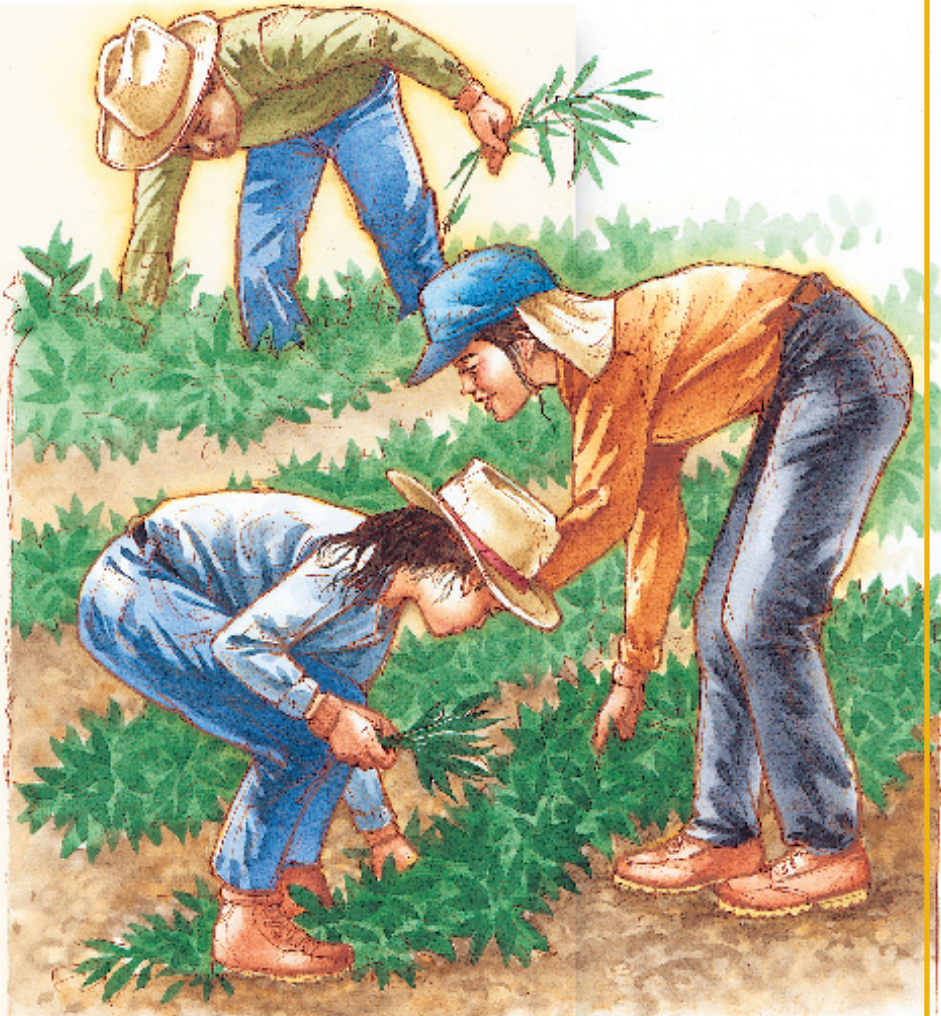
- Child has safe transport to the work area
- Work area has no hazards
- Work tools and work station are adjusted to reduce unnecessary bending
- Child has at least one ten-minute break every hour

### The important steps for safe bending are followed:

1. Maintain good back posture
2. When standing and bending for long periods, shift weight from foot to foot
3. Stand with feet shoulder-width apart, one foot slightly in front of the other
4. Keeping back straight, move down to a squatting position using leg muscles
5. Hold in stomach muscles
6. Shift from leg to leg when squatting, keeping body balanced
7. Turn feet and arms, not back, to reach for objects
8. Do not stay in any one position for more than a few moments
9. Follow the above tips for repeated bending

### Young people should be reminded:

- Improper standing and bending can lead to long-term back pain
- Take frequent stretch breaks to avoid overuse of muscles



## Can your child do this job?

### Main Hazards



Slippery/uneven surface can lead to slips, trips and falls




Weight can strain muscles




Repetitive motion can strain muscles and injure back and joints

### ABILITY

If the child needs to lift something, is the load less than 10-15% of his or her body weight?


- ☐ Yes.
- ☐ No.  CAUTION! An adult should do the lifting.

Is the child going through a growth spurt? For example, is he or she clumsy or frequently changing clothing size?


- ☐ Yes.  STOP! Children in periods of rapid growth become less flexible, increasing the chance of muscle strain and injury to back and joints.
- ☐ No.

### TRAINING


Has the child been trained on bending techniques?

- ☐ Yes.
- ☐ No.  STOP! Bending incorrectly can cause back injury.


If the child needs to lift something, has he or she been trained on lifting techniques?

- ☐ Yes.
- ☐ No.  STOP! Lifting incorrectly can cause back injury.

Has an adult demonstrated bending on site?


- ☐ Yes.
- ☐ No.  STOP! Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No.  CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No.  STOP! The right level of supervision is key to preventing injuries.

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 7-9:** **LIMIT** job to 15 minutes. **WATCH** constantly.

**Age 10-11:** **LIMIT** job to 20 minutes. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 12-13:** When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes, then make sure the child is bending correctly, taking frequent stretch breaks, and not showing signs of fatigue.

### Remember



Non-skid shoes