

Planting of vegetables outdoors



A project by Boerenbond & Kenniscentrum
Groene Sectoren with the support of Cera



SAFE AND HEALTHY

Sitting on the planting machine

Working in the same position for long periods of time (curved)

- Trying to sit upright as much as possible by adjusting the chair correctly
- Changing posture
- Switching tasks

Crushing of the feet

- Ergonomics/vibration
- Wearing safety shoes
- Wear sturdy work clothes
- Feet always on support structure
- Leave protections between feet/legs and intact Provide clear communication between tractor driver and workers and emergency stops in close proximity to workers' stations

Ergonomic placement of crates provided so that there is no need to reach too far forward

- Alternate activities
- Vibration-damping seats provided

Transportation equipment (forklifts, tractors, self-propelled carts)

- Only drive if you are designated by employer (certificate of authority)
- Always wear seat belt
- Do not allow passengers on machines not intended for them, only someone in the seat provided)
- Not stepping off a moving machine
- Watch out
- Wearing safety shoes

Allergic reactions

Allergy to some types of plants

- Reporting hay fever-like symptoms

Irritating plant juices

- Wearing gloves

Outdoor/climate

UV radiation

- Keep skin covered - Sunscreen (at least factor 50)
- Sunshade / canopy provided on the planter

Warm weather / heat wave

- Alternate work, drink plenty of fluids, appropriate work regime, rest in shade, wear head protection

Storm

- In case of thunderstorm, go inside or (company) car

Rain

- Using rainwear

Transportation equipment (tractor, telehandlers)

- Only drive if you are designated by employer (certificate of authority)
- Belt wearing
- Do not allow passengers on machines not intended for them, only someone in the seat provided)
- Never leave a moving machine
- Watch out
- Wearing safety shoes

Dust formation

- Appropriate respiratory protection

Hearing damage

- Appropriate hearing protection