

# Working safely with mangoes

Everybody has a role in making sure the work place is safe.

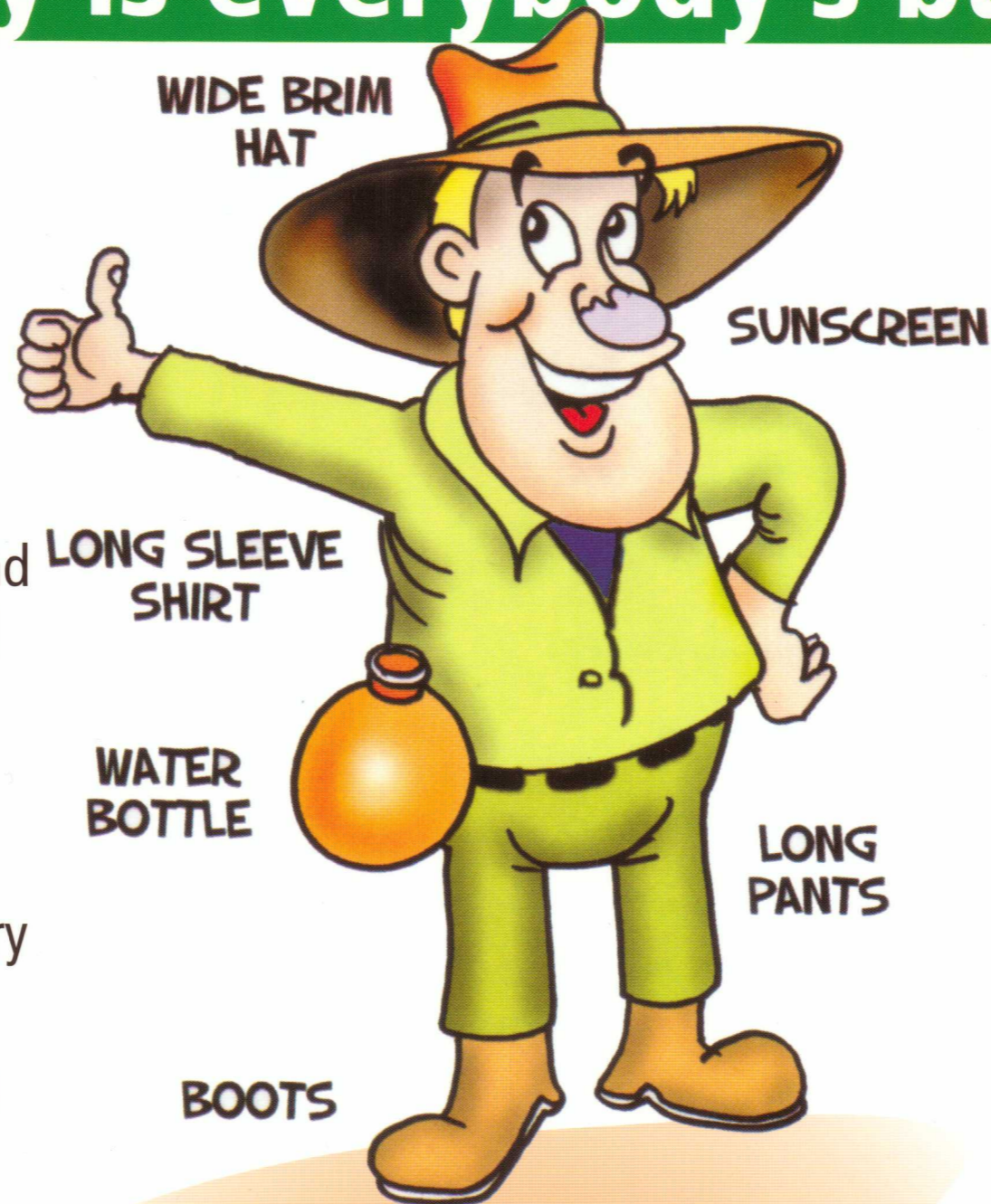
If you see something hazardous, report it. And, follow all farm risk management procedures.

## Safety is everybody's business

### Staying healthy and hydrated

Mango picking is hot work, to avoid heat stress you must:

- Always wear light clothing, light colours, long sleeves, wrap-around sunglasses and a broad-brimmed hat while working in the sun.
- Apply broad spectrum SPF 30+ sunscreen 20minutes before heading outside and reapply every 2hrs.
- Drink plenty of water – at least 4 litres a day.
- Avoid drugs and alcohol. Alcohol consumption leads to dehydration.
- After work, make sure you get plenty of rest and eat nutritious meals and drink plenty of water.
- If you are suffering from heat stress, rest in a cool place with your legs slightly elevated.



- ✓ A long sleeve shirt, hat and covered footwear are essential
- ✓ 30+ sunscreen and barrier cream
- ✓ Drink plenty of water

### Operating Machinery

- Take care around all machinery, especially moving parts on machinery.
- Do not allow loose clothing or long hair to hang near machinery.
- Always obey farm rules and signs.
- ALWAYS give way and look out for tractors, forklifts, cherry pickers, harvest aids and other farm machinery (people operating machinery CANNOT HEAR YOU and may not see you).
- If operating grading machines or harvest aids, make sure you know how to STOP the machine in an emergency. If you don't know, ASK!
- Use tools for designated purpose only.

