



PREVENTIVE MEASURES FOR THE MAIN HAZARDS IN THE AGRICULTURE SECTOR

The tasks that you have to carry out at work expose you to certain hazards. It is important to know preventive measures that you can take to protect your health and ensure your physical safety and well-being.



Regardless of the situation and the risk, it is essential to talk to the employer, ask questions if you are not certain, and make sure you fully understand the instructions so that you are able to work in complete safety.

ERGONOMIC HAZARD



Lifting a load puts you at risk of developing a musculoskeletal disorder (for example, pain that requires time off work, chronic pain).



Ask for help when handling a load that is too heavy, cumbersome or hard to handle.



Use a handling device or accessory to move a load that is heavy, cumbersome or hard to handle (for example, a cart or a wheelbarrow).



Take short breaks from time to time to gently stretch and relax your muscles when the task involves repetitive movements.

HEAT STROKE HAZARD



Working in hot conditions in summer puts you at risk of heat stroke. Heat stroke occurs suddenly when the body is no longer able to cool down enough. Heat stroke can cause severe symptoms and even be fatal.



Know how to recognize the symptoms of heat stroke (for example, dizziness, unusual fatigue or confusion).



Wear a wide-brimmed hat and loose, light-coloured clothing.



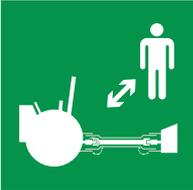
Don't wait until you feel thirsty. Drink cool water at regular intervals (around 250 mL every 20 minutes, but no more than 1.5 litres per hour).

Check the colour of your urine; if you are drinking enough, your urine will be pale yellow.

HAZARDS ASSOCIATED WITH MOVING PARTS



Various moving parts on agricultural machinery, such as conveyors and tractors, can cause serious injuries (fractures, amputations, even death). Parts include, for example, pulleys, belts, drive shafts, gears, chains.



Wear close-fitting clothing without loose ends and keep hair tied. Tie laces and cords.

Stay away from transmission shafts and other moving parts of machinery, even if the guards are in place. It is forbidden to operate a machine unless all the guards are in place and in good working order.



Do not put your hands in an area where there are moving parts.

Do not climb onto moving parts, step across them or go into an area where there are moving parts.



Turn off the power and wait until the moving parts have stopped.

e.g. before attaching an accessory or doing maintenance or unblocking, you must turn off the engine and remove the key from the contact to make sure that nothing can restart during the operation.

HAZARDS ASSOCIATED WITH PESTICIDES AND OTHER DANGEROUS SUBSTANCES



Pesticides and other dangerous substances pose health and safety hazards and could cause injuries such as poisoning, burns, chronic disease, or even be fatal.



Comply with the prohibitions intended for unauthorized persons (for example, a pesticide warehouse or a treated field until the re-entry period is up).



Wash your hands before drinking, eating or smoking and before using the toilet.

Wash your hands with soap and tap water. Waterless products damage the skin and increase the risk of contamination by pesticides.



Take training before handling pesticides.

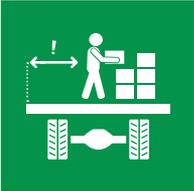
Know the health and safety risks for each product you handle and know how to protect yourself.

Use safe work methods.

FALL HAZARD: FALLS FROM A HEIGHT



There is a risk of falling when you work at a height (for example, a fall from an edge, a vehicle or a ladder). Falling from a height can cause injuries, such as fractures or concussions, or even be fatal.



Keep far enough away from the edge to avoid falling off a truck or trailer platform when stacking crates of fruit or vegetables.



Don't board a vehicle or any part of a vehicle not intended to receive passengers. It is specifically forbidden to take passengers on a farm tractor, in a trailer, in a truck box or on a truck platform.



Use at least three points of contact at all times when going up or down a stepladder. This method applies in other similar situations, such as climbing onto or down from agricultural machinery.

FALL HAZARD: FALLS FROM THE SAME HEIGHT



You can injure yourself by slipping, tripping, losing your balance or stumbling (fall from the same height). This type of fall can cause injuries such as fractures, sprains/strains or concussion.



Wear tightly laced shoes in good condition.



Pay attention to terrain and site conditions.
Adjust your walking speed.



Do not carry items that block your view.

As a worker, you are required to participate in identifying and eliminating hazards in your work environment.



Talk to your employer.
Health and safety: it's everyone's business!

This document is not exhaustive. Do you have questions? Visit cnesst.gouv.qc.ca/agriculture.

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