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| **Food Protection, Health, & Safety Employee Training Record****.**  |
|  |  |  |  |  |  | [ ]  DVD[x]  Oral/Written Presentation  (Attach Presentation Documents) |
| **Date** |  | **Training Location** |  | **Trainer** | [ ]  Demonstration[ ]  Trainer |
| **Interpreter (Sign Here)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** [ ]  Employee |
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| **Type of Training** |
| [ ]  Accident Prevention Program | [x]  Personal Protective Equipment | [ ]  Ergonomics |
| [x]  General Safety  | [ ]  Labor Discussion | [x]  Employee Health |
| [ ]  Food Safety  | [ ]  Lifting Safety | [ ]  Cleaning SSOP |
| [ ]  Hazard Communication | [ ]  Forklift Safety | [ ]  Fall Protection |
| [ ]  Emergency Info/ First Aid | [ ]  Heat Stress | [ ]  Aerial Lift Safety |
| [ ]  Harvest Rules/Practices | [ ]  Cold Stress | [x]  Other: Pruning & Ladder Safety |
| [ ]  Platform Safety | [ ]  Motor Vehicles | [x]  Other: Q1 Training |
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| The Washington State Department of Labor and Industries (L&I) considers tree fruit pruning to be a job that poses a threat of eye injury. Under the Washington Administrative Code (WAC) 296-307-10005, L&I requires employers to provide appropriate eye protection for all employees pruning fruit trees. Although eye protection is not officially required by L&I for berry pruning, it is strongly recommended, and an employer could require it. Eye protection must meet the criteria of the American National Standard for Occupational and Educational Eye and Face Protection. In addition to eye protection, it is recommended that employees wear gloves, work boots, long-sleeved shirts, long-legged pants, and in some cases, a hard hat if pruning large branches overhead. Employers must provide the required personal protective equipment (eye protection, in this case) at no cost to employees, including replacement equipment worn out from normal use. The equipment must be maintained in sanitary and reliable condition. (Exception: An employer may require employees to provide their own normal work clothing, including long-sleeved shirts and long-legged pants.) Employees may provide their own personal protective equipment, but it must meet L&I standards and must be approved for use by the employer. At this month’s safety meeting, share the following information with any employees who will be pruning tree fruit or cane fruit. CREW’S CORNER It’s important to wear the proper personal protective equipment (PPE) while pruning, including eye protection, gloves, work boots, long-sleeved shirts and long-legged pants. If pruning branches overhead, a hard hat may also be required. Personal protective equipment Eye protection: Safety glasses or goggles can help prevent eye injuries from sharp branches, berry vines or flying sawdust. Safety glasses are required when pruning fruit trees and are strongly recommended when pruning cane fruits such as raspberries and blackberries. To provide the best protection, safety glasses should wrap around the face to prevent objects poking in from the side. If safety glasses fog up while working, employees should ask the supervisor for a different style of glasses. An anti-fogging agent may also be applied to the safety glasses to help prevent fogging. Employees may provide their own safety glasses, but the glasses must meet L&I standards and be approved for use by the employer. Gloves: Well-fitting gloves can help prevent cuts, scratches and puncture wounds from either the branches, canes or pruning tools used. Gloves can also provide a better grip on pruning tools and help prevent blisters. Work boots: Sturdy boots with reinforced toes can help prevent foot injuries from falling branches or debris on the ground.Proper clothing: Long-sleeved work shirts and long pants can help prevent cuts and scratches on the arms and legs. Hard hat: When pruning overhead, a hard hat can help prevent a head injury. Pruning safety tips • Always wear the appropriate personal protective equipment while pruning. • Before beginning work, inspect pruning tools to ensure they are functioning properly. • Follow training instructions and manufacturer recommendations when using pruning tools. • Do not attempt to cut branches larger than the tool is designed to cut. • Keep hands and fingers away from cutting blades. Before making a cut, always know the location of your hands and fingers. • Never use a pruning hook or saw close to your legs, and never pull a pruning blade toward your legs or other hand. • Maintain a safe distance from other employees while using pruning tools. • Do not intentionally drop pruning tools from ladders. • Always carry pruning tools with the sharp end pointed down. • Do not carry pruning tools in your pocket. • Before beginning work, carefully inspect the work area for any signs of insect or animal hazards. • Take frequent breaks when performing repetitive tasks. Do not overtire or strain yourself.General ladder safety • Ensure you are using the proper ladder for the job and the work area. General purpose ladders have four legs and non-slip footings designed for use on hard, smooth surfaces. With just three legs, a tripod orchard ladder is designed for use on soft, uneven ground and will collapse on a smooth, hard surface. • Wear proper clothing when working on a ladder. Pants should be short enough not to get caught on the heel of your shoe. Stiff-soled shoes with heels can protect your feet and prevent them from slipping off the rungs. • Before climbing a ladder; check the rungs and your shoes to ensure they are clean and free of mud, snow, grease, or other substances that would make them slippery or otherwise hazardous. • When climbing up or down a ladder, always face the ladder and keep both hands on the side rails at all times. Do not carry tools or other objects that prevent you from keeping both hands on the ladder when climbing up or down. • Do not place a ladder on a box, barrel, or other unstable base to gain height. • To prevent a ladder from tipping over while you are standing on it, avoid overreaching. Keep your body centered between the ladder’s side rails, and never stand on the top two rungs of a ladder. • If a ladder tips over, inspect it from top to bottom before placing it back in service. • When transporting a ladder on a vehicle, securely fastened it in position so that it does not sag and is not damaged by travel over rough roads. • Regularly inspect ladders for loose or broken parts. Promptly notify your supervisor if you notice any cracks, bends, loose rungs, and missing or damaged rivets or braces so the ladder can be tagged and removed from use. Do not use or attempt to repair a damaged ladder.Tripod orchard ladders When using a tripod orchard ladder, remember these additional safety tips: • When positioning a tripod orchard ladder on level ground, place the side rails into the soil and extend the tripod rail until it is stable. If the tripod rail is not extended far enough, the ladder may fall backward when you step on it. If the tripod rail is extended too far, the ladder may collapse. Test the ladder by stepping firmly on the first step to set the legs in the soil. • When setting a tripod orchard ladder on sloped ground, the tripod pole must be positioned uphill. • Never lean a tripod orchard ladder against a tree, branch or other object. • Never step onto the branch of a tree to extend your reach, and do not use a tree branch for balance. • Do not try to move a tripod orchard ladder while you are standing on it. Instead, climb down, lift it, and move it to a new position. • When climbing down a tripod orchard ladder with a full load of fruit, you may need to turn slightly to avoid bumping the fruit on the rungs of the ladder. • When you are done working on a tripod orchard ladder, do not leave it standing upright in the orchard. Instead, lay it down in a safe area where it won’t create a hazard for other workers or farm vehicles. • To carry a tripod orchard ladder safely, balance it on your shoulder while holding the tripod rail securely against the steps of the ladder |

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| **By Signing Below I Understand The Training****Al Firmar Abajo Entiendo La Capacitacion** |
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