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| Revision #:Written by: | Date: Month DD, YYYYApproved by: |

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| **RELATED DOCUMENTS:** | Working Alone Policy |
| **WHEN TO USE THIS SWP:** | This safe work practice is to be followed by all those performing manual labour in the field (e.g. berry picking). |
| **HAZARDS & RISKS:** | * Sun exposure
* Dehydration
* Strains and sprains
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| **PERSONAL PROTECTIVE EQUIPMENT:** | * Appropriate clothing for weather conditions
* Sunscreen
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| **TRAINING REQUIREMENTS:** | * In-house training
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| **COMMUNICATION PROCESS:** | If you have any questions contact your supervisor. Anyone working alone in a field must be in regular communication with their supervisor, according to the working alone policy. |
| **EQUIPMENT & SUPPLIES:** | * Cell phone or 2-way radio
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| **PRACTICE:**1. Know the weather forecast for the day and dress appropriately. Have extra clothing on hand.
2. In hot weather:
	1. Wear cool, light fitting clothing. Wear clothing that has maximum coverage.
		1. Cotton preferred as cools faster
	2. When working in the heat, wear a hat and apply sunscreen.
	3. Keep yourself hydrated.
	4. Avoid strenuous labour throughout the hottest period of the day (10am – 2pm)
	5. Take sufficient breaks to stay hydrated and get out of the sun.
3. Avoid working in extreme heat or extreme cold. If the temperature goes above 38C, take a 15-minute break in the shade every hour.
4. In cold weather, wear clothing with several layers that can keep you warm during periods of inactivity. Have extra clothing on hand.
5. The ground will be uneven in the field. Look where you are walking to avoid tripping or falling.
6. Wear appropriate footwear for the conditions.
7. Always have your supervisor’s permission before you:
	1. handle or use any pesticides or enter a field where there is a pesticide warning sign;
	2. enter any fenced off areas;
	3. enter any storage bins or silos;
	4. handle any animals;
	5. operate any machinery or vehicle.
8. If you see lightning, ask your supervisor if it is safe to continue working.
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| **EMERGENCY PROCEDURES:** | * If at any time you feel affected by the heat or cold, stop work immediately. Find some shade and drink water. Contact your supervisor immediately. Should anyone show signs of heat stress, contact 911.
* Watch for weather changes such as incoming storms
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