

Kiwifruit Winter Pruning – Day 2 of 5



NZKGI
NEW ZEALAND KIWIFRUIT GROWERS

Ministry for Primary Industries
Manatū Ahu Matua



Aim of Today

- Keeping people safe and healthy while winter pruning

Topics

- Health and Safety Revision
- Typical Orchard Hazards and their control
- Role play a health and safety “tailgate” meeting
- Maintaining Physical Health
- Orchard Visit – identify hazards and discuss their control
- Winter Pruning – opportunity to watch and ask questions of workers in the field/ practice.

Health and Safety

- Orchards can be dangerous places
- We need to ensure you are safe while on the orchard
- We need to ensure you keep others safe



Causes of Injuries - Horticulture

Injury Causing Factor	% Claims	Dominant Injury
Lifting & straining	29%	Produce, building materials, loading and unloading
Repetitive work	23%	Picking, pruning, harvesting, sorting/bagging and noise
Slips, trips & falls	19%	Ladders, wet surfaces, uneven ground
Vehicles & towed implements	14%	Slipping off machinery, struck by towed implements, repetitive driving, run over, hit by tree branch
Struck by object	11%	Tree branch in face, wire, building R & M material, saws and knives
Total	96%	

FRUITION

Horticulture

Hazards



Employer Responsibilities

- Identify all hazards in the workplace
- Assess the hazards, ensure controls are in place to manage significant hazards
- Provide personal protective equipment
- Keep records of training
- Maintain accident/incident register
- Maintain suitable first aid kit
- Discuss Health & Safety with staff

Employee Responsibilities

- Ensure own safety while at work
- Make sure that no actions or inactions cause harm to any person
- Follow instructions
- Use personal protective equipment provided
- Advise your employer of any hazards
- Participate in Health & Safety discussions

How are hazards managed?

1. Identify the Hazards

- What are Hazards?

2. Deal with the Hazards (consider controls)

- Eliminate
- Minimise

Each orchard you work on will have its own unique hazards and controls

An orange sign titled "ORCHARD SPRAYING" with the following information:

Will occur on this property on:	29/3
It will be safe to re-enter on:	30/3
Product used:	Dipel Insecticide
Applicator:	W. Ormy
Contact phone number:	021 911 911

Mad Max Signs Ltd

Tailgate Meeting

- <https://safetree.nz/resources/tailgate-resources/>



Tailgate Meeting

Holding a tailgate meeting before work each morning is the best way to set a crew up for a successful day's work. This is why we hold tailgate meetings:

To discuss what happened yesterday

- Talk about what went right – share what worked well with the crew.
- Talk about what might have gone wrong yesterday and what should be done differently today.

To plan the day's work

- To make sure there are enough crew on site to do what needs to be done and do it safely.
- Talk about what visitors are expected that day, what risks they might bring, and who's going to meet, induct and supervise them.
- Agree what communications will be used, on what channels.
- If anything changes let the rest of the crew know.

To know the risks and agree controls

- Discuss the danger zones and agree the safe retreat positions for the day.
- Remind everyone about the two tree length rule.

EVERYONE MUST COME TO THE TAILGATE MEETING – It's the only way to be sure the whole crew knows what's happening that day.



Activity –Tailgate meeting

Tailgate meeting		
Crew: _____		
Date: _____		
Learn from yesterday	Plan for today	Prep for tomorrow
Notes (machine hours maintenance issues)		

Physical Health

*Why is Pruning Tough
on the Body?*

Physical Health

- To maintain our physical health we need to:
 - Prepare well
 - Warm up
 - Keep warm
 - Stretch regularly
 - Eat well
 - Stay hydrated

Physical Health – Prepare Well

To stay physically healthy while pruning, to prepare for a days work I will :

Sleep _____

Food _____

Water _____

Clothing _____

Physical Health - Group activity

- Read through the notes of Workplace Fitness
- Report back to the group about your allocated topic
 - What does it mean?
 - What can you do to maintain this aspect of physical health?

Warm Ups

- Warm up 5 mins walk/jog
- Exercises
 - Squats
 - Incline Push-ups
 - Shoulder Press
 - Supermen



Warm Ups

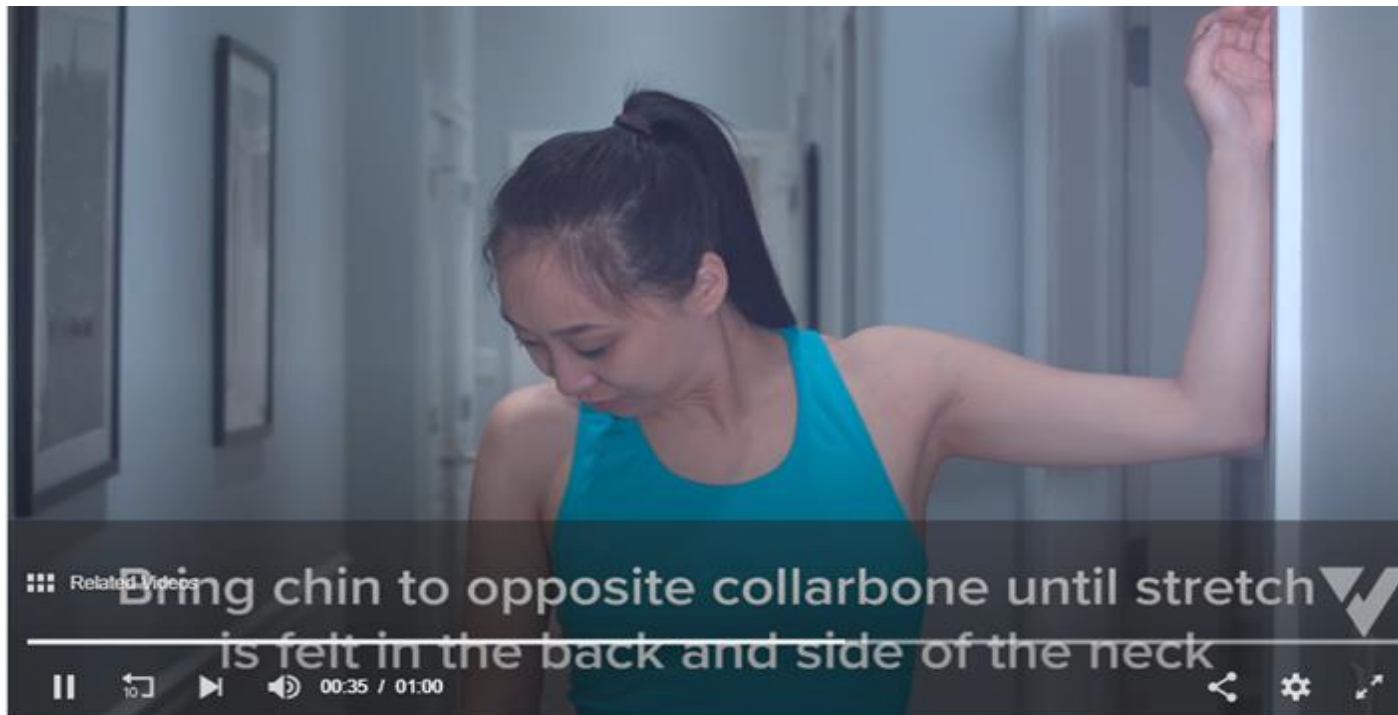


Warm Ups

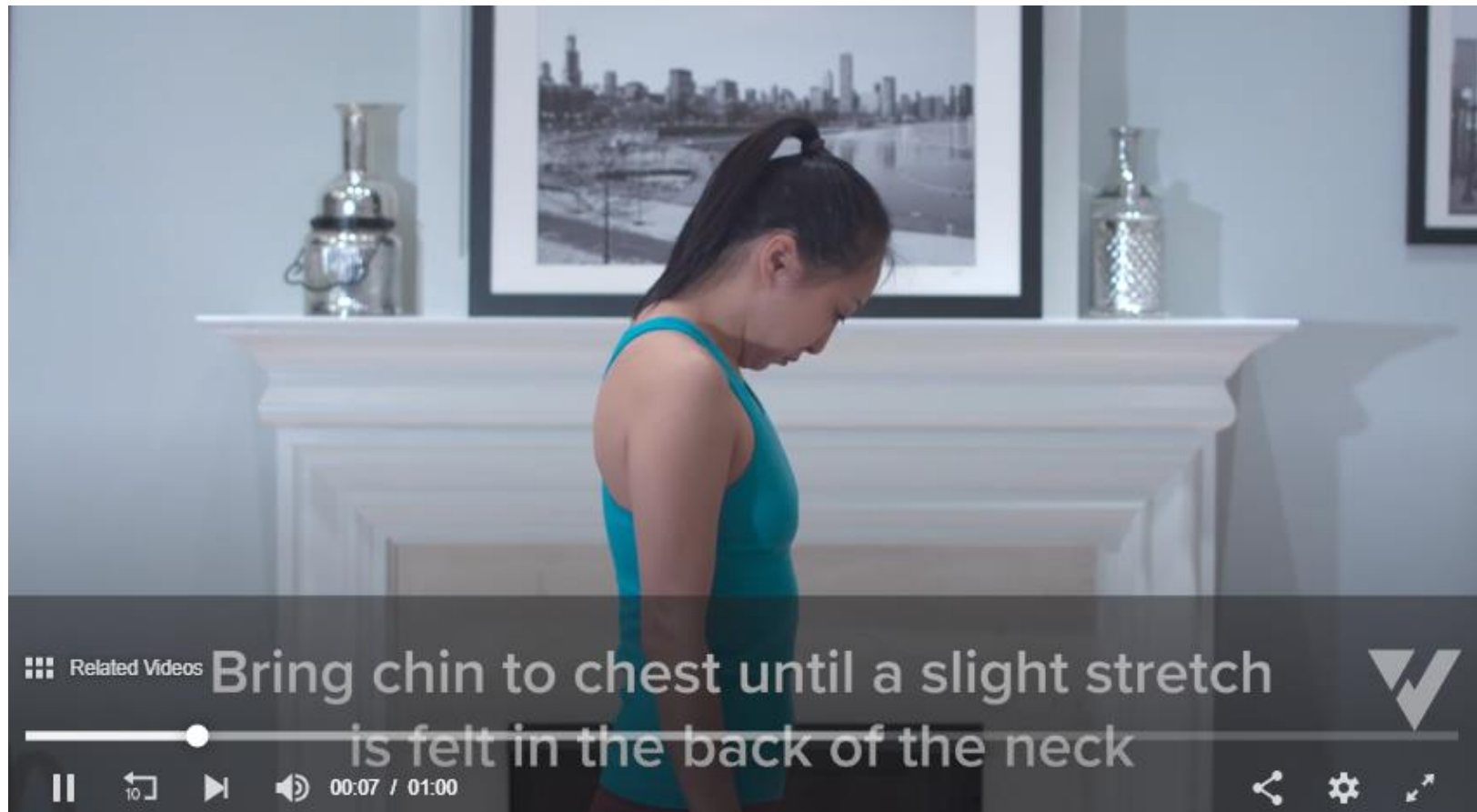
- **Frequency:** session can be done 3 or 4 x per week
- **Intensity:** using only body weight or light weights
- **Duration:** exercise 15-20 repetitions; 2-5 sets
- **Tempo:** repetitions should mimic timing of vine pruning e.g. 2 seconds up and down
- **Rest:** between sets rest 60 seconds

Stretches

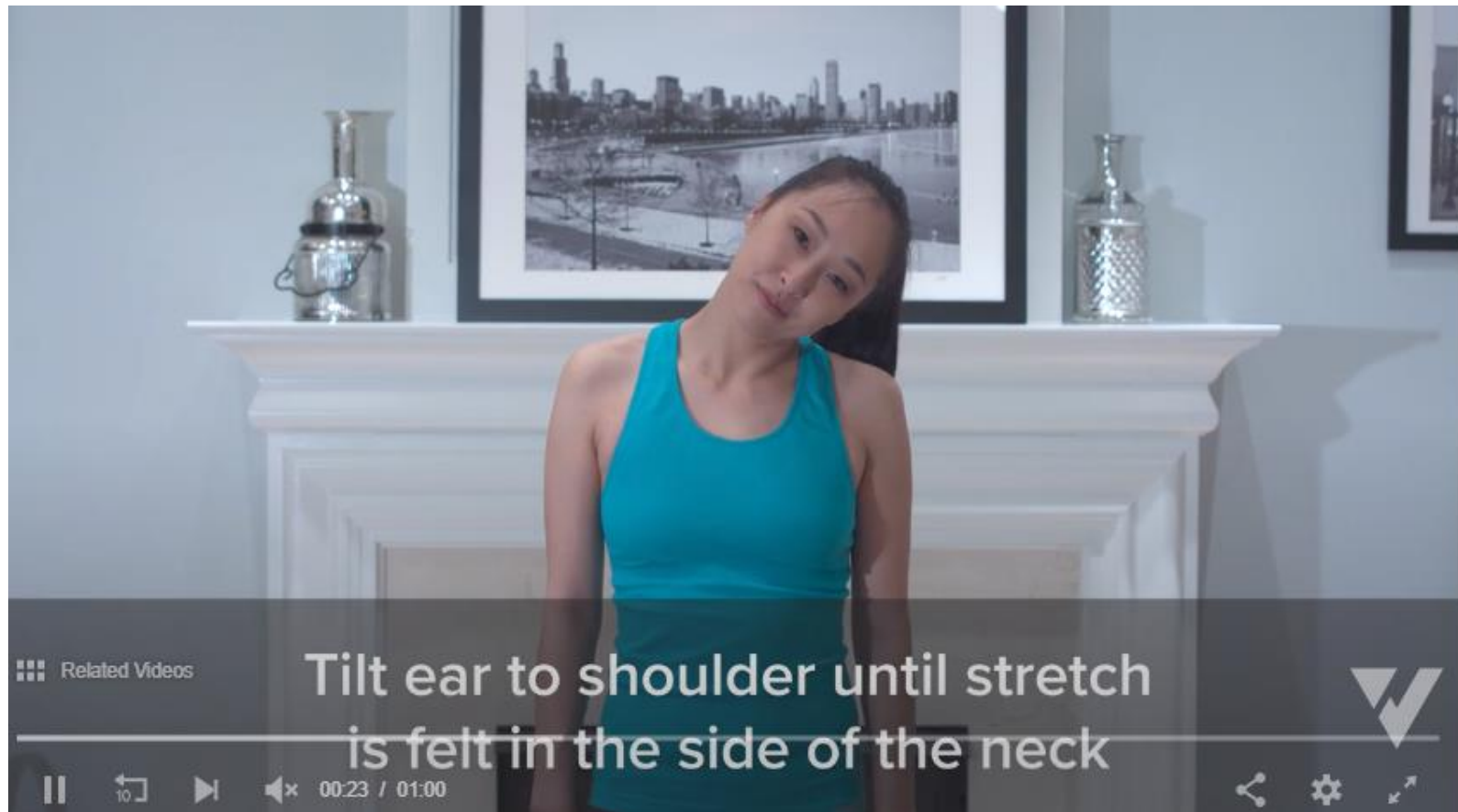
- <https://www.spine-health.com/video/4-easy-stretches-neck-and-shoulder-pain-video>



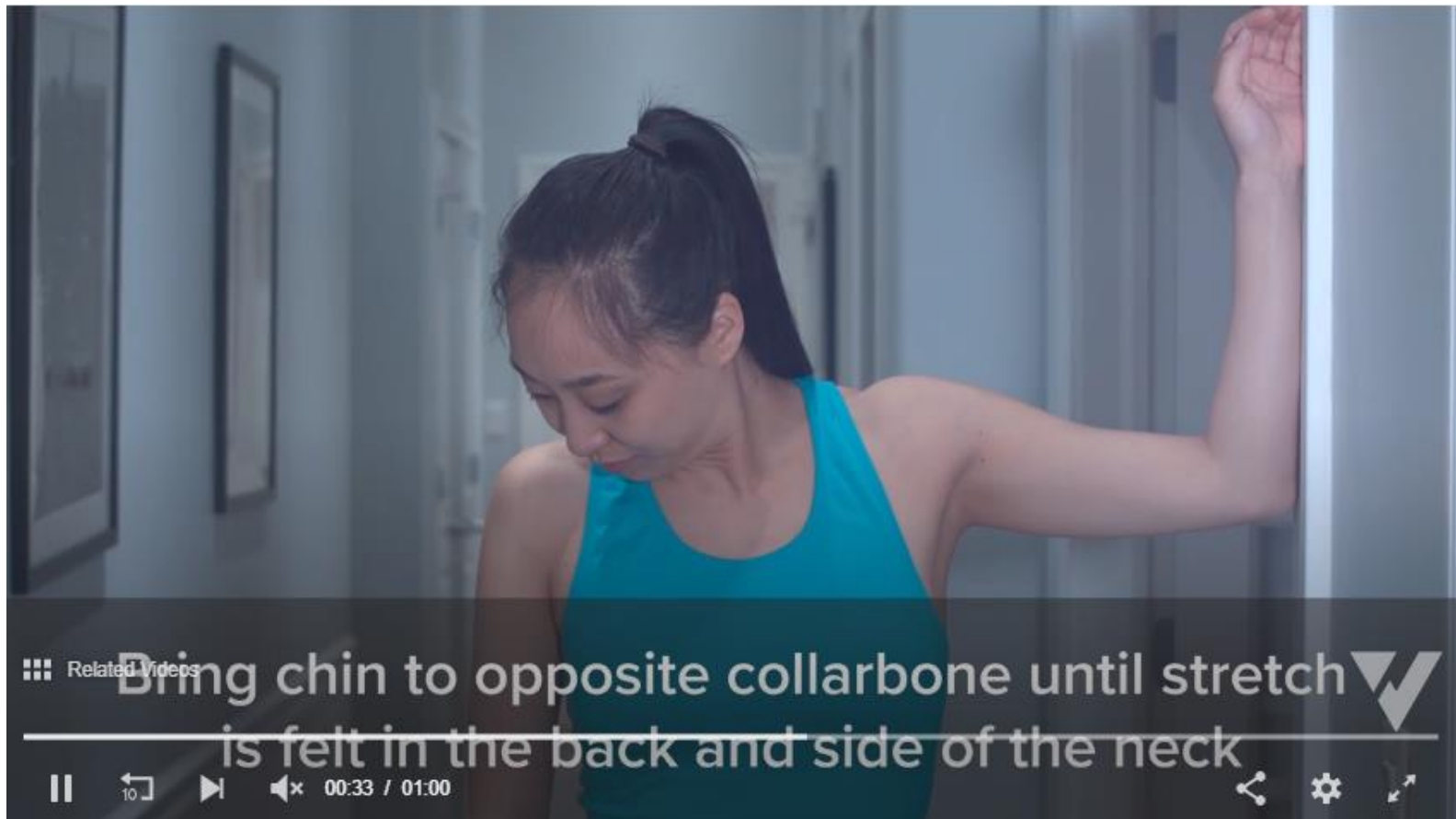
Stretches – Flexion Stretch



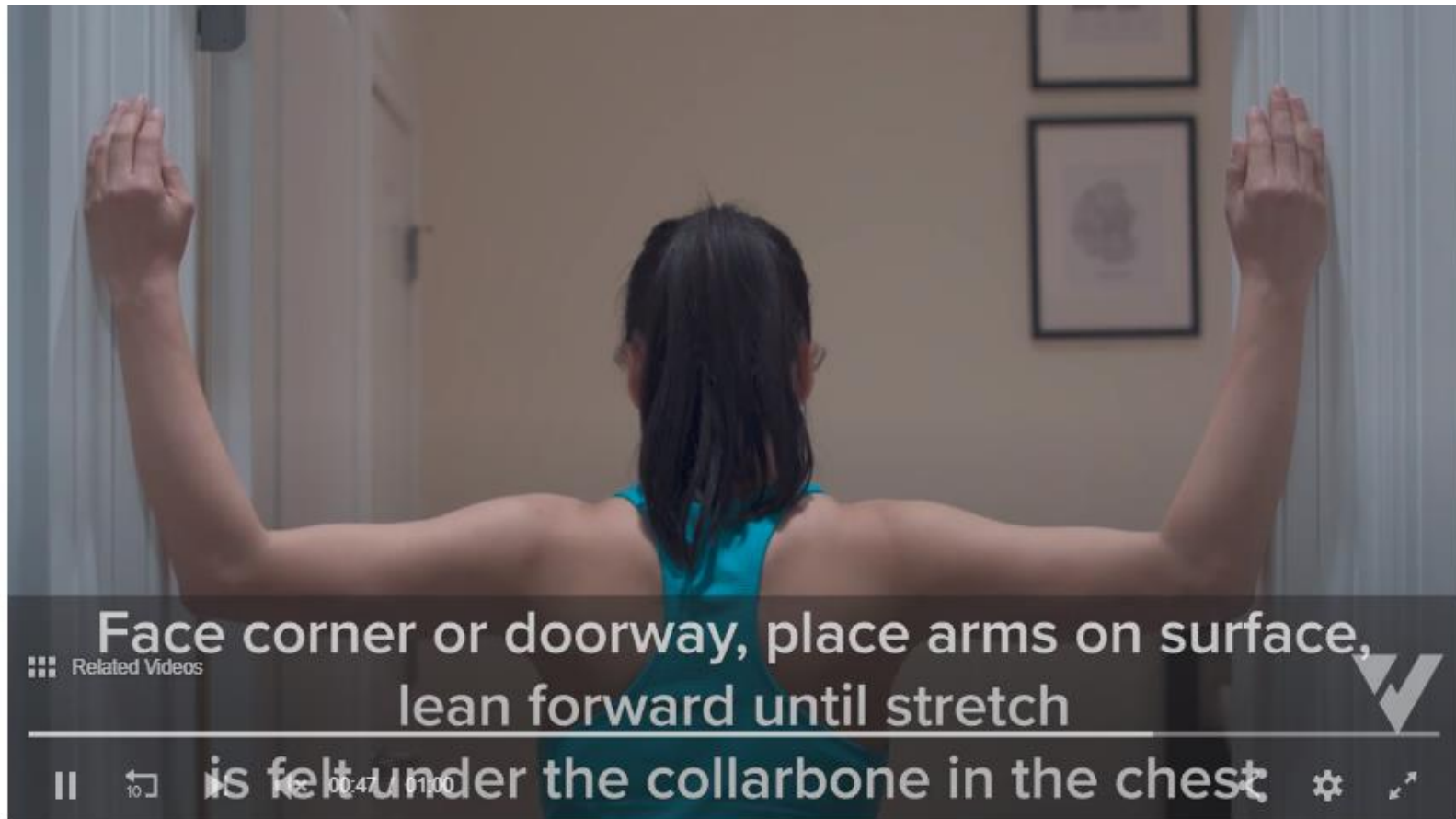
Stretches – Lateral Flexion Stretch



Stretches – Levator Scapular Stretch



Stretches – Corner Stretch



On Orchard

- Health and Safety Briefing/Tailgate meeting
- Discuss with the supervisor tips they have for keeping physically healthy while pruning
- Walk around the orchard and identify hazards
- Buddy up with pruner and observe/question them
- Opportunity to do some cuts or tie down