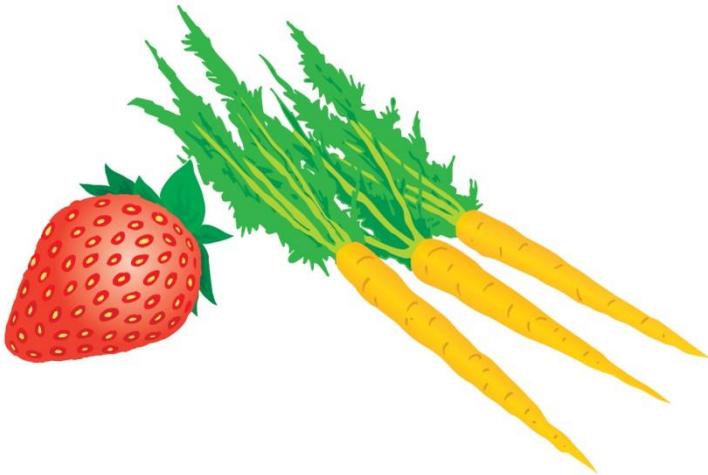




# Soft fruit & vegetable cultivation

Simple advice and tips for the  
work environment & food safety



Produced by the Swedish Institute of Agricultural and Environmental  
Engineering (JTI - Institutet för jordbruks- och miljöteknik AB) on behalf  
of the Federation of Swedish Forestry and Agricultural Employers  
(Skogs- och Lantarbetsgivareförbundet, SLA)



**SLA**



# Personal hygiene

- Wash hands with soap and water before handling products and as necessary
- If you have cuts, etc., on your hands, use a plaster and clean gloves when in contact with products
- Wash hands after visiting the toilet
- Only use designated toilets. Do not relieve yourself outdoors
- Wear clean clothing. Avoid clothing that has been in contact with animals, fertiliser, biocides or waste



# Packing and storage

- Wash the final product in drinkable water
- Ice used at the harvest site must be made from drinkable water
- Only use harvest crates/boxes/containers for harvested products
- Products packed in the field must be covered after packing and during transportation
- Store packing materials in clean, hygienic areas
- Check regularly that the correct temperature and humidity are maintained during storage

What temperature? \_\_\_\_\_

What humidity? \_\_\_\_\_

# Cleaning equipment and premises

- Follow cleaning routines for premises, stores, equipment and vehicles used for harvested products
- Thoroughly clean crates and boxes that are to be re-used

For further information about cleaning routines, contact:

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# Monotonous and heavy work tasks

- Vary your working position
- Take short breaks as necessary
- Let your legs do the work when you lift
- Use practical aids
- Employ job rotation



# Chemicals

- Handle corrosive and volatile chemicals carefully
- Use safety equipment and protective clothing
- Follow the warning label on the container/ packaging
- If possible, store chemicals in their original packaging. Otherwise, label the packaging with its contents
- Store chemicals (cleaning agents, lubricants, biocides, etc.) separately from packed and finished products

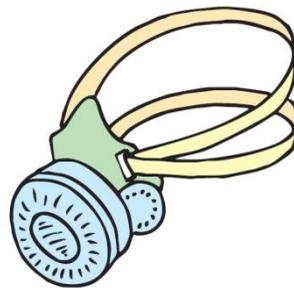


For further information about chemicals and safety equipment, contact:

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# Machinery and safety equipment

- Pay particular attention to machines with moving parts
- Never repair/maintain machinery that is operating
- Everyone handling machinery must be informed
  - about its functions and hazards
- Check behind you when reversing
- Use ear defenders in noisy environments
- Use breathing protection (at least P2) in dusty environments



# Construction work and protective equipment

- Use ear defenders and protective eyewear when working with handheld power tools
- Use breathing protection (at least P2) in dusty environments
- Always use footwear with steel toecaps and puncture-resistant soles
- Use a hard hat when there is a risk of falling objects
- Use fall protection when there is a risk of falling more than two metres



# Eating and drinking

- Do not eat or drink where products are handled



- Do not smoke or use snuff/chewing tobacco where products are handled or in storage rooms



# Illness

- Always notify your employer when you are ill
- Stay at home if you have an infectious illness

# The workplace work environment

## The Swedish Work Environment Act

- The act encompasses all workplaces
- The act is in place to prevent ill health and accidents at work and to create a safe work environment
- The employer has overall responsibility for the work environment and the pursuit of systematic work environment management
- The workplace work environment encompasses all conditions at work, such as those related to technical, physical, and social aspects, the way in which work is organised and work content



## The employee is responsible for:

- Conducting work tasks using the procedures, tools and protective equipment that are available
- Always informing the employer of the discovery of work environment risks, such as slippery floors, loose ladders, unprotected moving parts on machinery and inadequate escape routes



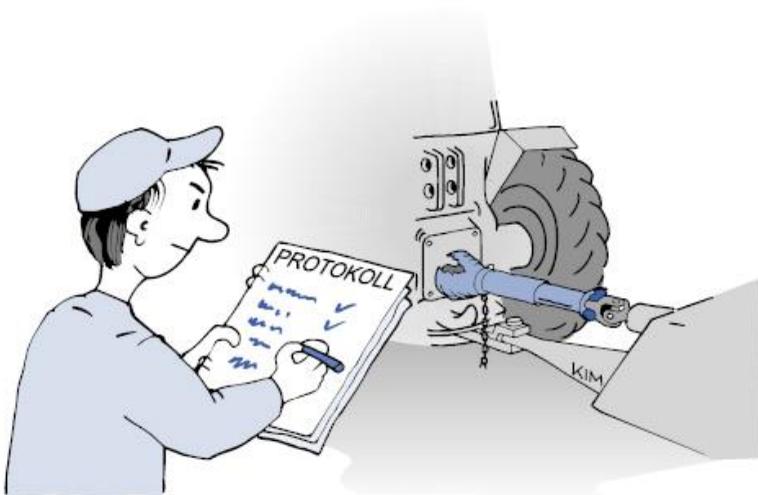
## The employer is responsible for:

- Preventing the employee from suffering ill health or accidents
- Systematically and regularly documenting work environment management
- Establishing an action plan for work environment management
- Investigating occupational injuries
- Regularly assessing risks in operations using risk analyses of the workplace

*Failure on the part of the employer to comply with the Swedish Work Environment Authority's regulations can result in fines*

# Systematic work environment management (SAM)

- This entails regularly and systematically assessing, conducting and following up operations to prevent accidents and ill health
- Applies to all employers



## Risk analysis

In order to find work environment risks at the workplace, a risk analysis shall be conducted by the employer together with employees by:

- Mapping the risks found at the workplace (both physical and psychological)
- Noting which risks require measures (What? Who? When?)
- Assessing each risk, highlighting those that require immediate measures
- Taking appropriate measures for identified risks
- Following up whether measures have been taken

Ready-to-use checklists are available at SLA's website, [www.sla-arbetsgivarna.org](http://www.sla-arbetsgivarna.org)

# Work environment plan for construction activities

Before work on construction or facilities begins, an appointed manager must draw up a work environment plan

## The work environment plan shall include:

- The rules that are to apply at the construction site
- A description of how work environment management shall be organised
- A description of which work environment measures are to be taken during the construction phase



## Examples of work to describe within the bounds of work environment measures

- Work with a risk of falling
- Excavation work with a risk of collapse
- Work with certain chemical or biological substances
- Work in close proximity to high voltage power lines
- Work that entails a risk of drowning
- Work in wells and tunnels
- Work in which explosives are used
- Work with the installation of heavy building components
- Work on sites or in areas with passing motor traffic
- The demolition of load-bearing constructions, hazardous materials or substances

# Accidents & emergencies

In an emergency or accident, phone  
SOS, the emergency services number

**112**

**State:**

Name of farm: \_\_\_\_\_

Name of farmer: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

**Then immediately contact the contact person at  
the work place where the accident occurred.**

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

**Check where the first aid kit is located**

\_\_\_\_\_

