


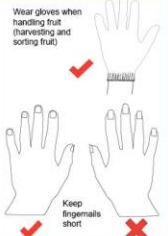
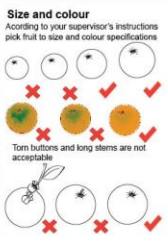
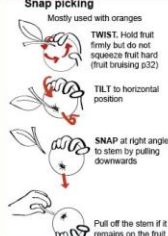
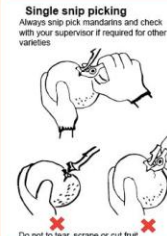
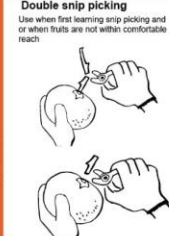
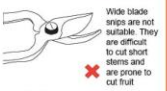




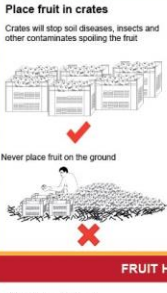

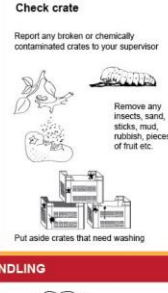


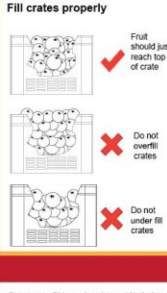






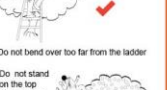
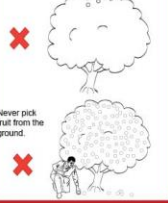



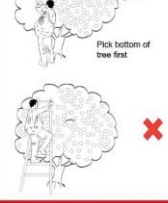


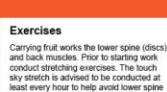
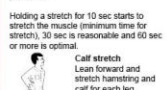


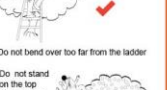

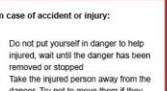
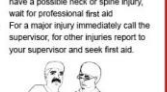
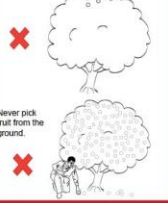




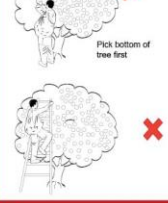




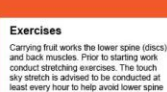
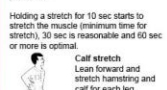

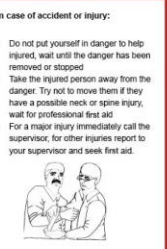
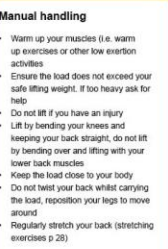


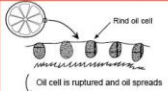
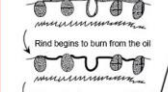




Figure 40. Pakistan Export Citrus Harvest Guide




PAKISTAN EXPORT CITRUS HARVEST GUIDE




PREPARATION		PICKING PRACTICES							
<p>Clothes, bags and gloves Wear appropriate clothing.</p> 	<p>Wear gloves when handling fruit (harvesting and sorting fruit)</p> 	<p>Size and colour According to your supervisor's instructions pick fruit to size and colour specifications</p> 	<p>Snap picking Mostly used with oranges</p> 	<p>Single snip picking Always snip pick mandarins and check with your supervisor if required for other varieties</p> 	<p>Double snip picking Use when first learning snip picking and/or when fruits are not within comfortable reach</p> 				
USE CORRECT SNIPS		FRUIT HANDLING							
<p>Wide blade snips are not suitable. They are difficult to cut short stems and are prone to cut fruit</p>  <p>Narrow blunt end fruit and vegetable snips are suitable</p>  <p>Blunt end narrow nose clippers are best</p> 	<p>Stems must be short, no more than 1mm from base of button. Long stems can damage other fruit.</p>  <p>Keep snips sharp</p> 	<p>Place fruit in crates Crates will stop soil diseases, insects and other contaminants spoiling the fruit</p>  <p>Never place fruit on the ground</p> 	<p>Check crate Report any broken or chemically contaminated crates to your supervisor</p>  <p>Remove any insects, sand, sticks, mud, rubbish, pieces of fruit etc.</p>  <p>Put aside crates that need washing</p> 	<p>Fill crates properly</p>  <p>Fruit should just reach top of crate</p>  <p>Do not overfill crates</p>  <p>Do not under fill crates</p>	<p>Unloading the picking bag Use a cloth at least 120cm wide to make the picking bag. Tie the ends short to ensure the exit hole is as wide as possible</p>  <p>Narrow hole at end of bag will restrict the flow of fruit possibly damaging fruit</p> 				
FRUIT HANDLING									
<p>Take care when Handling fruit Citrus fruit can damage or bruise easily (oleocellosis p34) Place fruit gently into crate</p>  <p>Raising the crate will make it easier to unload and cause less fruit damage</p>  <p>Fruit should not fall, it will make it easier to unload and cause less fruit damage</p> 	<p>Pick all the required fruit off the tree, before moving to the next</p>  <p>Never pick fruit from the ground</p> 	<p>Do not pass fruit down</p>  <p>Climb down the ladder to unload fruit</p> 	<p>Do not overfill bags (maximum 12kg), they are a health hazard and can damage fruit</p>  <p>Pick bottom of tree first</p> 	<p>Carrying crates carefully Get help when lifting and lowering crates, carry crates carefully</p>  <p>Carefully handle crates of fruit</p>  <p>Do not drop crates of fruit</p> 	<p>Position your ladder</p>  <p>Use a ladder and position it in a stable manner</p>  <p>Do not bend over too far from the ladder</p>  <p>Do not stand on the top rungs of the ladder (top of ladder not below waist height). Do not use a faulty or broken ladder</p>  <p>Do not climb on two or more crates</p>  <p>Do not climb trees</p> 	<p>Personal safety Do not work if injured, sick or incapable of manual work</p>  <p>Do not work under the influence of drugs</p>  <p>Bring adequate food and water. Take regular breaks and keep hydrated</p> 	<p>Food safety Wash hands with soap after using the toilet</p>  <p>Cover all cuts and wounds</p> 	<p>Exercises Carrying fruit works the lower spine (discs) and back muscles. Prior to starting work conduct stretching exercises. The touch sky stretch is advised to be conducted at least every hour to help avoid lower spine problems.</p>  <p>Holding a stretch for 10 sec starts to stretch the muscle (minimum time for stretch). 30 sec is reasonable and 60 sec or more is optimal.</p>  <p>Call stretch Lean forward and stretch hamstring and calf for each leg</p>  <p>Shoulder stretch Hold back each arm</p> 	<p>Arm stretch Push arms forward</p>  <p>Touch sky stretch Raise arms, stretch upward to "touch the sky" and arch back backwards. This exercise is good to conduct every hour during picking.</p>  <p>The following exercises are good for at home for lower disc health and to reduce back pain. These are similar to the touch sky stretch.</p>  <p>Stretching before and after manual work can reduce muscle soreness by reducing micro muscle tears and lactic acid build up (increased circulation)</p> 
ACCIDENTS	MANUAL HANDLING		OLEOCELLOSIS						
<p>In case of accident or injury:</p> <ul style="list-style-type: none"> Do not put yourself in danger to help injured, wait until the danger has been removed or stopped Take the injured person away from the danger. Try not to move them if they have a possible neck or spine injury, wait for professional first aid For a major injury immediately call the supervisor, for other injuries report to your supervisor and seek first aid. 	<p>Manual handling</p> <ul style="list-style-type: none"> Warm up your muscles (i.e. warm up exercises or other low exertion activities) Ensure the load does not exceed your safe lifting weight. If too heavy ask for help Do not lift if you have an injury Lift by bending your knees and keeping your back straight, do not lift by bending over and lifting with your lower back muscles Keep the load close to your body Do not twist your back whilst carrying the load, reposition your legs to move around Regularly stretch your back (stretching exercises p.28) 	<p>Do not bend back, a curved back whilst lifting can damage the spine</p>  <p>Keep back straight whilst lifting and ask for help when necessary</p> 	<p>Rind oil cell</p>  <p>Oil cell is ruptured and oil spreads</p>  <p>Rind begins to burn from the oil</p>  <p>Other oil cells may remain intact</p> 	<ul style="list-style-type: none"> Oleocellosis is a rind injury that can occur when harvesting too roughly (i.e. fruit squeezed or bumped) or during unsuitable weather conditions. It is caused when rind oil cells break and the oil burns the rind. A dark bluish on the rind with a soggy sunken surface appears within two to four days. Ruptured oil cells may be visible in the damaged areas. Damage can lead to fruit decay. Fruit are most susceptible when the rind is targeted (soaked) with water from: <ul style="list-style-type: none"> Cold weather (below about 13°C) Water on fruit (rain or morning dew) Recent irrigation or rain (this is charged with water) 	<p>This poster is a sub-product of the Pakistan-Australian Centre for International Agriculture Research (PACAR), Department of Foreign Affairs and Trade (Australian AID) and NSW Department of Primary Industries funded project.</p> <p>Produced by: NSW Department of Primary Industries (Editor: Rowan Fawcett (Citrus Development Officer), Glenn Salmond (Rural Extension Officer), Design, Illustration & Layout: Black Kitty Design (BlackKitty.com.au))</p> <p>Project leader: Dr. Tahira Khurshid, Advisor/Manager: Dr. Chanderan Nair, Akbar Saeed, Yasmeen Tahir & Waqar Ali. This booklet is based on the "Harvest the Research" booklet produced by the Citrus Growers of South Australia.</p> <p>Disclaimer: The information contained in this publication is based on knowledge and understanding at the time of writing (August 2012). However, because of developments in technology, science and research, it may be that some of the information or the design of the publication is no longer valid. The user of this publication is advised to check the validity of the information contained in this publication by referring to the most up-to-date information available. The user and the publisher accept no responsibility for any loss, damage, liability, or other consequences of any information included in the document provided by this poster.</p> <p>© Copyright 2012</p>				

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