

Inform yourself

**To prune, be  
well prepared,  
well equipped,  
well protected...**

Prevention of professional risks

## **Start the pruning period progressively**

- ☒ During the first week of pruning, the duration and work rhythm must be progressive.
- ☒ Alternate the activities.
- ☒ This principle must also be applied when going back to work after an interruption of the activity during the period (bad weather, illness, holidays...).

## **You use a manual pruner**

- ☒ The pruner must be adapted to the dimensions of your hand and to the diameter of the wood.
- ☒ For the big branches use imperatively a two-handed pruner.
- ☒ It's essential to sharpen the professional pruner.

## **You use an assisted pruner**

- ☒ It permits to reduce the appearance of hand and forearm afflictions.
- ☒ To avoid cutting one's fingers, the pruner must be adjusted to the progressive or controlled mode.
- ☒ Don't force on the equipment and use complementary tools (handsaw, chainsaw...).
- ☒ Use the recommended protection gloves.
- ☒ The material must be sharpened and greased. Don't neglect its maintenance.

## **The disinfection**

- ☒ Read the tag related to the dangers linked to the use of the disinfection product.
- ☒ Wear the protection equipment (gloves, mask, suit...) recommended by the producer.

## Don't forget to...

### ☒ ... prepare yourself and recover

- ☒ Start your working day with a light warm-up.
- ☒ Do back stretching movements during and after work.

### ☒ ... protect yourself from cold and rain

- ☒ Dress yourself warmly by protecting especially the bottom of the back.
- ☒ Wear a flexible and warm wristband for a better joint flexibility.
- ☒ Make sure you have a watertight outfit that don't hinder the movements.

### ☒ ... drink at least a litter and a half per day

- ☒ For a good hydration and a better elimination.

## Did you know?

### ☒ The movement repetitiveness

8 000 to 16 000 pruner impacts in a day always request the same hand and forearm muscles and tendons.

### ☒ The application of excessive efforts

The effort applied on a manual pruner when cutting is significant. It becomes excessive in the case of a bad sharpened blade.

### ☒ The wrist inclination

Large lateral and vertical inclinations of the wrist generate significant tendon compressions and frictions.

### ☒ The cold

It provokes muscular tightness and joint stiffening. It's an aggravating risk factor.

### ☒ The position

Prolonged upkeep of the standing position holding the arms over the shoulders may cause the appearance of affections at more or less long term.

**Your body is essential.**

**You must keep it safe and preserve it.**

**Don't hesitate to contact the Councilors in  
Prevention of Professional Risks.**

**All of them are there to advise you.**