

Working safely with mangoes

Everybody has a role in making sure the work place is safe.

If you see something hazardous, report it. And, follow all farm risk management procedures.

Safety is everybody's business

Staying healthy and hydrated

Mango picking is hot work, to avoid heat stress you must:

- Always wear light clothing, light colours, long sleeves, wrap-around sunglasses and a broad-brimmed hat while working in the sun.
- Apply broad spectrum SPF 30+ sunscreen 20minutes before heading outside and reapply every 2hrs.
- Drink plenty of water – at least 4 litres a day.
- Avoid drugs and alcohol. Alcohol consumption leads to dehydration.
- After work, make sure you get plenty of rest and eat nutritious meals and drink water to top-up and re-hydrate your body.
- Working in the heat may lead to heat stress if you are not prepared. If you are suffering from heat stress, rest in a cool place with your legs slightly elevated.



- ✓ A long sleeve shirt, hat and boots or covered footwear are essential
- ✓ 30+ sunscreen and barrier cream
- ✓ Drink plenty of water

Operating Machinery

- Take care around all machinery, especially moving parts on machinery.
- Do not allow loose clothing or long hair to hang near machinery.
- Always obey farm rules and signs.
- If you are a pedestrian, you should ALWAYS give way and look out for tractors, forklifts, cherry pickers, harvest aids and other farm machinery (people operating machinery CANNOT HEAR YOU and may not see you).
- If operating grading machines or harvest aids, make sure you know how to STOP the machine in an emergency. If you don't know, ASK!
- Use tools for designated purpose only.



SEE IT...



ASSESS IT...



RECORD IT!

FIX IT...



EVALUATE IT...

Mango Sap & Allergies

Mango Sap

- When the stem is removed from the fruit, the mango releases a highly caustic sap, this can burn the fruit and your skin.
- Sap may simply cause irritation to skin, however some people have severe reactions to sap.
- You can avoid sap burn by using good picking and de-sapping practices.
- The grower or supervisor will give you instructions on how to pick and how to remove the stem from the fruit (de-sapping).

Avoiding sap burn & preventing mango rash

Avoid sap burn and mango rash by using good picking and de-sapping practices.

- Always hold stem end of fruit away from your body.
- When picking mangoes – wear long pants, long sleeved collared shirt, wide brimmed hat, 30+ sunscreen, closed-in shoes, gloves and sunglasses
- When sorting or packing mangoes – wear gloves, closed-in shoes, a long sleeved shirt and sunscreen.
- If your skin does come into contact with sap, wash with fresh water immediately
- Wash hands thoroughly with soap and water before touching eyes, face and going to the toilet.

First Aid

- Wash the affected area in soap and water, then immediately rinse thoroughly with clean water
- If sap comes into contact with eyes, flush with water for several minutes.
- If you suffer an allergic reaction to mango sap burn, avoid further contact.
- If itching persists consult a doctor or chemist
- Cover with a clean dressing and protect skin from further contact with sap and from the sun (sun burn over sap burn is very painful)

Call for an ambulance (Emergency 000) immediately if you have: ● Swelling of the face ● Breathing difficulties

Mango sap burn is serious
Prevention is better than cure

