

JAY GOGA PTY LTD

Suitability to Farm Work- Important consideration

Jay Goga Pty Ltd is committed to providing a safe workplace to all employees, Farm tasks and duties, both out in the field and in the pack shed, may include using; machinery, equipment, hand tools or knives, picking, cutting, stripping, packing and stacking produce, cleaning or lifting. **All tasks on our farm have some degree of repetitive action, or specifically required movements and physical effort, which may impact on your musculoskeletal system** i.e. your muscles and joints.

Individual ability to deal with the repetitive nature of tasks, may vary from person to person. Not everyone will be suited to the nature of our work. If you are unable, or not suited to the tasks, this could be indicated by **symptoms of discomfort, stiffness, sore muscles or**

joints, pains or headaches. These symptoms can lead to Repetitive Strain Injuries (RSI), Carpel Tunnel Syndrome and other injuries that can affect your capacity to work and enjoy life.

This may occur due to tasks you are unaccustomed to and may resolve with rest and allowing your body to adjust, or it may be that you are not suited to this type of work. **YOU MUST NOTIFY YOUR SUPERVISOR WHEN ANY OF THESE SYMPTOMS ARE PRESENT.** As you may be willingly placing yourself at risk and you may cause an injury to yourself.

It is your responsibility to make your own judgment if you need to rest cease work, by taking a rest break, taking time off work, or seeking medical advice. If reported to Jay Goga PTY LTD, we will endeavor to assist you. Management will not take a favorable stance if symptoms are not reported immediately or if the employee exercises deceptive or untruthful behavior.

Workers have a legal obligation not to willfully injure themselves or place their health and safety at risk. Failure to do so may lead to personal or financial hardship.

Please sign below to show that you understand the information outlined to you:

Print Name:_____

Signature:_____

Date:_____