

PAKISTAN EXPORT CITRUS HARVEST HANDBOOK

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This booklet is based on the "Harvest the Rewards" booklet produced by Citrus Growers of South Australia Inc.

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Pakistan Citrus Export Harvest Handbook

This booklet is an outcome of the Pakistan Australian Centre for International Agriculture Research (ACIAR), Department of Foreign Affairs and Trade (Australian Aid) and NSW Department of Primary Industries funded project.

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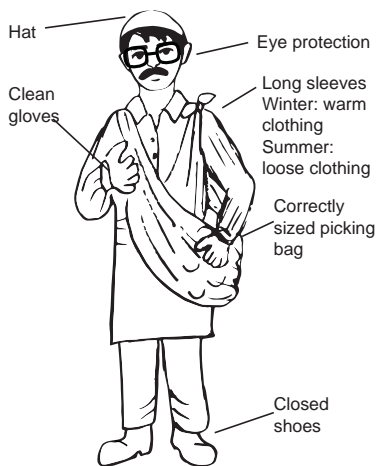
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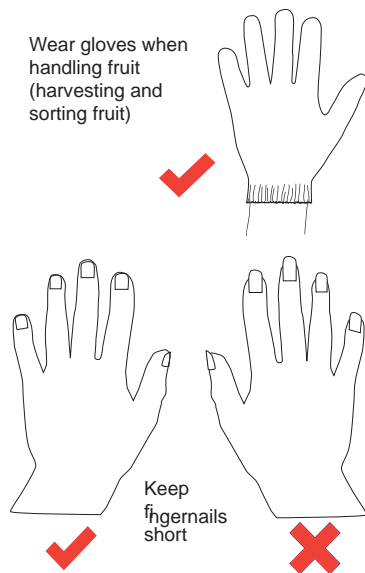
PREPARATION Clothes, bags and gloves

Wear appropriate clothing.



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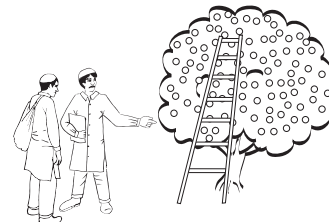
Wear gloves when handling fruit (harvesting and sorting fruit)



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START PICKING

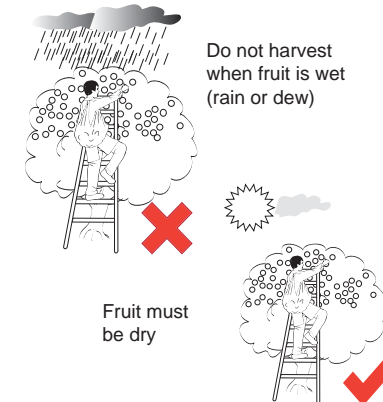
Check with your supervisor each morning when and where to harvest. Conditions can change overnight and during the day



- On cold (i.e. winter) days harvest starts between 10 - 12 am until dew on trees has dried and favourable weather conditions are present (p32-35).
- On some days harvest may not occur (i.e. too cold, heavy dew/fog or rain)
- Harvest can commence early morning in summer

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Fruit is damaged (oleocellosis, p32) or weakened when harvested in unfavourable conditions



Do not harvest if temperature is more than 35°C, or other unsuitable weather conditions (p32)

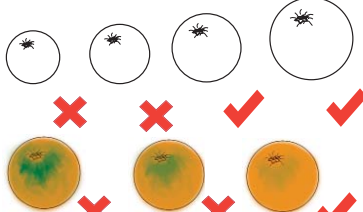
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PICKING PRACTICES

Size and colour

According to your supervisor's instructions pick fruit to size and colour specifications



Torn buttons and long stems are not acceptable



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Snap picking

Mostly used with oranges



TWIST: hold fruit firmly but do not squeeze fruit hard (fruit bruising p32)



TILT to horizontal position



SNAP at right angles to stem by pulling downwards

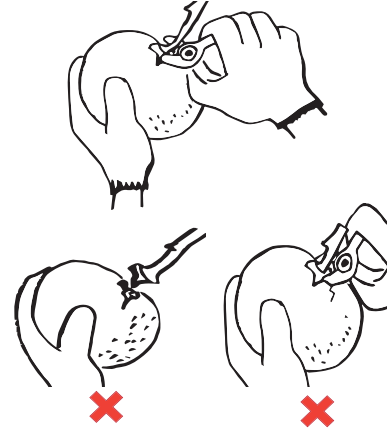


Pull off the stem if it remains on the fruit

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Single snip picking

Always snip pick mandarins and check with your supervisor if required for other varieties

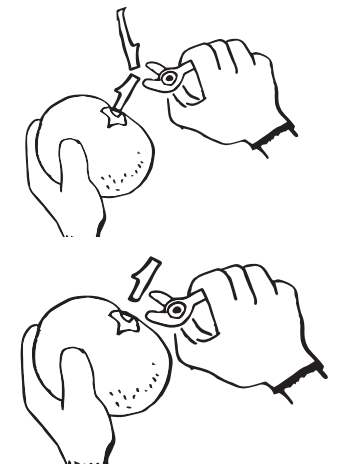


Do not to tear, scrape or cut fruit

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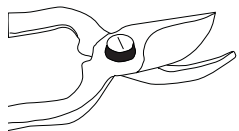
Double snip picking

Use when first learning snip picking and or when fruits are not within comfortable reach

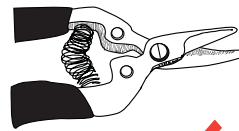


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Use correct snips



Wide blade snips are not suitable. They are difficult to cut short stems and are prone to cut fruit

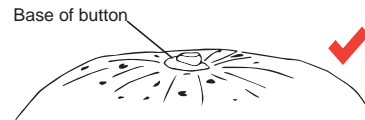


Narrow blunt end fruit and vegetable snips are suitable

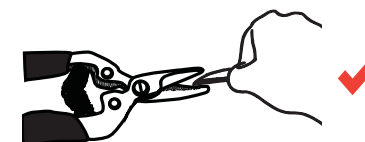


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Stems must be short, no more than 1mm from base of button. Long stems can damage other fruit.



Keep snips sharp

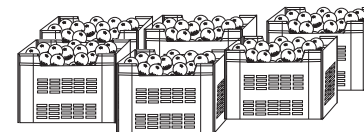


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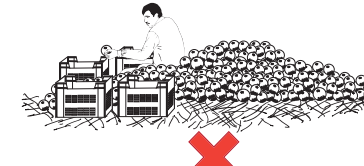
FRUIT HANDLING

Place fruit in crates

Crates will stop soil diseases, insects and other contaminants spoiling the fruit



Never place fruit on the ground



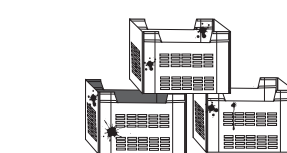
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Check crate

Report any broken or chemically contaminated crates to your supervisor



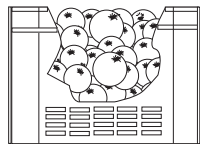
Remove any insects, sand, sticks, mud, rubbish, pieces of fruit etc.



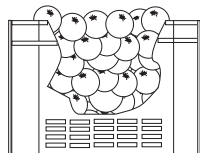
Put aside crates that need washing

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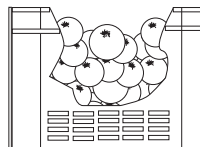
Fill crates properly



✓ Fruit should just reach top of crate



✗ Do not overfill crates



✗ Do not underfill crates

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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



Narrow hole at end of bag will restrict the flow of fruit possibly damaging fruit

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Take care when Handling fruit

Citrus fruit can damage or bruise easily (oleocellosis p34)

Place fruit gently into crate



Raising the crate will make it easier to unload and cause less fruit damage



Fruit should not fall, it should roll out of bag and into the crate

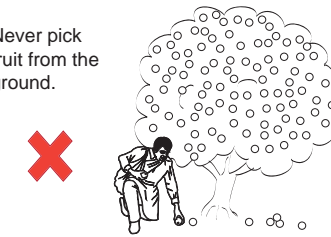


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Pick all the required fruit off the tree, before moving to the next

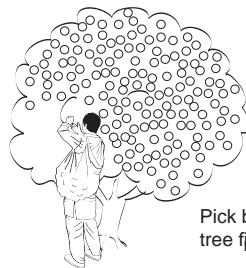


Never pick fruit from the ground.



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Do not pass fruit down



✓ Pick bottom of tree first

Climb down the ladder to unload fruit



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Do not overfill bags (maximum 12kg), they are a health hazard and can damage fruit



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Carrying crates carefully

Get help when lifting and lowering crates, carry crates carefully



Carefully handle crates of fruit



Do not drop crates of fruit

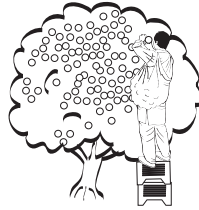
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SAFETY

Position your ladder



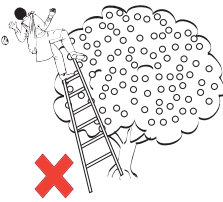
Use a ladder and position it in a stable manner



Do not climb on two or more crates

Do not bend over too far from the ladder

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



Do not climb trees

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.

Holding a stretch for 10 sec starts to stretch the muscle (minimum time for stretch), 30 seconds is reasonable and 60 seconds or more is optimal.



Calf stretch

Lean forward and stretch hamstring and calf for each leg



Shoulder stretch

Hold back each arm

Arm stretch

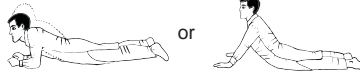
Push arms forward



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.

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.



Stretching before and after manual work can reduce muscle soreness by reducing micro muscle tears and lactic acid build up (increased circulation)

Personal safety

Do not work if injured, sick or incapable of manual work



Do not work under the influence of drugs



Bring adequate food and water. Take regular breaks and keep hydrated



Food safety

Wash hands with soap after using the toilet



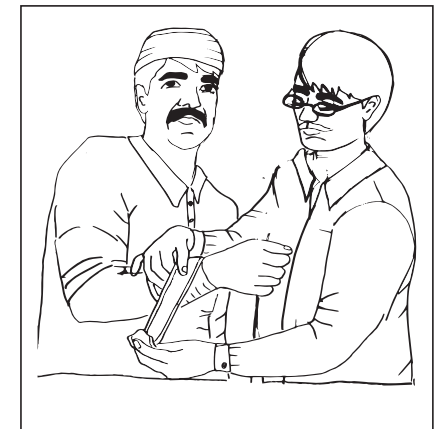
Cover all cuts and wounds

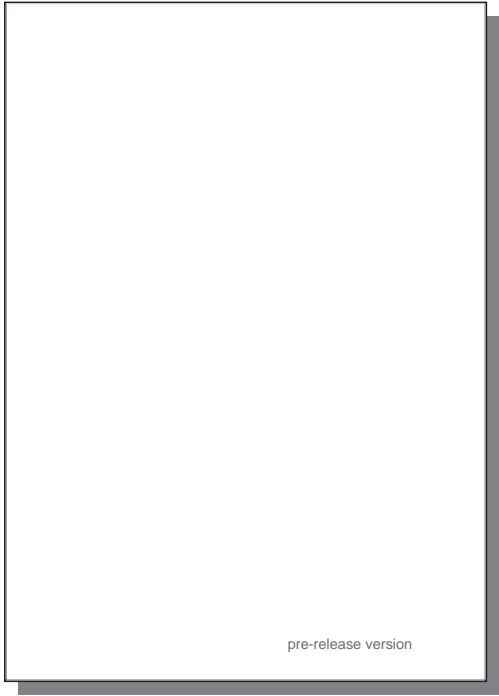


Accidents

In case of accident or injury:

- 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.





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