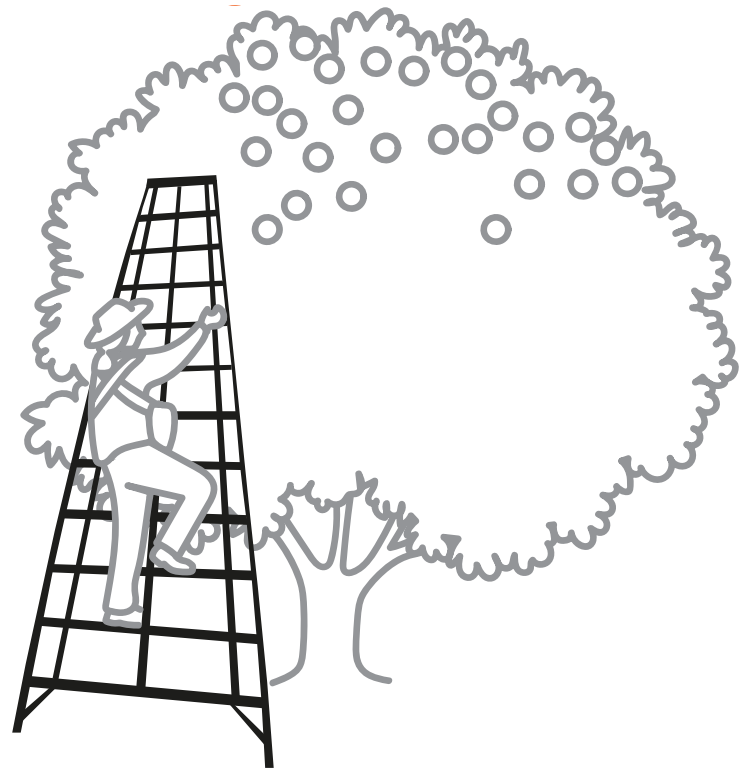
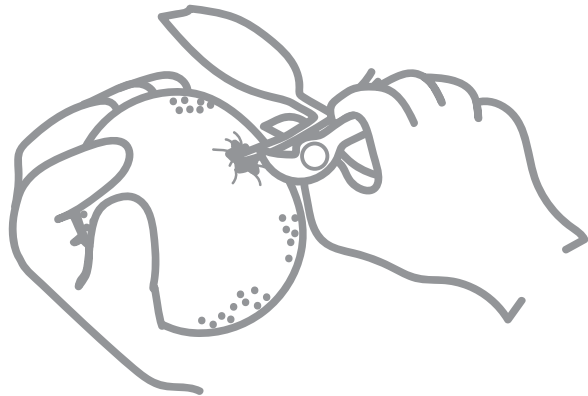


# Hanbuk we i tokbaot ol rod blong havestem ol fresh sitras long Ostrelia



Bislama

Namba tu edisen 2021

## Hanbuk we i tokbaot ol rod blong havestem ol fresh sitras long Ostrelia

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NSW Dipatmen blong ol Praemeri Indastri hem i pablisim hanbuk ia. Yu save kopi, distributim, soemaot, daonlodem mo mekem eni samting wetem pablikeisen ia blong eni risen, be yu mas mekem sua nomo se yu talem se Dipatmen blong Indastri, Skills mo Rijinel Developmen hem i ona blong hem. Be yu mas karem pemisen sipos yu wantem mekem se ol narafala man oli pem hanbuk ia (long wan praes we hem i no semak long kost blong mekem hanbuk ia; inkludim pablikeisen ia long wan advetismen o long wan prodak blong salem; jenisim pablikeisen ia; o pablisim hanbuk ia bakeken long wan websaet. Hem i fri blong yu putum wan link blong pablikeisen ia long wan websaet blong wan dipatmen.

**Man we i raetem buk ia: Steven Falivene**  
**NSW Dipatmen blong ol Praemeri Indastri,**  
**PO Box 62, Dareton NSW 2717**  
**Imel: [steven.falivene@dpi.nsw.gov.au](mailto:steven.falivene@dpi.nsw.gov.au)**

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Disklema: Infomeisen we i stap insaed long buk ia hem i folem save mo andastanding we hem i stap long taem we oli stap raetem buk ia (Eprel 2021). Be, from se save hem i stap ko andap oltaem, mifala i stap rimaendem olketa we oli yusum buk ia blong mekem sua se infomeisen we olketa oli stap dipen long hem hem i ap to deit mo blong oli jekem sipos infomeisen hem i valid yet wetem stret ofisa blong Dipatmen blong ol Praemeri Indastri o wetem indipenden advaesa blong man we i yusum buk ia. From se ol ted pati oli provaedem sam infomeisen insaed long dokumen ia, Steit blong Niu Saot Weils, man we i raetem buk ia, mo pablisha oli no tekem responsibiliti ova long akiuresi, karensi, rilaeabiliti mo korektnes blong eni infomeisen we i stap insaed long dokumen ia we ol ted pati oli kivim.

J20-031

## Ol Tankio Toktok

I bin kat fulap kampani we oli kroem frut mo ol paka oli bi kontribiut long gaed ia. Man we i raetem buk ia hem i glad tumas from ol kontribusen blong olketa mo hem i luksave se sipos ol okanaeseisen, man mo sitras indastri i no bin kivim sapot bambae gaed ia bambae hem i no bin posibol.

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## Introdaksen

Wok blong havestem ol sitras frut hem i nidim spesel kea blong mekem sua se ol konsuma oli kasem wan sef, hae kwaliti frut mo ol man we oli pikimap frut oli stap sef taem oli stap pikimap frut.

Hem i isi blong spolem o damejem ol sitras frut taem man i no handelem kud. Hemia hem i mekem se frut i nokud o i stap roten taem we oli transpotem i ko long maket. Wok blong havestem ol sitras frut hem i involvem man blong wok aotsaed, araon long ol masin mo klaem ol lada.

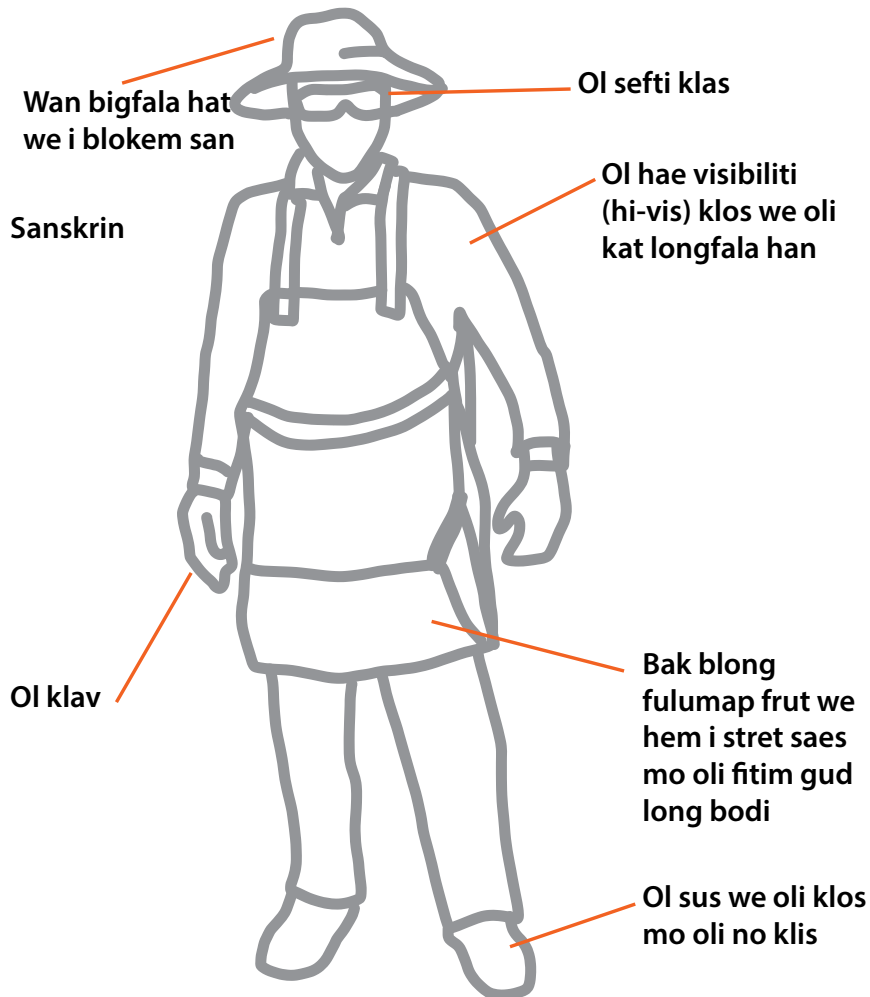
Smol buk ia bambae hem i provaedem releven infomeisen blong mekem se yu save havestem ol sitras frut long wan saksesful wei long stret mo sef wei.

**Blong mifala i save impruvum gaed ia plis kivim ol tingting mo fidbak blong yu i ko long Steven Falivene:  
Fon 0427 208 611  
Imel [steven.falivene@dpi.nsw.gov.au](mailto:steven.falivene@dpi.nsw.gov.au)**

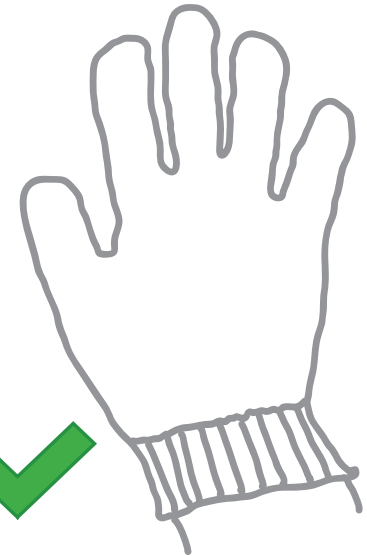
# Prepereisen

## Ol klos, bak mo ol klav

Werem ol stret klos



Evritaem yu mas werem ol klin klav taem yu handelem frut. Riplesem ol klav we man i nomo save yusum o we oli brok mo no tekem i ko long ol narafala fam. Emploia i save provaedem ol klav o man i save pem long ol wan akrikalja sto.



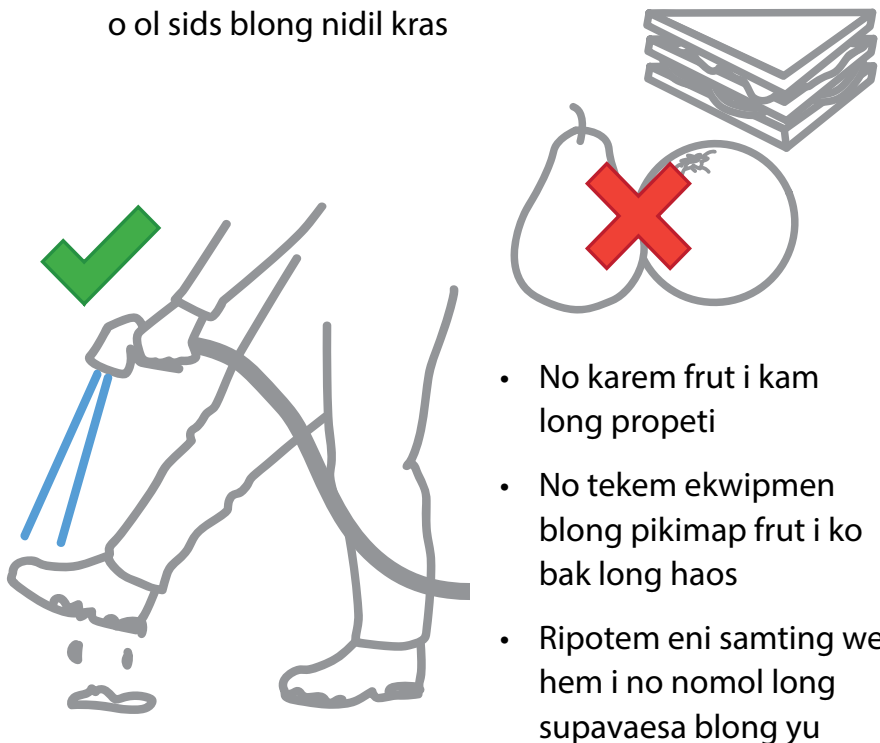
Kipim ol finganel blong yu oli shot.



## Fam baeosikiuriti

Blong helpem se ol pest mo ol siknes oli no spred, folem ol baeosikiuriti rul blong fam.

- Pakem trak blong yu evritaem long paking eria mo folem evri saen
- Werem ol klin klos evri dei
- No foket blong washem hat blong yu oltaem!
- Mekem sua se ol sus blong yu oli klin mo nokat toti o ol sids blong nidil kras



- No karem frut i kam long propeti
- No tekem ekwipmen blong pikimap frut i ko bak long haos
- Ripotem eni samting we hem i no nomol long supavaesa blong yu

## Taem yu muv bitwin ol fam:

- Klinim ka mo ekwipmen blong yu
- Jekem ol sus/hat se oli klin mo oli nokat toti mo ol sids
- Sakem evri frut mo ol vejetebol long stret wei bifo yu muv i ko long wan niu eria
- Talem long emploia blong yu weaples we yu bin wok laswan long hem



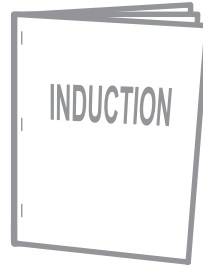
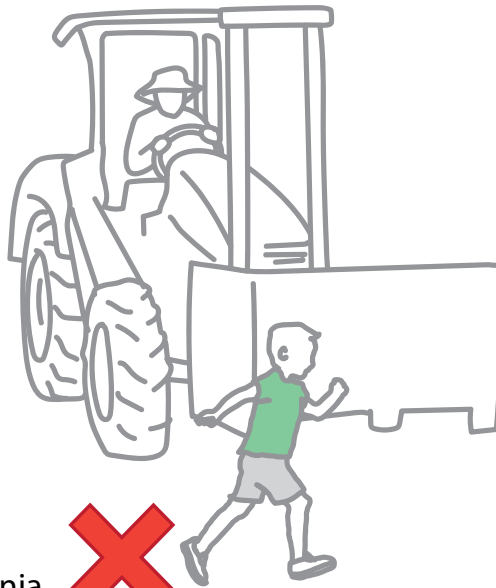
## Taem yu stap long fam

Jekem wetem supavaesa blong yu sipos i kat eni spesel rikwaemen blong wok long ples we oli planem ol frut tri long hem. Hemia nomoli hem i stap insaed long wan dokumen blong fam indaksen mo hem i inkludim infomeisen abaotem:

- ol spesifik sefti rikwaemen (eksampol. Ol Hi-vis klos)
- ol rod blong ripotem mo notifaem ol aksiden long ples blong wok
- olsem wanem blong kasem help blong fes eid
- ol imejensi Prosija
- polisi blong biheivia mo haejin
- ol eria blong pakem trak
- speed limits.

### Ol pikinini mo ol pet oli no alao long fam

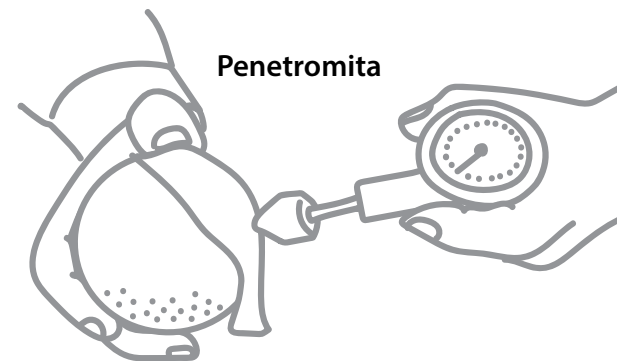
- Ol trakta mo ol masin oli putum laef blong ol pikinini long bigfala denja



## Taem yu stat blong pikimap ol frut

Jekem wetem supavaesa blong yu evri moning wataem mo weaples blong haves. Ol kondisen oli save jenj ova long naet mo long dei.

- Yu pikimap ol ro nomo we oli putum long yu. Taem yu finish, askem moa instraksen.
- Hem i gud blong yu stat pikimap frut taem we diu we i stap long ol tri hem i drae mo ol weta kondisen oli gud. Samtaem hem i minim se bae yu jes stat bitwin 10am - 12 pm.
- Haves hem i save stop eni taem folem weta kondisen we hem i stap jenj.
- Long sam dei haves hem i no save tekem ples (eksampol. ples i kolkol tumas, hevi diu/fok o ren).
- Olketa we oli manejem ol frut fam samtaem oli stap yusum wan penetromita blong jekem sipos frut hem i redi blong havestem.



- Haves hem i save stat eli long moning long sama sipos diu i drae finis long tri.

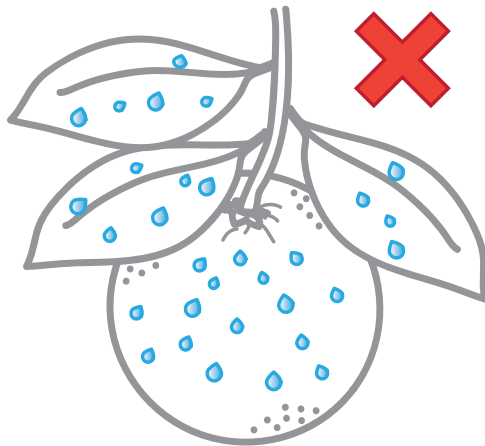


Frut hem i kasem damej o i wik taem we oli havestem long ol kondisen we i no stret (sik blong krin mak, p. 60).

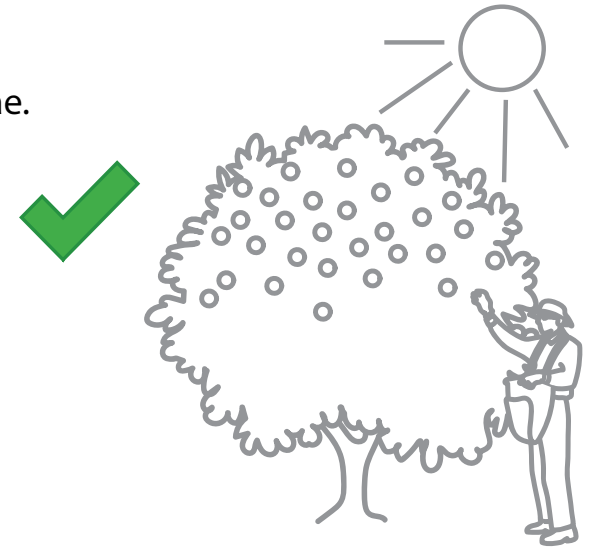
No mas havestem ol orenj taem ples i wetwet (ren o diu).

Sipos frut hem i wetwet, ripotem long supavaesa blong yu.

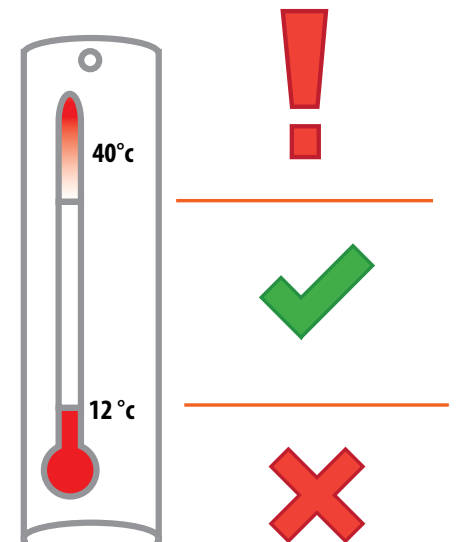
Sam varaeti blong ol mandarin we oli snipim (p.20) oli save havestem taem oli wetwet, jekem wetem supavaesa blong yu.



Frut i mas drae.



No haves sipos tempereja hem i anda long 12 °C. Long sama, stat long eli moning blong strong san hem i no bonem yu, mo drink fulap wota.



## Ekwipmen blong pikimap ol frut Ol bak blong pikimap ol frut

Yu mas pikimap frut mo putum i ko long ol bak blong pikimap frut. Ol bak oli mas stap long gudfala kondisen mo oli mas fitim mo werem long stret wei.

I kat tu saes blong ol bak: 1 keis (~16kg) and 1 ½ keis (~22kg). Yusum wan bak we hem i inaf blong yu karem mo no fulumap i ova long wanem we yu save karem.



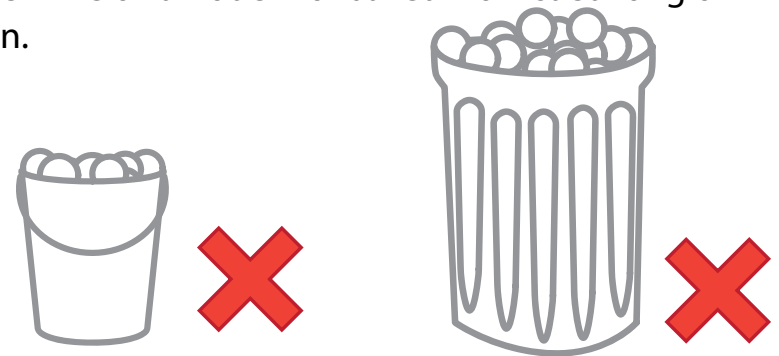
## Frut Fam baeosikiuriti

Ol insek oli save foldaon i ko insaed long bak. Shekemaot ol bak blong pikimap frut long en blong dei o bifo yu mov i ko long wan niu blok o fam.



## No yusum ol baket

No pikimap frut mo putum i ko insaed long ol baket o ol bin blong toti. Frut i save damej (p. 60) taem we man i sakem i ko insaed long ol baket o taem we oli anlodem ol baket i ko insaed long ol bin.



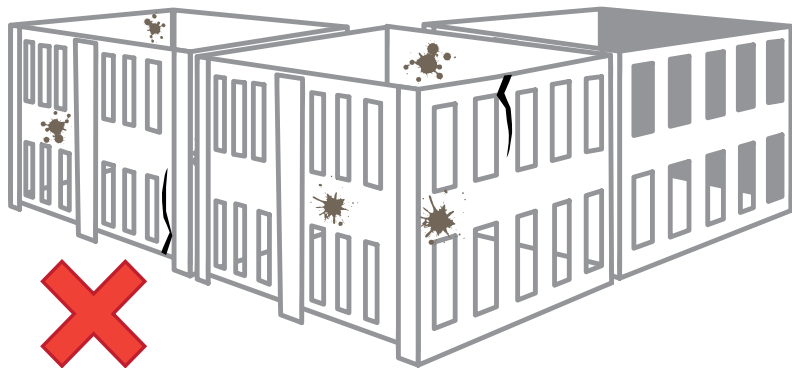
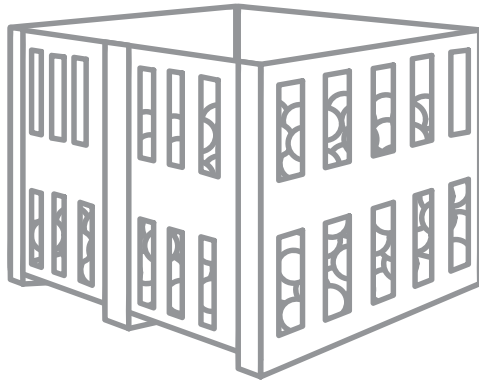


### Ol bin

Oli anlodem ol bak blong pikimap frut i ko insaed long ol plastik bin.

Karemaot eni sid blong nidil kras, ol insek, ol stik, sofmad o toti, ol pis blong ol olfala frut o hemia we i damej mo ol narafala samting olsem.

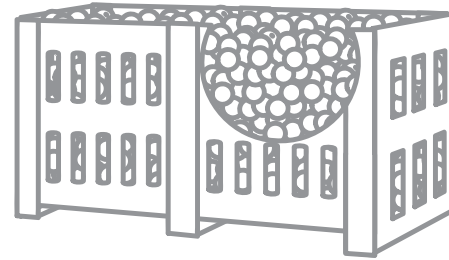
Putum kud eni bin we i brok, i toti tumas o we kemikel i ko long hem mo ripotem long supavaesa blong yu



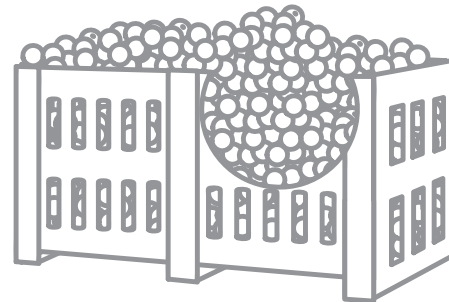
### Fulumap ol bin long stret wei



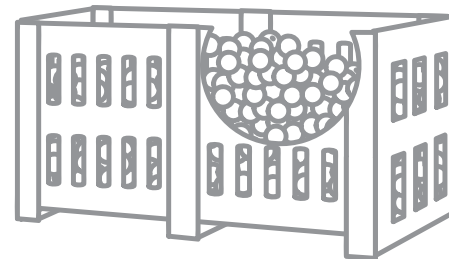
Frut i mas kasem top blong bin nomo (wota level).



No mas fulumap ol bin i ko ova.



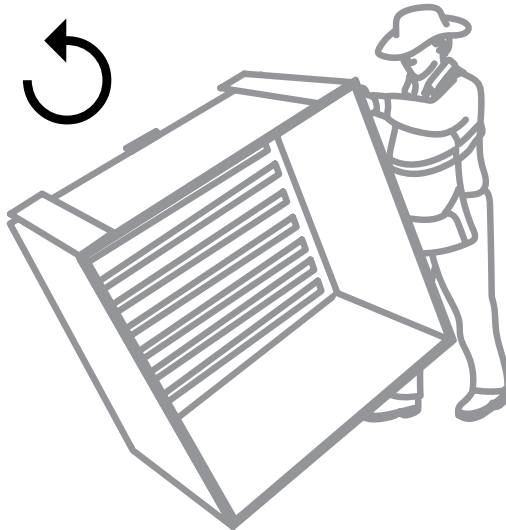
No mas fulumap ol bin long wei we i nokat inaf frut long bin.



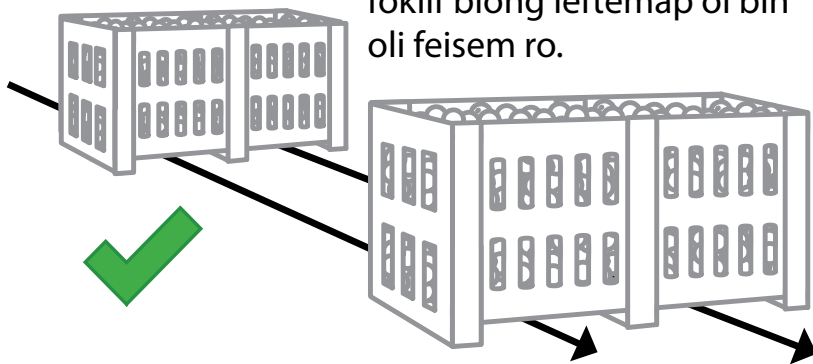
## Taem yu wantem muvum ol emti bin

Askem wan foklif sipos yu nid blong muvum ol bin i ko longwe. Yu save traem blong muvum ol bin nomo sipos hem i stap insaed long sef limit blong yu blong leftemap ol bin, sipos no, yu askem help.

Samtaem hem i moa isi blong rolem wan bin long saed blong hem bitim taem yu drakem.

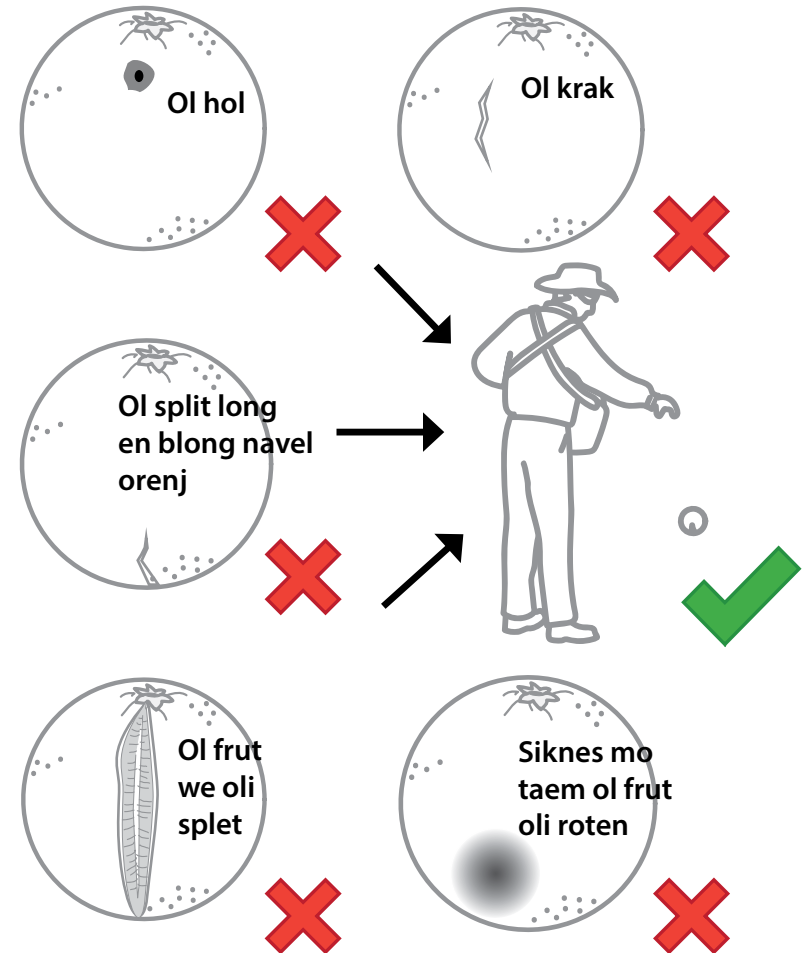


Mekem sua se ol hol blong foklif blong leftemap ol bin oli feisem ro.



## Ol difren wei blong pikimap ol frut

Yu mas sakem frut we skin blong hem i brok o i open i ko long kraon.



## Pikimap frut tru long fasin blong snapem frut

Oli stap yusum hemia plante taem wetem ol orenj, pamplimous, lemon, laem mo sam mandarin.

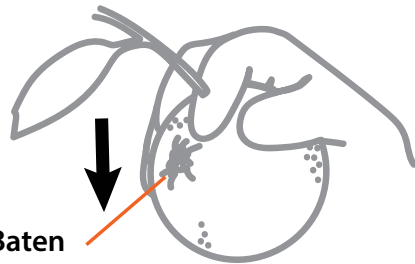
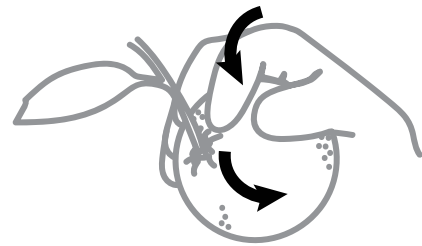
Yu eim blong leko baten i stap long top blong frut.

**TWISTIM.** Holem strong frut, be no skwisim strong frut tumas (frut i kasem kil p. 60).



**MUVUM LONG WEI WE WAN EN I MOA HAE BITIM NARAFALA EN** i ko long horisontal posisen.

**SNAPEM** kwiktaem nomo long ol riet angol i ko long han blong hem mo hemia yu mekem taem yu pulum kwiktaem i ko daon.



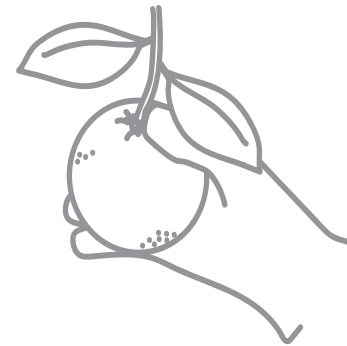
Baten



Aksen blong twistim frut, muvum mo snapem oli mekem olsem wan kwik aksen

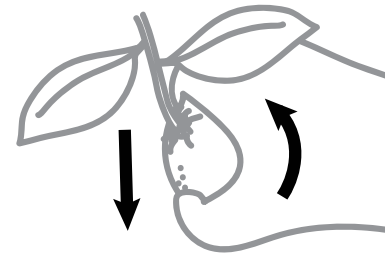
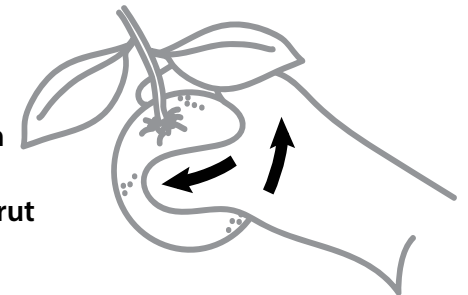
## Pikimap frut tru long fasin blong holem gud frut long han mo snapem

Pikimap frut tru long fasin blong holem gud frut long han mo snapem hem i wan wei blong pikimap frut we i moa kwik lelbet we hem i nidim ekstra skil mo praktis blong stopem se man i no pulum ol baten i kamaot long frut. Wei ia hem i mekem se man i kat smol namba blong ol kil long ol finga, be hem i moa gud blong man i traem afta we hem i kasem sam eksperiens long hem.



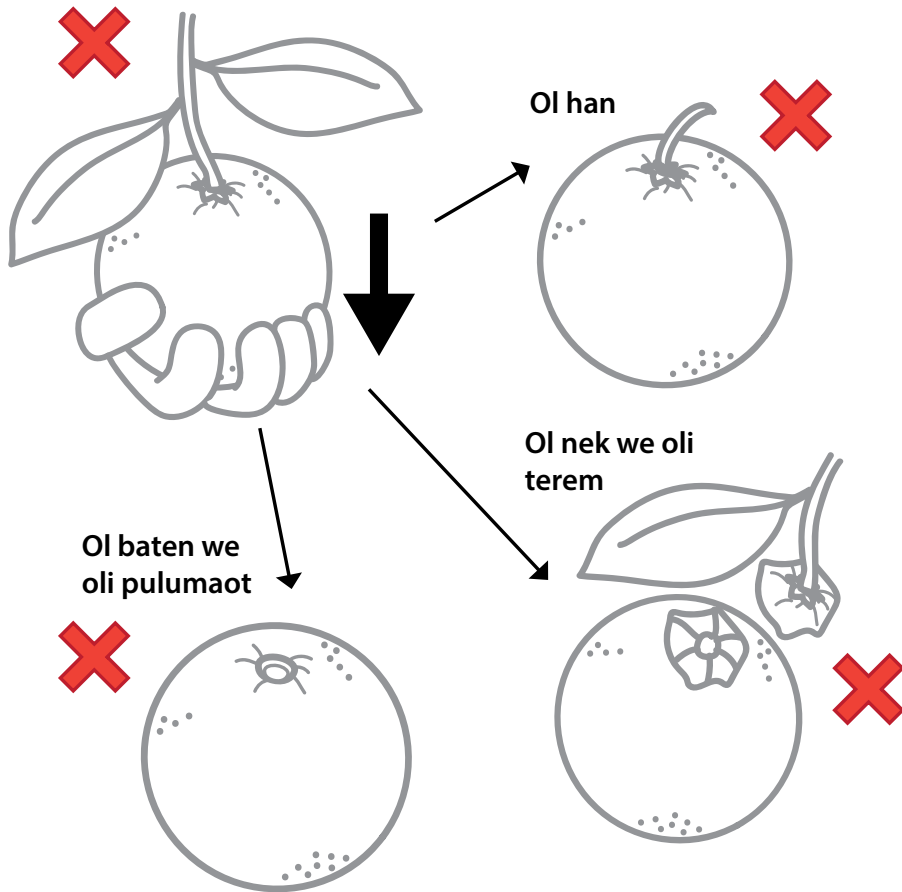
Holem gud baksaed blong frut long han blong yu.

Muvum long wei we wan en hem i moa hae bitim narafala en mo twistim frut

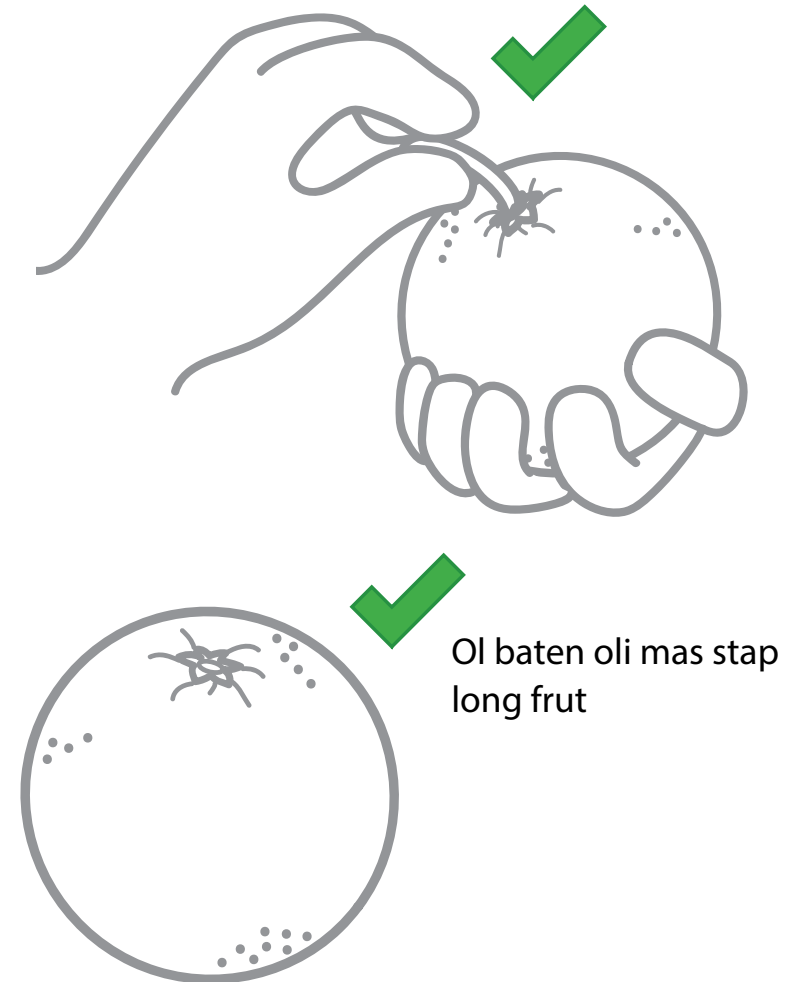


Kontinu blong muvum long wei we wan en hem i moa hae bitim narafala en mo twistim frut kasem taem we hem i stap long wan horisontal posisen afta snapem aot long han blong hem.

Sipos yu no twistim frut inaf o muvum long wei we wan en hem i moa hae bitim narafala en, o yu snapem slo tumas, hemia hem i save terem ol nek, ol han mo pulumaot ol baten.

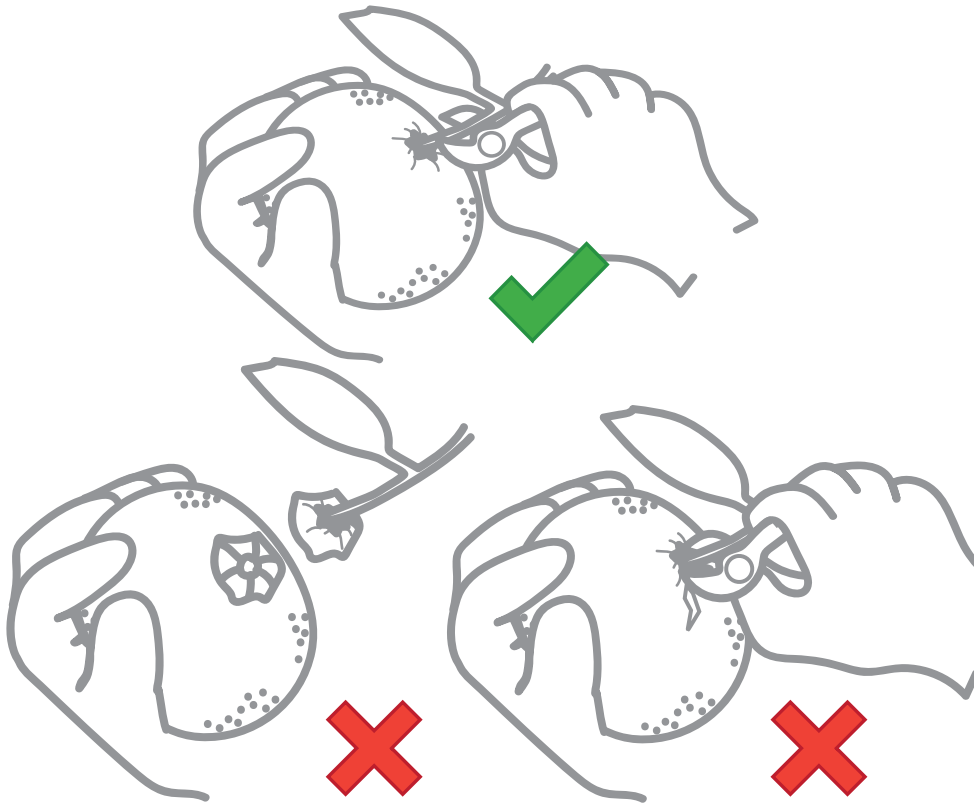


Twistim, muvum long wei we wan en hem i moa hae bitim narafala en mo pulumaot han sipos hem i stap long frut.



## Pikimap frut tru long singol snip

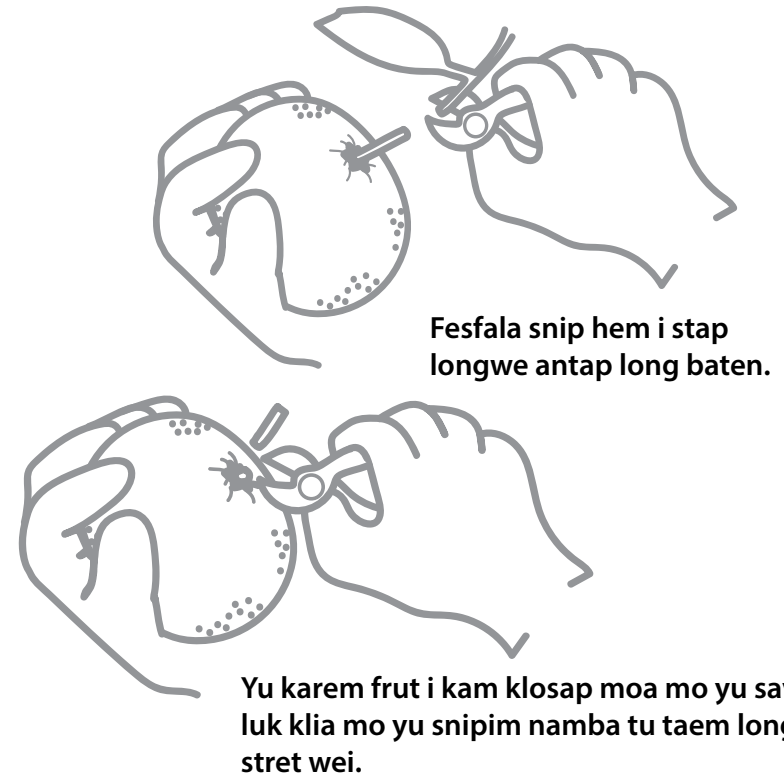
Fulap mandarin oli stap snipim (klipim). Jekem wetem supavaesa blong yu sipos yu nid blong mekem hemia wetem ol narafala varaeti.



No terem, skrasem o katem frut. Taem yu stap snipim frut, no prestem strong i ko daon long baten.

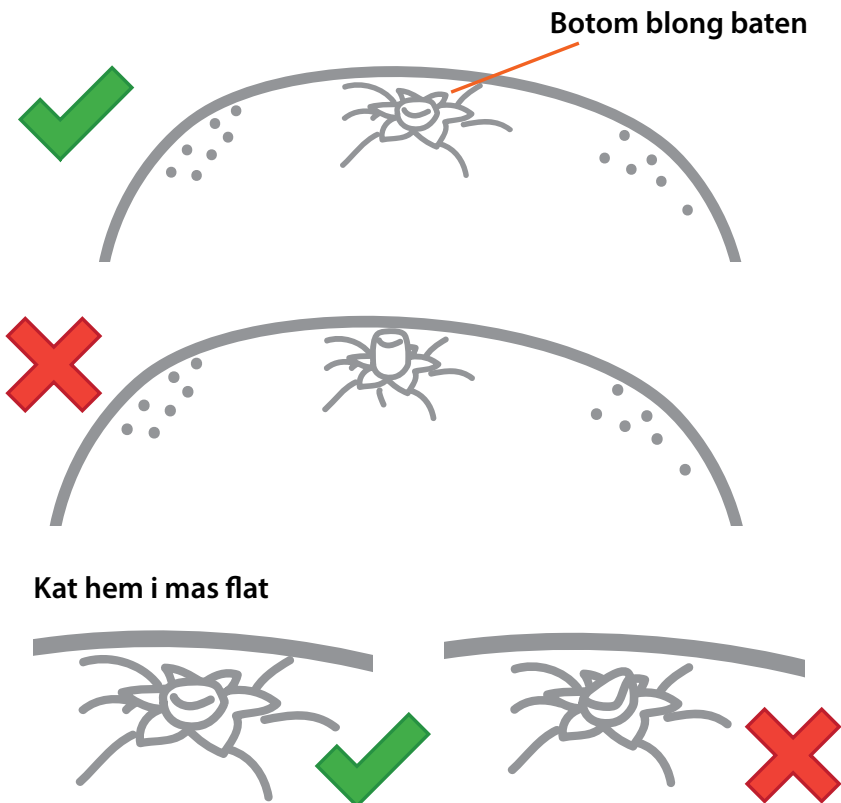
## Pikimap frut tru long dabol snip

Pikimap frut tru long dabol snip hem i katem daon damej we i save hapen long frut mo i mekem se ol frut oli snipim olketa long semak wei kasem lasfala frut. 22). Yusum wei ia taem we yu stap lanem feswan olsem wanem blong pikimap frut tru long snip mo/o taem we frut i stap long wan ples we hem i no isi blong yu kasem. Sam frut fam oli nidim se **evri** frut bambae oli dabol snipim olketa.

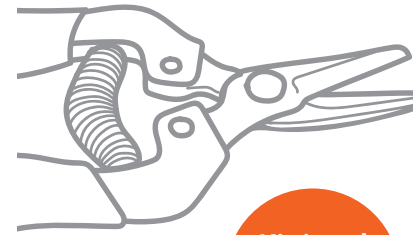


## Snip finis

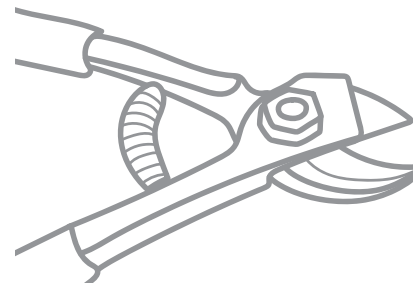
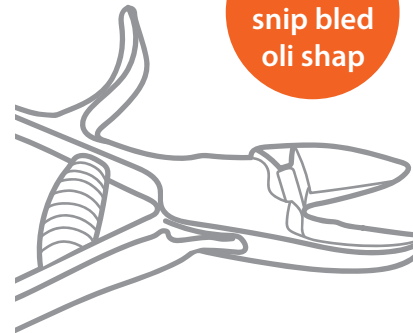
Ol han oli mas shot, flat, mo katem i lo olsem we i posibol aot long botom blong baten. Ol longfala han oli save damejem ol narafala frut. Be, yu no mas pusum ol snip i ko daon long baten taem yu stap snipim from se hem i save katem baten o frut.



## Ol difren kaen tul blong snip



Kipim ol snip bled oli shap

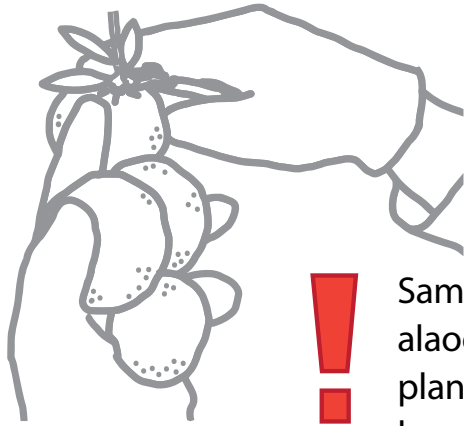


Ol en blong ol snip we oli naro, oli ko raon smol mo oli no shap oli shap we mo oli save katem ol tik han isi nomo be lukaot from se oli save damejem frut tu mo katem man we i stap yusum.

Ol snip en we oli haf shap oli shap lelbet, oli save damejem frut smol nomo kompea long ol naro nos snip, mo oli save katem ol tik han moa isi bitim ol snip en we oli no shap.

Ol naro nos snip we oli no shap oli mekem smol damej nomo long frut be man i nid blong putum moa paoa blong katem ol varaeti we han blong olketa oli tik. Gud blong olketa we oli jes stat.

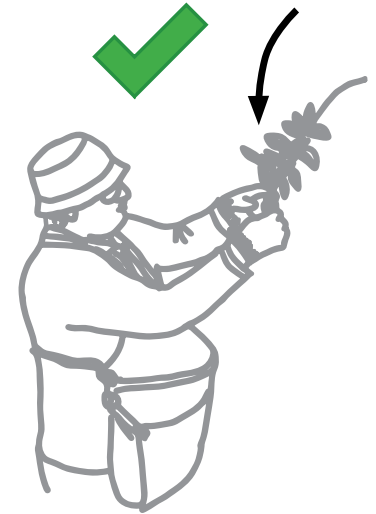
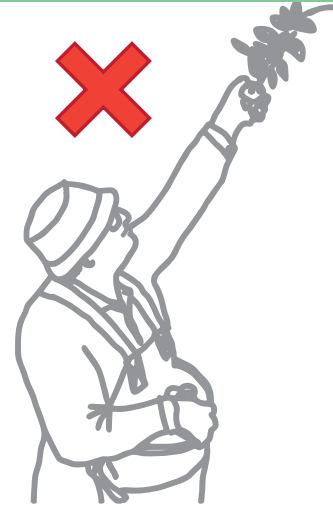
Emploia hem i save provaedem ol snip, o yu save pem long ol akrikalja saplae sto.



Sam frut fam maet oli no alaoem man blong snipim plante mandarin long wan han, from hemia i save damejem frut.



Hem i moa gud blong snipim wan mandarin finis ko long neks wan.



No pulum ol mandarin blong mekem se oli kam klosap moa long yu. I posibol se bae yu terem frut smolsmol mo hemia hem i mekem se frut i ko roten. Muv i ko klosap moa mo/o yusum wan dabol snip.

Long ol wom klaemet o taem ples i wom/ol hot dei, frut maet i nid blong oli mas kavremap blong protektem long sanben.



## Fasin blong pikimap frut wetem ol bak

Hem i isi blong sitras frut hem i save damej o kasem kil (sik blong krin man p. 60); handelem frut wetem kea.

Step 1 mo 2



Step 3



## Putum frut i ko slo nomo insaed long ol bin

1. Benem yu ova blong putum bak we i fulap i ko long as blong bin, o long frut insaed long bin.
2. Taem we bak hem i save stanap hemwan, karemaot huk blong ol strap.
3. Leftemap bak i ko antap sloslo blong letem frut i rol aot long bak (yusum han mo lek blong sapotem sipos i nid, p. 28).
4. No letem frut i foldaon o i foldaon i ko aotsaed; fru i mas flo o rol aot long bak.





## Wan Tingting

Blong helpem yu katem daon lod long bak blong yu taem yu stap anlodem frut, yu save holem bin mo benem ol han mo lek blong yu taem yu putum bak i ko daon insaed long bin mo leftemap bak blong anlodem frut. Tekemaot lod aot long bak blong yu mo long ol han mo lek blong yu. Samtaem hem i moa isi taem man i anlod long en blong bin – faenem wanem hem i stret gud long yu.



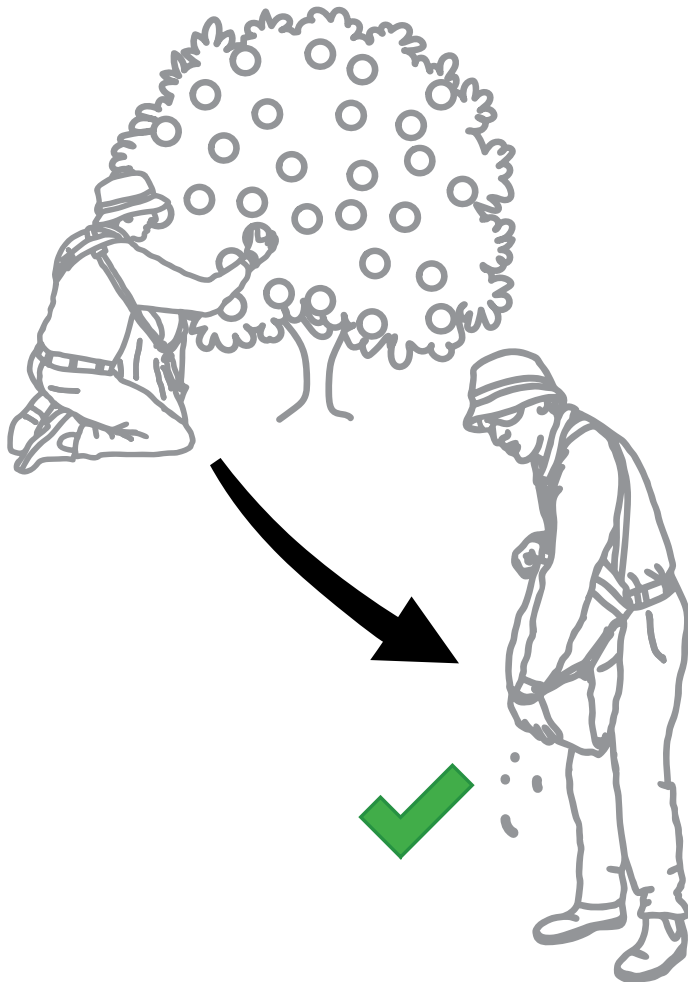
No mas fulumap ol bin i ko ova.



No putum ol bak blong frut we i fulap long en blong bin, putum i ko stret mo wetem kea i ko insaed long bin (p. 26).



Taem we man i stap pikimap frut long ol smolmol tri, brashem as blong bak sipos hem i tajem kraon blong tekemaot ol sids blong nidil kras mo ol narafala toti.

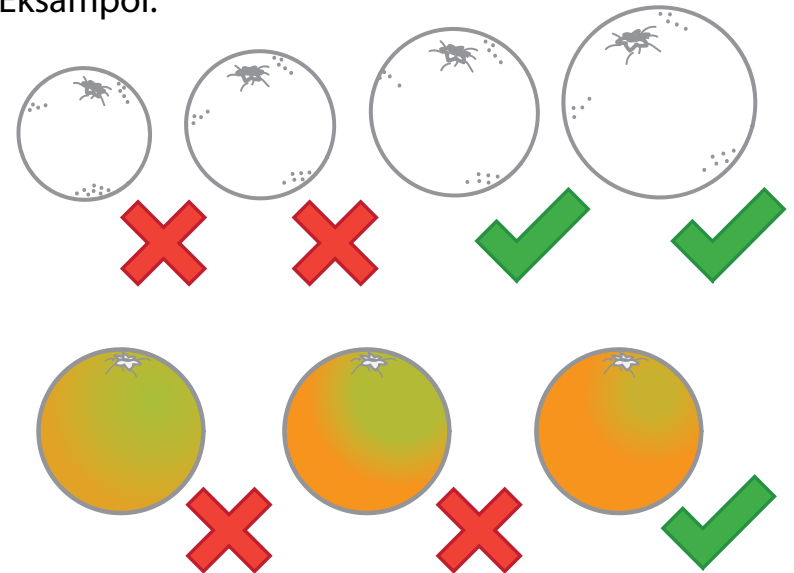


## Fasin blong pikimap frut we oli selektem

Samtaem oli stap pikimap frut folem kala (sipos skin i develop evriwan o no) o saes blong mitim ol rikwaemen blong maket long wei we i moa gud.

Sipos yu mas pikimap frut we oli selektem, bambae supavaesa blong yu i soem frut we bae yu pikimap mo frut we bae yu no pikimap folem saes mo/o kala.

Eksampol:



Fasin blong pikimap frut we oli selektem hem i moa slo bitim fasin blong karemaot evri frut long wan tri long sem taem.

## Ol wei blong haves

Pikimap evri frut bifo yu muv i ko long neks tri.



No sakem frut i ko insaed long ol bin.



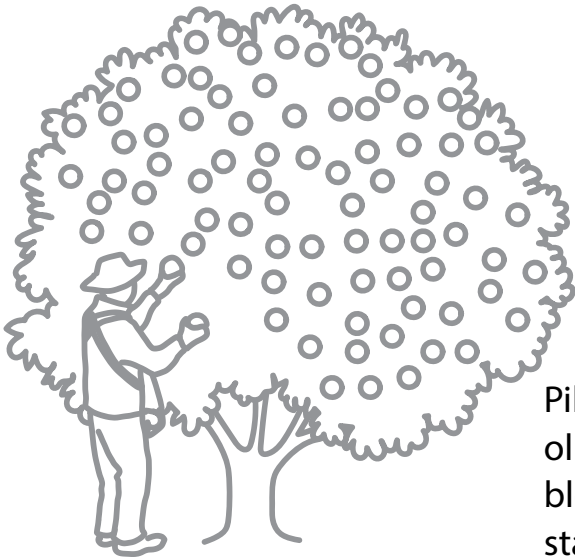
**Neva** pikimap frut we i stap long kraon.

**No pikimap frut we i drop i ko long kraon**

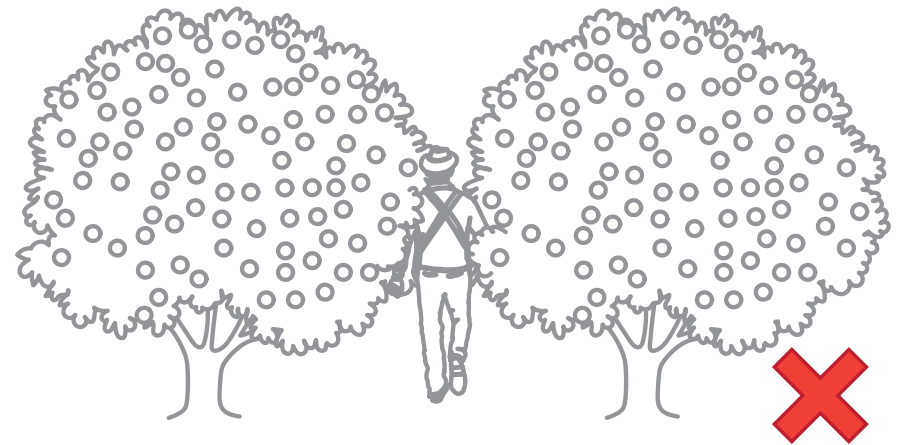


Klaemap lada wetem wan emti bak mo klaem daon wetem wan bak we i fulap blong anlodem frut.

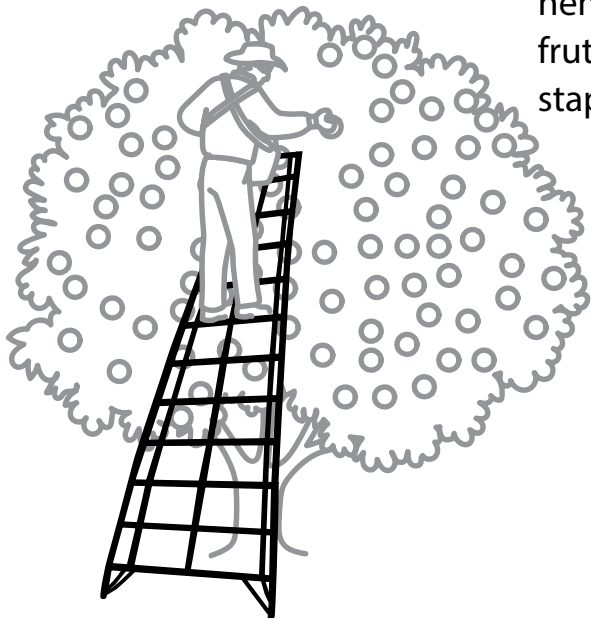




Pikimap ol frut we oli stap long seksen blong wan tri we i stap daon bifo yu yusum lada. Lada hem i save damejem frut long seksen we i stap daon.



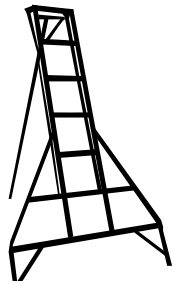
No wokbaot bitwin ol tri we oli no havestem ol frut blong hem yet. Festaem havestem frut blong mekem wan klia rod. Pikimap mo finisim wan tri finis jes muv i ko long neks tri.



## Ol lada

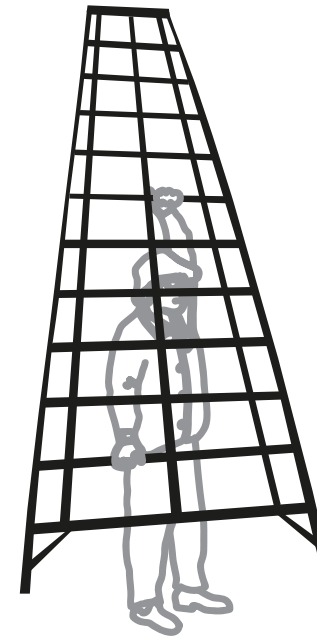
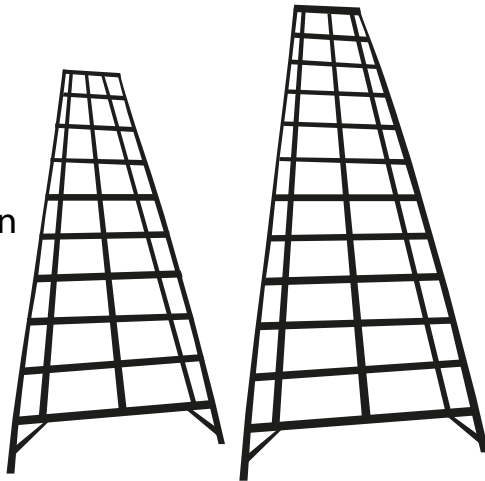
Yusum wan lada we i stret blong saes mo paoa blong ol tri.

Nomoli oli stap yusum stul (wan o tu step) mo ol platfom lada long ol tri we saes blong olketa oli midium.



Oli yusum ol traepod lada long ol tri we oli wik o long ol branj we oli wanwan we oli no save sapotem wan bo lada. Nomoli oli stap yusum long ol tri we oli kro long maon mo ol mandarin tri.

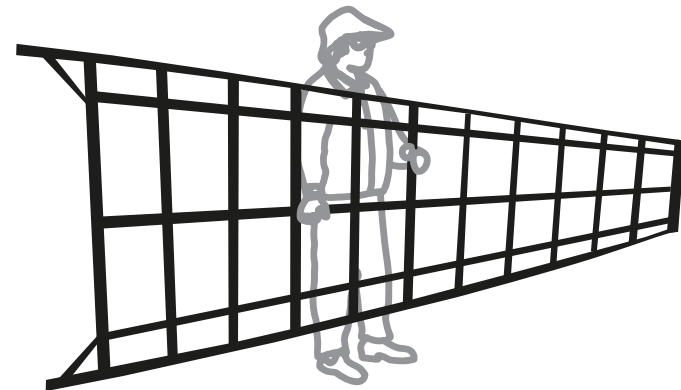
Oli stap yusum ol bo lada nomoli long ol orenj tri we oli develop gud finis. I kat tu komon saes, 3 m (10 ples blong stanap) mo 3.6 m (12 ples blong stanap).



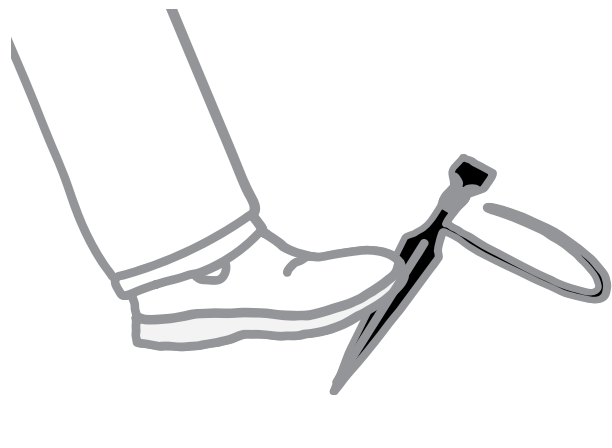
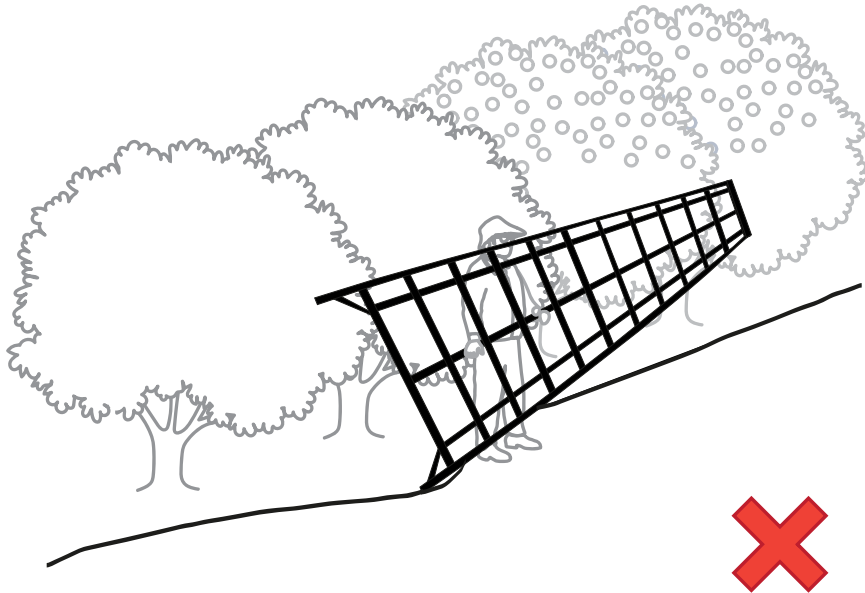
Hem i moa gud blong karem ol lada long wan posisen we hem i stanap stret mo wan han bambae hem i holem las ples blong stanap mo narafala wan i holem wan we i stap antap.



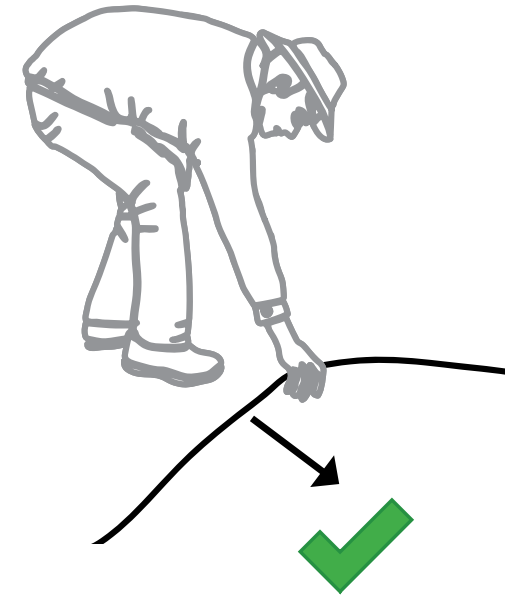
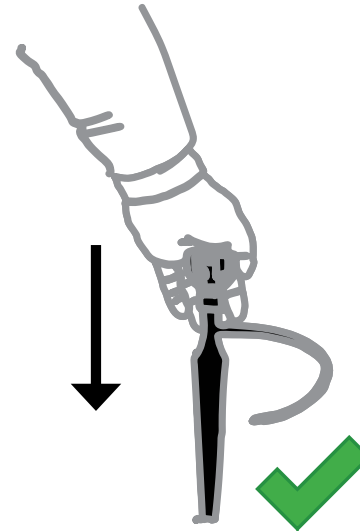
Yu save karem ol lada i ko kros, be, hem i isi nomo blong oli bangem ol narafala man o masin.



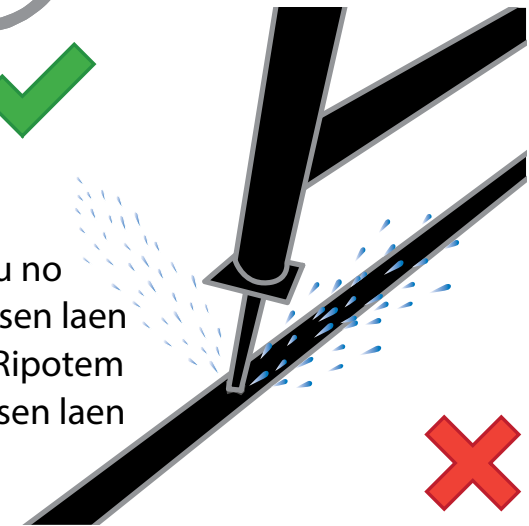
Mas lukaot se lada i no pusedem ol sprinkla o drakem ol irigeisen laen.



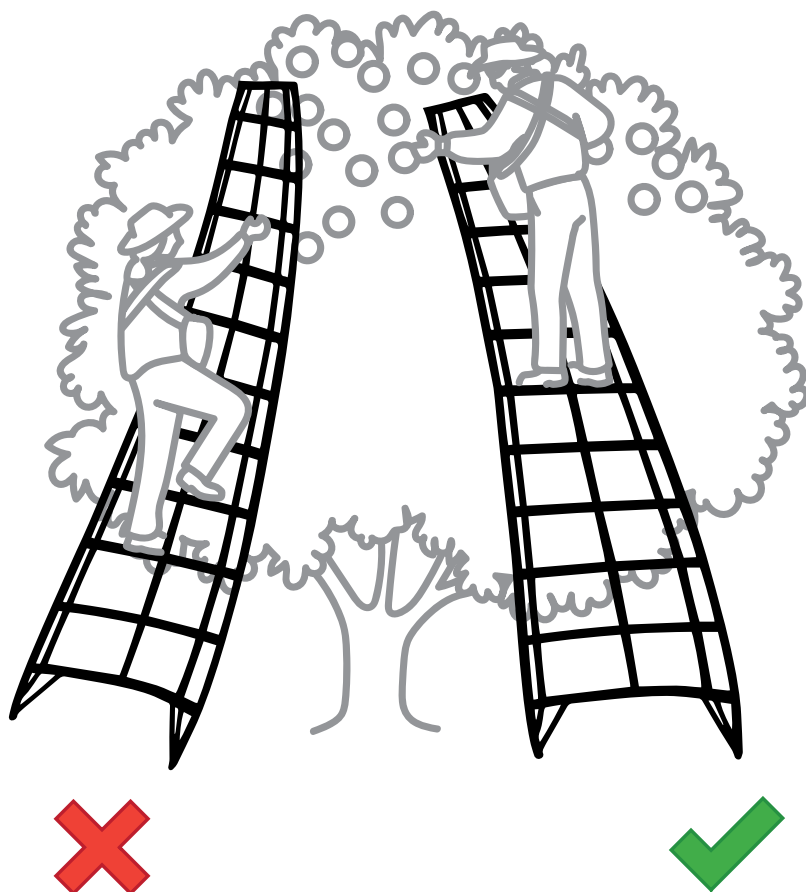
Putum bak ol irigeisen laen we lada i muvum o ol sprinkla we lada i pusedem.



Mas lukaot se yu no brekem ol irigeisen laen wetem ol lada. Ripotem taem wan irigeisen laen hem i brok.



Putum ol bo lada long wei we aj i lukluk i kam aotsaed mo pointem lada i ko long midel blong tri.



## Taem wok i finis

Ripotem eni ekwipmen we i brok i ko long supavaesa blong yu.

Putum ol lada aot long rod blong ol trakta we oli nid blong pikimap frut long ol ro o muvum ol bin.

Askem supavaesa blong yu weaples blong putum ol lada:

- bitwin ol tri, o
- long en blong ol ro, o
- long wan lada treila o trak.



## Ol masin

### Ol trakta

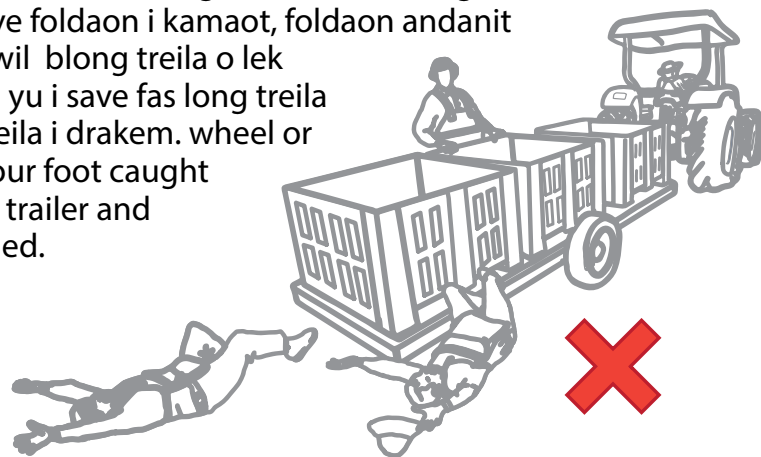
Operetem wan trakta afta nomo we supavaesa i oтораesem mo trenem yu.

- Folem ol prosija we i stap blong yusum trakta long wan sef wei olsem we supavaesa i talem.
- Wan man nomo i save travel long wan trakta long wan taem.
- Wajaot long ol man mo draev sloslo mo wetem kea long ol ro.

No putum ol pesenal samting (eksampol lanj, ol drink, ol hanbak) narasaed long ol bin o wan trakta from se ol foklif draeva maet bambae oli no save luk olketa.

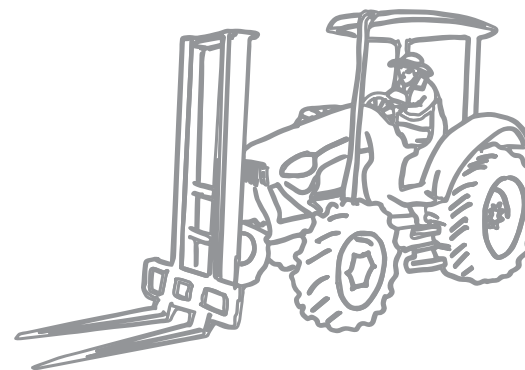
**25**

Fasin blong ran long ol trelia bin hem i denjares. Yu no mas ran nating nomo olsem long ol treila. Yu save foldaon i kamaot, foldaon andanit long wil blong treila o lek blong yu i save fas long treila mo treila i drakem. wheel or get your foot caught in the trailer and dragged.



## Ol foklif

Sam steit oli nidim wan foklif laesens blong operetem wan trakta we i kat wan foklif mas we oli putum long hem. Long ol narafala steit, yu operetem wan foklif taem nomo we supavaesa i oтораesem yu mo i trenem yu.



Sipos yu leko wan masin olsem wan foklif o trakta we enjin i on nomo, mekem sua se masin ia i stap long PAK mo hanbrek hem i on.

- Folem evri sefti rikwaemen blong ol trakta mo/o ol foklif.
- Bifo dei i finis, yufala i mas kolektem evri bin blong frut.
- Sipos wan bin hem i stap ovanaet, putum i ko long saed mo talem long supavaesa blong yu.

Yu no ran nomo nating olsem long ol trak, ol foklif, ol trakta o long bak blong ol trak blong wok o long ol treila.



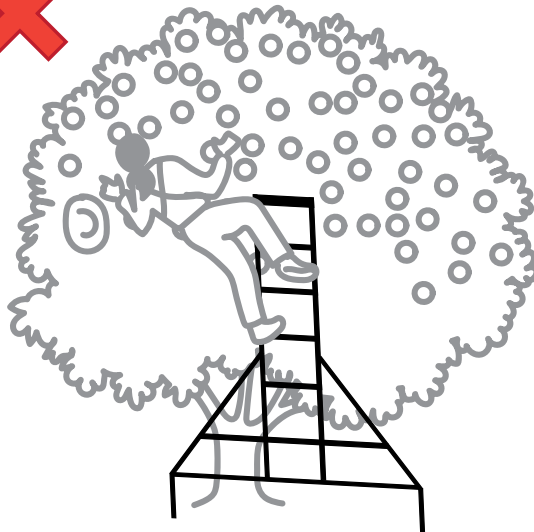
# Sefti

## Lada mo sefti taem man i stap pikimap fru

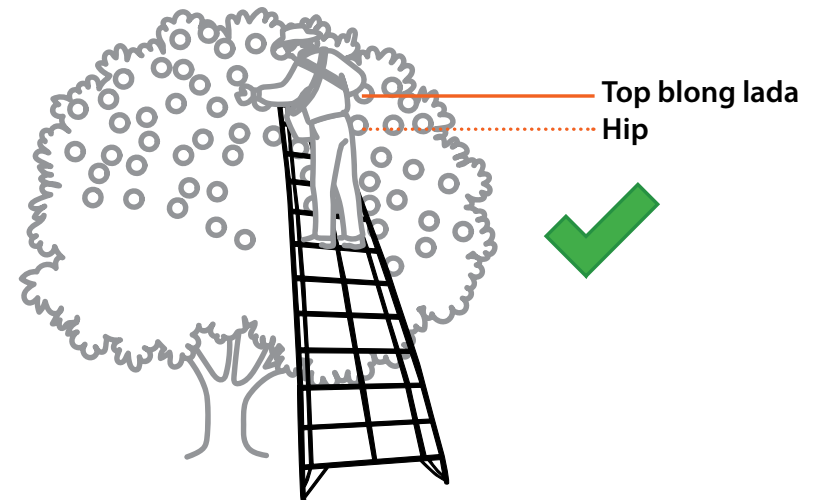
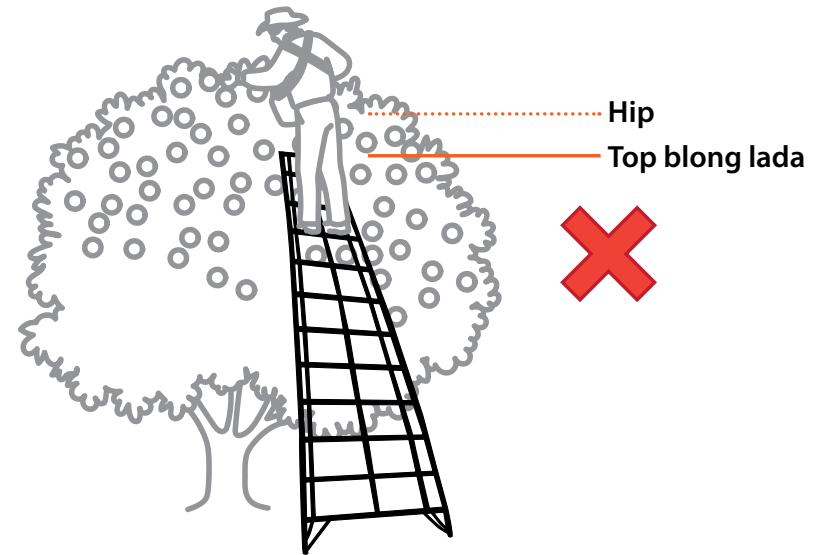
### Putum lada blong yu gud

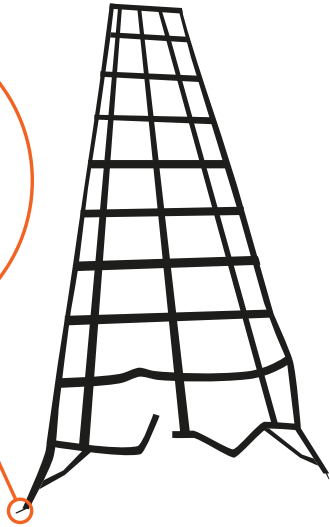
Yusum wan lada mo mekem sua se hem i stebol. Pusum ol lek steik i ko insaed long kraon mo mekem sua se lada hem i ko akensem ol strong branj mo bambae hem i no foldaon tru long tri. Pusum mo shekem lada bifo yu klaem blong mekem sua se hem i strong gud.

No ben ova i ko aot tumas long lada.



No stanap long ol top step blong lada. Top blong lada hem i no mas stap andanit long hip blong yu.



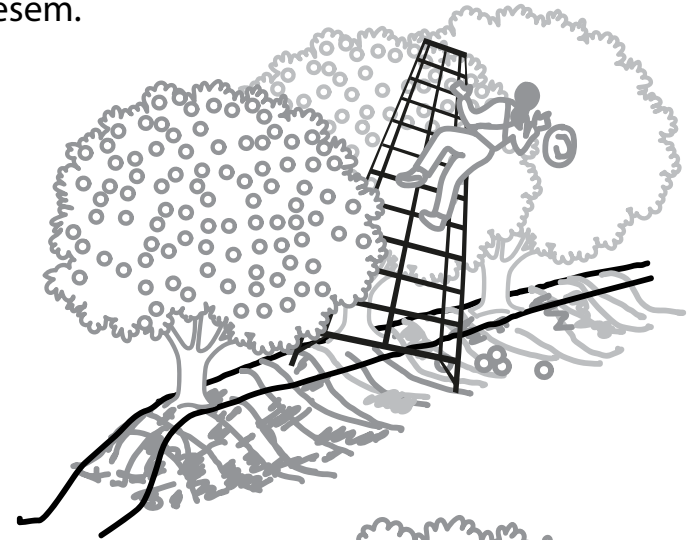


No yusum wan lada we hem i nogud o i brok.

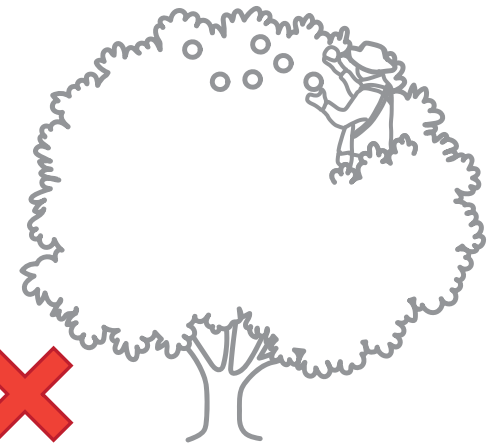
No stanap long ol bin blong pikimap frut, yusum wan lada.



No putum lek blong lada long ol maon. Lek blong lada hem i mas stap long ol iven haet long kraon. Sipos i posibol yusum wan traepod lada (p. 36) wetem wan lek haet we oli save kastomaesem.



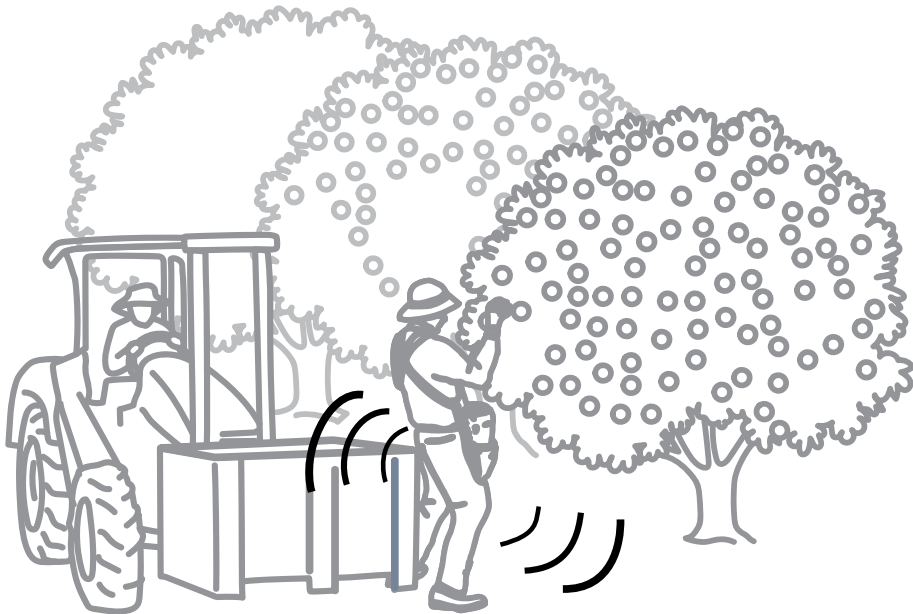
No klaem ol tri blong kasem frut. No havestem frut we yu no save kasem taem yu stanap long lada. Muvum lada blong yu blong mekem sua se yu save pikimap evri frut long sef wei.



## Ol masin

### Wajaot mo lisen sipos yu save harem ol trakta mo ol masin

- No ko klosap long ol trakta; tingting se draeva hem i no save luk yu.
- Yu mas lukaot gud taem ol trakta oli stap muv daon long ol ro we yu stap pikimap frut long hem.



## Pesenal helt



Yu no wok sipos yu kasem kil, sik o yu no save wok wetem ol han blong yu.



No wok taem yu tekem draks o alkohol.



Karem inaf kaka. Raet kaen mo kwantiti blong kaka hem i save helpem yu pikimap frut moa kwik mo long taem moa truaot long dei (fuel blong bodi), luk gaed blong eksasaes blong havestem sitras mo nutrisen Praemfakt Tekem spel evritaem long semak taem mo drink wota.

**Tekem plante wota.** Wan bigfala man hem i nid blong drink 2-3 L long wan dei mo moa sipos hem i aktif o taem ples i moa hot. <https://www.nrv.gov.au/nutrients/water>

## Ol aksiden

### Sipos i kat wan aksiden o wan i kasem kil:

1. Bifo yu stat blong wok, jek wetem supavaesa blong yu we hem i risponsibol long fes eid, olsem wanem blong kontaktem olketa kwik taem mo eni narafala polisi prosija blong akisen.
2. Taem wan i kat wan bigfala kil, ringim 000 stretawe mo ripotem i ko long supavaesa; wetem ol narafala kil ripotem i ko long supavaesa blong yu mo lukaotem fes eid.
3. No putum yuwan long denja blong helpem wan we hem i kasem kil; wet kasem taem we denja hem i muvaot o i stop.
4. No movum wan man sipos hem i posibol se oli kat wan kil long nek o spaen—wet blong help i kam.



No yusum ol hedfon long ol fam blong frut, yu no save harem ol narafala man o ol masin.

## Praktisim gudfala haejin

Klinim mo kavremap evri kat mo kil.



Wasem han wetem sop afta we yu yusum toelet.



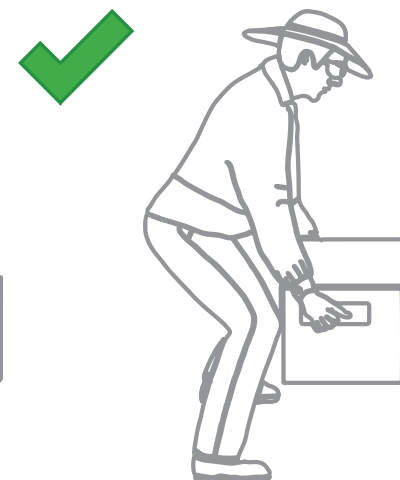
## Leftemap samting wetem bodi o han blong yu

### Ol mein tingting

- Taem man i pikimap frut, hem i mas ben ova wetem wan lod, hemia i inkrisim risk blong kasem kil long bak.  
**Yu mas yusum ol sef praktis blong leftemap samting wetem bodi blong yu.**
- Sipos man i mekem bodi blong hem i strong bifo sisen, hemia bambae i mekem se wok bambae hem i moa isi mo bodi bambae i no soa tumas. Mekem womap long ol masel blong yu bifo yu stat mo strejem bak blong yu long semak taem evritaem taem yu stap wok. Luk Gaed blong eksasaes blong havestem sitras mo nutrisen Praemfakt.
- Benem ol ni blong yu **blong leftemap samting** mo kipim **bak blong yu i stret**, no benem yu ova mo mekem bak blong yu i ko raon blong leftemap samting. Lo pat blong bak i shud ben smol nomo i ko insaed taem man i stap leftemap samting.
- Taem yu bendem ol ni blong yu i ko smol insaed taem yu stanap, hemia hem i helpem blong inpruvum stanap blong yu.
- Kipim lod klosap long bodi blong yu.
- No twistim bak blong yu taem yu stap karem lod, putum lek blong yu long wan narafala posisen blong muv raon.



No benem bak blong yu.

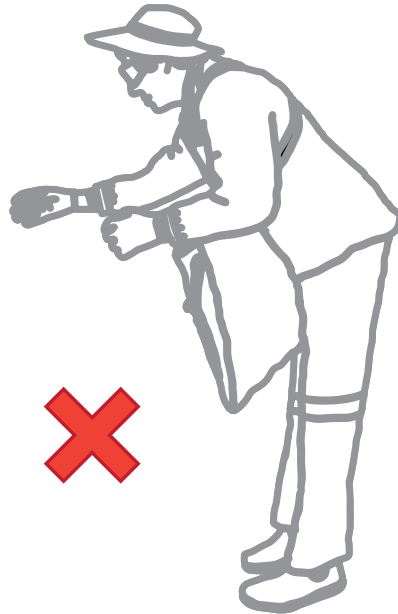


Bak hem i stret o i ben smol nomo i ko insaed, ol ham mo lek i leftemap lod (bendem ol ni).

Askem  
help sipos  
i nid.

## Leftemap bak blong pikimap frut wetem han o bodi blong yu

Kipim bak blong yu stret. Taem yu no benem yuwan, yu save katem daon stren long bak mo bak i soa.



No lin ova mo benem yuwan blong pikimap frut. Ko klosap long frut blong kipim bak blong yu i stret.



Nil daon blong pikimap eni frut frut. Bak i save stap long kraon.

No ben ova taem yu stap nil daon. Muv i ko klosap long frut. Kipim bak blong yu i stret.



No twistim bak blong yu blong kasem frut; be putum ol lek blong yu long narafaa posisen.

## Sam rod blong folem long taem blong haves

### Festaem blong pikimap frut

- Wok blong pikimap frut hem i wan fisikol wok mo taem man i mekem festaem bambae hem i mekem ol masel oli soa. Bambae hem i help sipos yu impruvum fitnes blong yu bifo sisen blong pikimap frut, luk Gaed blong eksasaes blong havestem sitras mo nutrisen Praemfakt.
- Bildimap peis blong yu sloslo long hamas fesfala dei nomo afta eim blong kasem ol nomol reit blong pikimap frut (nomoli ol mandarin 2–3 bin/day mo ol orenj 5–6 bin/day).
- Fulumap ol bak blong pikimap frut i ko hafwei long ol hamas fesfala dei nomo kasem taem we u kam strong.

### Kea blong bak mo masel

- Blong mekem se yu nokat kil long bak o masel, yu mas folem ol sef praktis blong leftemap samting wetem bodi blong yu (p. 52).
- Womap bifo yu stat mo kontinu blong strej taem yu stap pikimap frut (Gaed blong eksasaes blong havestem sitras mo nutrisen Praemfakt).
- Traem folem wan tingting we hem i involvem man i breisem han blong hem blong anlodem

ol frut aot long bak blong katem daon lod long ol masel long bak blong yu (p. 28).

### Spid blong pikimap frut

- Inkrisim spid blong yu blong pikimap frut tru long fasin blong no tekem taem blong wokbaot raon long tri mo spendem moa taem blong pikimap ol frut. I kat ol difren kaen strateji we i inkludim:
  - Selectem wan spes we i save holem waed blong wan lada (eksampol 1/4 blong tri) long botom blong tri. Putum lada long spes ia mo pikimap frut long top. Muvum lada i ko long saed mo statem prosija bakegen, ko ko bae yu wok raonem ol tri stat folem daereksen long raet han i ko raon o daereksen long lef han i ko raon.
  - Klaemap lada wetem wan emti bak, sipos bak hem i no fulap afta we yu pikimap long top, pikimap moa frut taem yu stap kam daon o long botom blong tri.
  - Long sam frut fam ol man we oli pikimap frut oli wok tu tu, wan man i haves long botom blong tri afta narafala wan long top. Folem wok agrimen, oli stap putum total namba blong ol bin i ko tuketa from se hem i moa slo blong man i pikimap frut long top. Fasin blong yusum wan smol, laet stul (p. 36) blong havestem botom blong tri hem i save help blong katem daon lod blong man we i stap long top.

- Pikimap frut tru long fasin blong snapem frut Afta we yu praktisim standed wei blong pikimap frut we hem i “Muvum long wei we wan en hem i moa hae bitim narafala en, twistim, mo snapem” (p. 16) traem yusum wei blong pikimap frut we hem i moa kwik we man i holem gud frut (p. 17).
- Wajem ol man we oli pikimap frut hariap mo lan aot long olketa.
- Kakae gud mo drink inaf wota blong help blong kivim eneji long bodi blong yu truaot long dei, luk Gaed blong eksasaes blong havestem sitras mo nutrisen Praemfakt.

## Emploimen

- Wok avelebiliti: Gavman blong Ostrelia [Haves treil websaet](http://www.harvesttrail.org.au) (www.harvesttrail.org.au) hem i kat infomeisen, mo i kat ol narafala praevet haves websaet. Hem i kivim infomeisen abaot wok, ol pei rekuleisen mo ol narafala samting.
- Ol haves kontrakta oli wan popula rod blong kivim emploimen. Wan haves kontrakta hem i arenjem wok blong ol man blong pikimap frut. Olketa oli jajem wan fi mo sam oli provaedem akomodeisen mo transpot.
- Jekem sipos emploia hem i registarem bisnis long Ostrelia long [ASIC websaet](https://connectonline.asic.gov.au) <https://connectonline.asic.gov.au>

- Toktok long ol narafala man abaot rilaeabiliti blong emploia (hemia hem i minim abaot pei mo sipos wok i kat oltaem).
- Andastandem gud evri jaj blong emploia
- (akomodeisen, transpot, manejmen fi mo ol narafala samting olsem) mo ol pei reit.
- Rikodem namba blong ol bin o haoa wanwan dei.
- Blong ol disput blong pei we yufala i no solvem kontaktem [Fea Wok Ombudsman](http://www.fairwork.gov.au) [www.fairwork.gov.au](http://www.fairwork.gov.au) Fon 13 13 94.



## Apendiks: Frut i kasem kil—sik we frut i kat ol krin mak

- Sik we frut i kat ol krin mak hem i wan kil we hapen long aotsaed skin we i save hapen long frut taem we oli havestem rafrap olbaot tumas (hemia i minim se frut i skwis o i bamp) o long taem we weta hem i nogud.
- Hem i hapen taem we ol oel sel blong aotsaed skin oli brok mo oel i bonem aotsaed skin blong frut. Wan dak mak long aotsaed skin wetem wan sefes we i hol i ko bak insaed i kamaot bitwin tu mo fo dei. Ol oel sel we oli raesap maet oli visibol long eria we i kasem damej.
- Damej i save mekem se frut i ko nogud.
- Frut hem i isi blong kasem damej taem we aotsaed skin blong hem i swolap (swolap wetem wota) from:
  - Kolkol weta.
  - Wota long frut (ren o moning diu).
  - Irikeisen o ren we i jes hapen nomo (tri i kat wota).

