

Technique and Training Checklist

Planter Name: _____ Training Date: _____ Check Date: _____

Technique	Training Point	Training check ↓	Field check ↓
Step 1: Select spot	Minimizes neck bending – use eyes to look down		
	Keep shovel close, avoids over-reaching		
	Probes lightly to find spot		
Step 2: Screef	Screefs only if necessary		
	Uses a forward-backward motion		
Step 3: Retrieve seedling	Does not look at seedling		
	Keeps wrist straight		
	Keep grasp loose on seedling		
	Avoids rotating forearm		
Step 4: Penetrate soil	Keeps hand below head		
	Keeps elbow below shoulder		
	Minimizes arm motion in soft ground		
	Probes lightly or uses kicker in harder ground		
	Practices let-go technique		
	Centers hole close to body		
	Keeps elbow slightly bent		
Step 5: Open hole and insert seedling	Maintains lordotic curve		
	Keeps hips symmetrical		
Step 6: Close hole	Closes with fist, shovel or foot. Avoids using fingers		
	Avoids a single leg stance when rising		
	Keeps elbow close to body and wrist neutral when leaning on shovel		
	Avoids rotating shovel forearm to close hole		
Step 7: Move to next spot	Looks up with eyes; minimizes awkward neck posture		
	Relaxes grip on shovel		
	Stands fully erect; does not stay crouched		

Equipment Checklist

Planter Name: _____ Training Date: _____ Check Date: _____

Equipment	Training Point	Training check
Bags	No more than 18 kg/40lbs or 23% of body weight	
	Root clumps to the front in the bag	
	Evenly loaded	
	Evenly unloaded	
	Supported above the hips	
	Thick padding	
Shovel Handle	Handle padded or anti-vibration glove	
	Handle diameter 1 cm smaller than inside grip diameter	
	Inside handle width appropriate	
	D-handle between fingertips and wrist height	
	Handle offset properly	
Shovel	Weight less than 1.5 kg	
	Blade at least 15 cm long	
	Blade is tapered and slightly pointed	
	Blade width at least as wide as knuckles (including glove)	
	At least one kicker; kicker on dominant hand side	