CHECK LIST FOR CHERRY PICKERS
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Misc. Series Paper No. 243, Colorado Agricultural Experiment Station

I. Picking container:
1. Is container large enough? A small container must be emptied too often - a large one may be too heavy for efficient work.
2. Is container suspended from (a) ladder, (b) strap over shoulders, (c) limb of tree, or (d) belt - so that both hands may be used for picking? Container should be located so as to require a minimum of hand travel.

II. Picking:
1. Are you picking with both hands?
2. Are hands used close together - where you can see both at the same time?
3. Are you picking cherries the quickest and easiest way? Use a stripping action with hands at shoulder height or lower whenever possible.
4. Are you transporting two full hands of cherries to the basket each time?

III. Disposing of cherries:
1. Are you getting on and off the ladder quickly and safely?
2. Are you taking a minimum number of steps to empty container?

IV. Proper handling of fruit ladder:
1. Is ladder safely set?
2. Can fruit be reached easily?
3. See National Safety Council folder "We Work Safely - Do You?"

V. Improvements:
1. If you have suggestions which will make it possible to pick cherries more quickly and easily, please send them to:

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July 1944