

Garshey's Team Beautiful

Pruning season - sore hands

Updated: 23rd July 2019

Reviewed: 15th June 2021

Next Review: 15th June 2023

1. I have identified to my supervisor that I have sore hands from using pruning tools (secateurs and bypass loppers. I have possible Repetitive Strain Injury (RSI) and/or Carpal Muscle Syndrome (CPS).
2. My supervisor has informed me of the seriousness of this occurrence and has advised me to cease working immediately. My supervisor has explained what the cause is likely to be from (RSI/CPS).
3. My supervisor has advised me that the soreness will more than likely get worse to the point my hands may need intensive therapy or surgery to rehabilitate them.
4. I do not wish to stop working as I feel that my hands are not seriously affected by my work.
5. I understand that by continuing to work, I put myself at serious risk of damage to my hands (nerves and otherwise).
6. Should I resolve to continue working, I am doing so without considering the risk to my health under the dangers informed to me by my supervisor
7. Should I continue to work, I absolve Garshey's Team Beautiful of any blame or compensation pursuant to my current problem with my sore hands.
8. I will NOT pursue compensation or any other medical claim for the soreness I feel in my hands to Garshey's Team Beautiful regarding my decision to continue with pruning season
9. By signing this form, I certify that when I show up for my shift on any given day, I am fit to carry out my work duties.
10. **Fit for work means:**
 - I have soreness in my hands but believe I am fit for work, regardless of what my Supervisor advises.
 - I am prepared to work for the normal 8.00-hour day and am prepared physically and mentally.
 - I fully understand the physical nature of my duties and fully understand that should I not be fit for work; I would be unable to carry out my duties.
11. I have signed this document without coercion or under duress.
12. My supervisor has explained to me that it is unlawful to put my name to and sign on any document that I haven't read, understood or not truthful.