

# Attaching Implements to Tractors

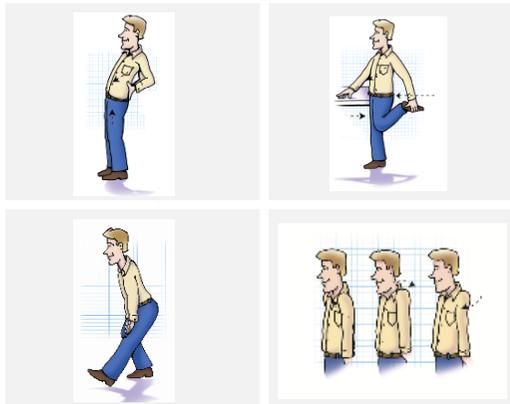
## PREPARATION



This is a task which can be awkward and require you to exert high force.

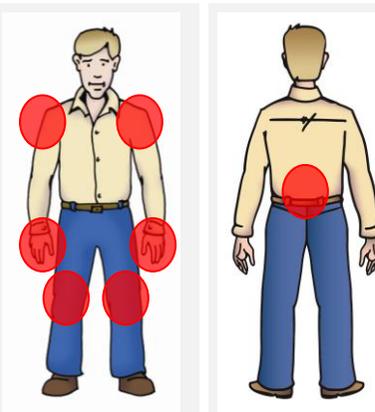
It's important to set up equipment well, adopt optimal postures, maintain the equipment, and take tasks breaks to change your posture.

## STRETCHES



Perform stretches before, during (if appropriate) and after undertaking the task. Ease off on the stretch if you experience pain. STOP if you continue to experience pain and seek medical advice.

## HOT SPOTS & KEY POINTS



Choose level ground to attach implements.

Position the tractor and align the lifting arms as close to or in contact with the implement's linkage pins.

Ensure the tractor's controls are set in a position to reduce the amount of force you need to use. This can include ensuring:

- The Tractor is off, in 'park' with the hand brake on, and the PTO is in neutral before attaching the shaft;
- The hydraulic oil is released before connecting / disconnecting the leads;
- The PTO shaft is well maintained and lubricated on a regular basis.

Always use 3 points of contact when getting in and out of the tractor.

## WORK PRACTICE



When positioning the implement jack, **semi-squat** to lower your body.

Keep your body close to the wheel.

**Brace** your hand against the linkage point to support your body.



To attach the 3 point linkage, remove pins on the lifting arm stabilisers to align with the implement's linkage points.

**Brace** one hand on the lifting arm for support.

Don't reach to the lifting arm on the opposite side.



To attach the PTO shaft, step one leg over the lifting arm; adopt a **forward lunge** posture.

Bend your hips and knees to position yourself closer to the PTO. **Brace** against the machine.

**Lunge forwards** to push PTO shift into place.

DO NOT stand on the outside of the lifting arm.



When connecting / disconnecting hydraulic lines ensure you have released the oil first.

Step one foot over the lifting arm; adopt a **forward lunge** position. Push the hydraulic lines in by transferring your body weight onto your front foot.

Avoid overreaching and twisting your back.

