

**Rule III. Pick as Many Tomatoes as Possible in Each Hand Before Moving the Hands to the Hamper**



First, pick one tomato in each hand.



Then shift the tomatoes back into the palms of the hands.



Then pick a second tomato in each hand.



And then move the full hands to the hamper.



**DON'T** move the hands to the hamper with only one tomato in each hand. If you do this, you can pick only 90 hampers in the time in which you should pick 100.

**Rule IV. Pick Two Rows Across the Field and Keep the Hamper in Front of You**

Set the hamper in front of you between two rows. Keep it within easy reach.



**DON'T** set the hamper so far ahead that you have to stretch your body or throw the tomatoes.



**DON'T** get in front of the hamper so that you have to turn your body.



**BY USING THESE FOUR RULES YOU WILL PICK TOMATOES EASIER AND FASTER TRY THEM!**

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**Making Movements Count in Picking Tomatoes**



# Four Simple Rules for Making Movements Count in Picking Tomatoes

## Rule I. *Use a Handle on the Hamper*

① ✓

Use a wire handle with a comfortable handpiece. The wire should be stiff, about one-fifth inch in diameter.



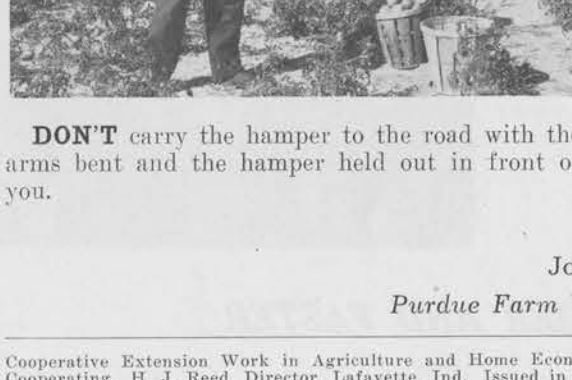
**DON'T** move the hamper by gripping the edge of it with the fingers. It's much easier to grasp and move forward with a handle.

Move the hamper forward with an easy movement of one hand.



**DON'T** carry the hamper to the road with the arms bent and the hamper held out in front of you.

Carry the hamper to the road, keeping the arm and back straight. Lift with the strong leg muscles.



## Rule II. *Pick With Both Hands*

② ✓

**DON'T** pick with your hands far apart. When they are separated, you can't see what both are doing.



**DON'T** pick with one hand while the other only holds the hamper. If you do this, you can pick only 83 hampers in the time in which you should pick 100.



**DON'T** let one elbow rest on your knee while the hand only holds tomatoes. If you do this, you can pick only 86 hampers in the time in which you should pick 100.



Pick with both hands close together, standing with the knees slightly bent.



Or pick with both hands close together and squat.

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