Let's see what the main causes of soil compaction are and how to prevent it from happening.

### Prevention Measures

- **Trampling (stressed by overgrazing):**
  - Avoid randomly grazing areas.
  - Increase the number of animals per unit area.

- **Optimal Grazing:**
  - Rotate the grazing area.
  - Reduce the number of animals per unit area.

- **Agricultural Machinery:**
  - Random traffic on the field.
  - Controlled traffic in the field.

- **Soil Water Content:**
  - Avoid working the soil when wet.
  - Work the soil when dry.
  - Avoid slipping while driving.

- **Organic Matter Content:**
  - Maintaining and/or increasing organic matter.
  - For animal feed.
  - For biofuel production.
  - Manures and compost application.
  - Keep the soil covered.
  - Minimum tillage.

- **Deep Compaction:**
  - Breaking platy structure.
  - Subsoiler-paraplow.
  - Agro-forestry.

- **Shallow Compaction:**
  - Minimum tillage.
  - Plant deep rooting crops to naturally crack the soil (e.g., maize and alfalfa).
  - Leave plant roots to decompose inside the soil.

### Remediation Measures

- **Deep Compaction:**
  - Crop rotation with strong root crops (e.g., oiled radish).

- **Shallow Compaction:**
  - Optimize pH and add organic matter for soil structure formation.

- **Organic Matter Content:**
  - Maintain and/or increase organic matter.

- **Soil Water Content:**
  - Avoid working the soil when wet.

- **Agricultural Machinery:**
  - Controlled traffic in the field.

### What to do if your soil is already compacted?

- **Break platy structure**
  - Use a Subsoiler or a paraplow.

- **Crop rotation with strong root crops**
  - Use oilseed radish or other deep-rooting crops.

- **Keep the soil covered**
  - Use manure and compost to keep the soil covered.

- **Optimize pH and add organic matter**
  - Use organic matter to improve soil structure.

- **Avoid slipping while driving**
  - Use controlled traffic to avoid slippage.

- **Optimal Grazing**
  - Rotate the grazing area.

- **Agricultural Machinery**
  - Use controlled traffic in the field.

### Deep Compacted Soils Are the Most Difficult to Remediate

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