

SAFE WORK, HEALTHY HOME



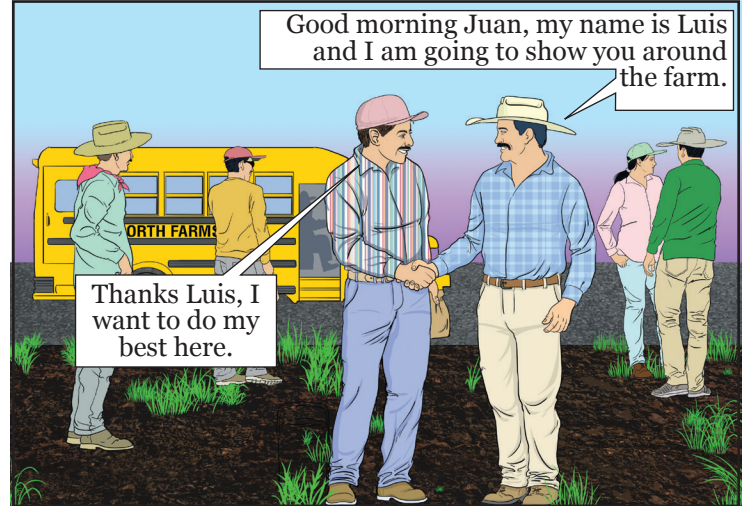
Bassett Healthcare Network
New York Center for Agricultural
Medicine and Health

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Funding for the production of this material was provided
by the NY State Occupational Health Clinic Network*

It's a big day for Juan, today he starts his new job.



Good morning Juan, my name is Luis and I am going to show you around the farm.



Thanks Luis, I want to do my best here.

As farmworkers, there are some precautions that we have to take...

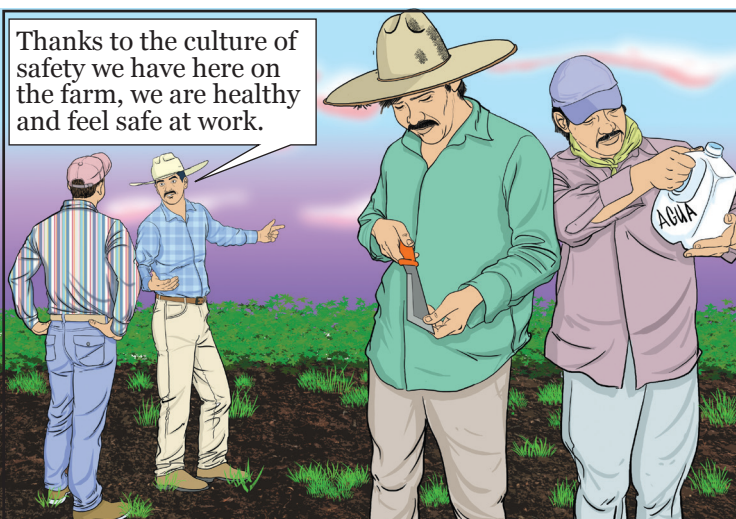


... to stay safe and healthy.



If we continue to follow these simple safety guidelines, we can keep it that way.

Thanks to the culture of safety we have here on the farm, we are healthy and feel safe at work.



EMERGENCY INFORMATION
The closest hospital is:
Orange Regional Medical Center
Tel. 845-333-1000
Address: 707 East Main St. Middletown, N.Y.
Call 911 for emergency/assistance

PESTICIDE SAFETY

- Wash your hands before you eat, drink, chew gum, smoke or use the toilet.
- Use long sleeves, pants and closed toes shoes to protect your body from pesticides.
- Wash your work clothes separately from non-work clothes

Personal Hygiene

Good hygiene is important to prevent sickness and the cross contamination of bacteria and food products.

Washing your hands frequently will keep you healthy and kill the germs that make you sick and keep you home from work...

...and it allows us to provide consumers with fresh produce that is clean and safe to eat.

20
seconds

Remember to wash your hands before and after you eat and use the toilet.

Dry your hands with single use paper towels.

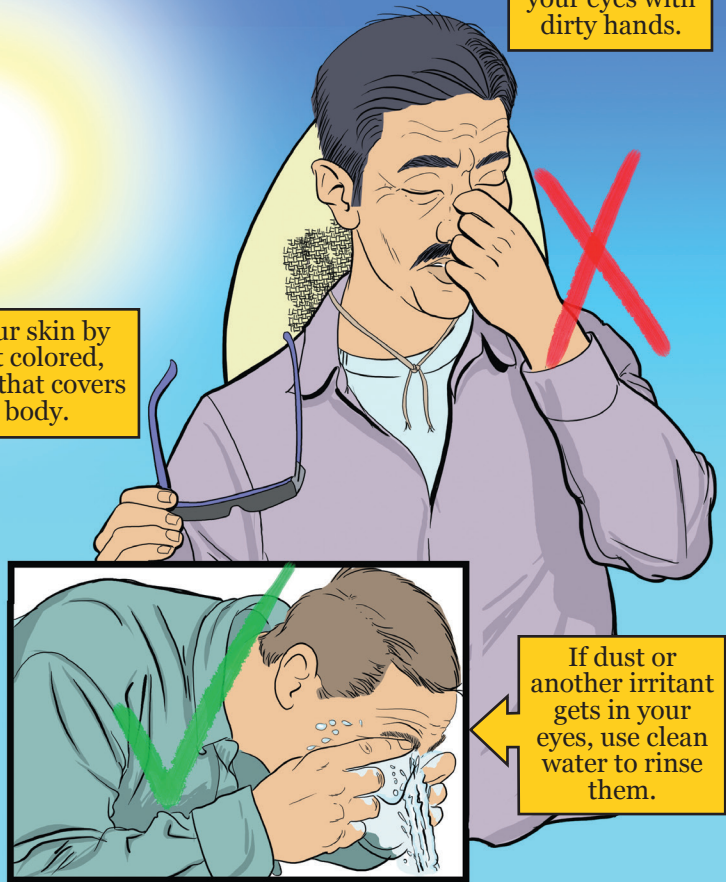
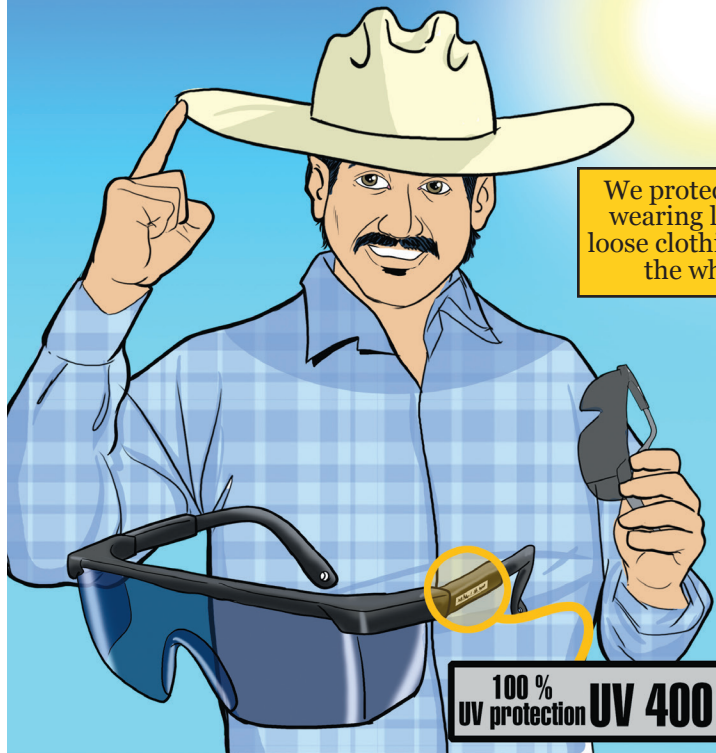
Throw away used paper towels.

Please throw used toilet paper into the toilet, not into the garbage can.

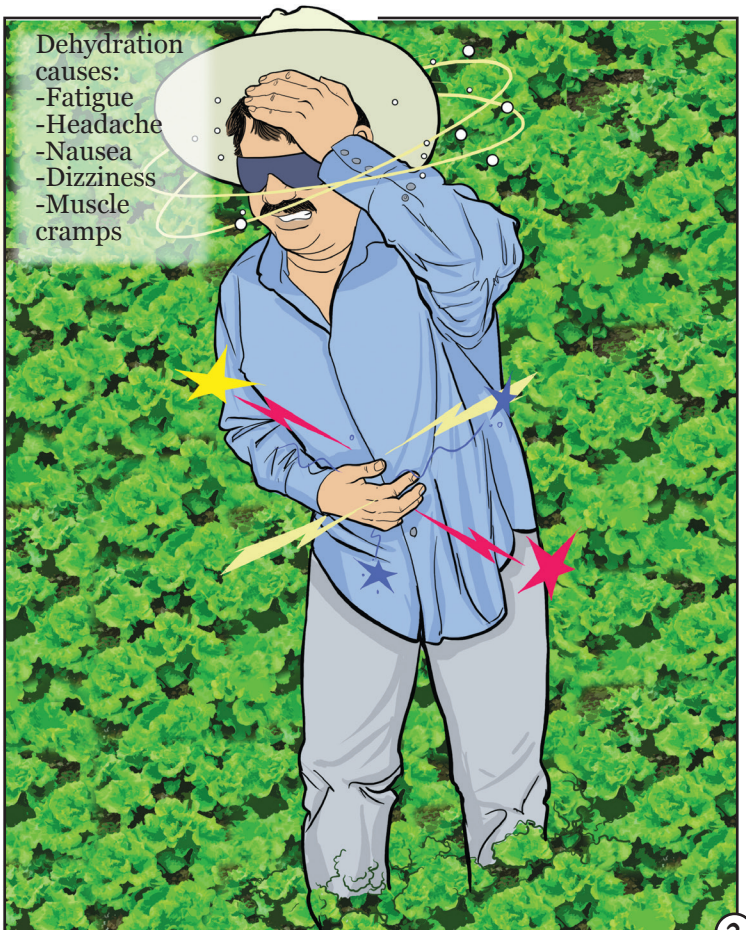
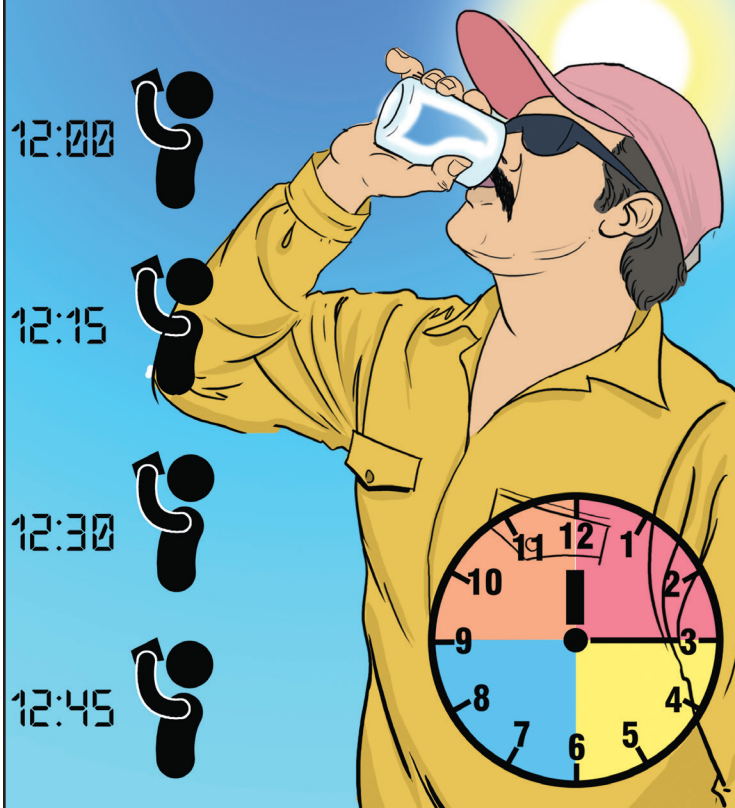
Heat, Sun Protection, and Eye Safety

The sun can damage our vision, our skin and our overall health. We keep our eyes healthy by using sunglasses and wearing a wide-brimmed hat.

Do not touch your eyes with dirty hands.



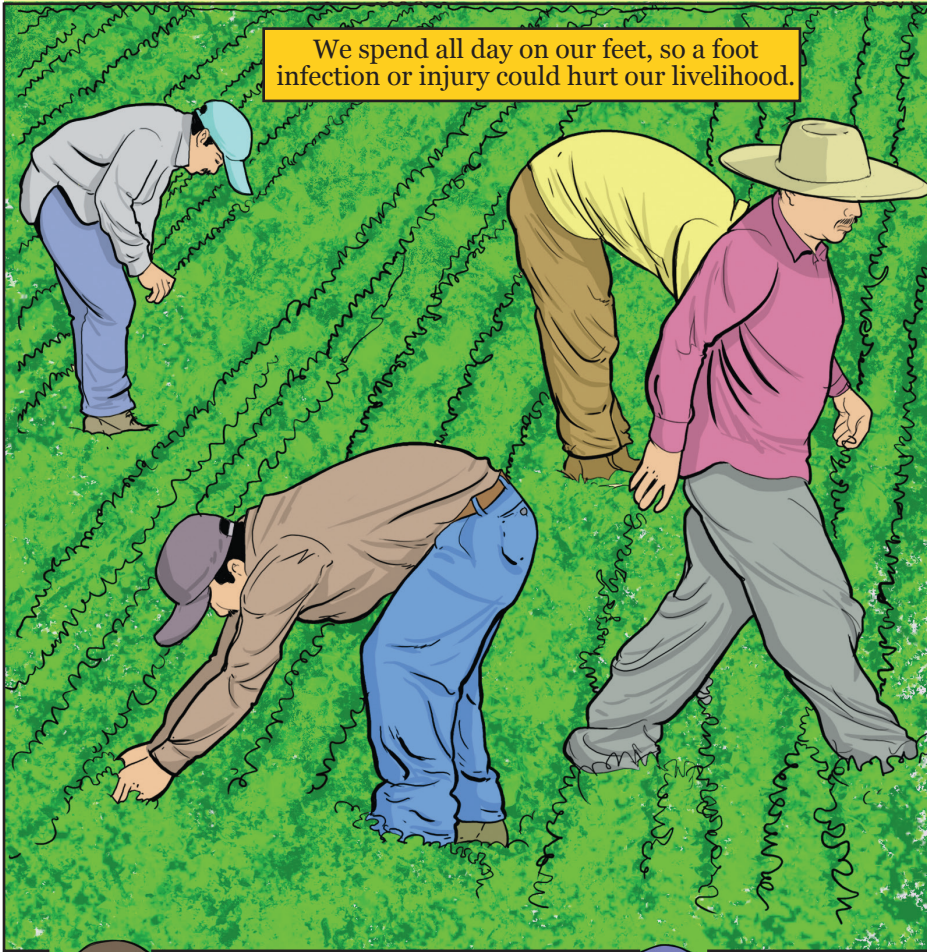
Stay hydrated by drinking purified water
EVERY 15 MINUTES, even if you aren't thirsty.



Keeping Farm Fields Clean



Foot Care and Safety



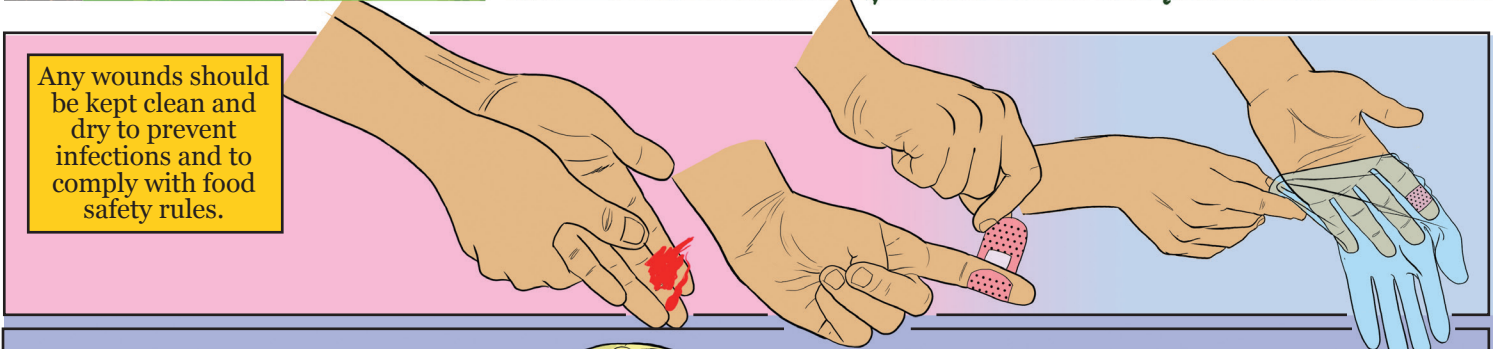
Use shoes that keep your feet dry, this will help prevent athlete's foot, a fungal infection.



Putting baby (talcum) powder in your shoes can also help keep your feet dry.



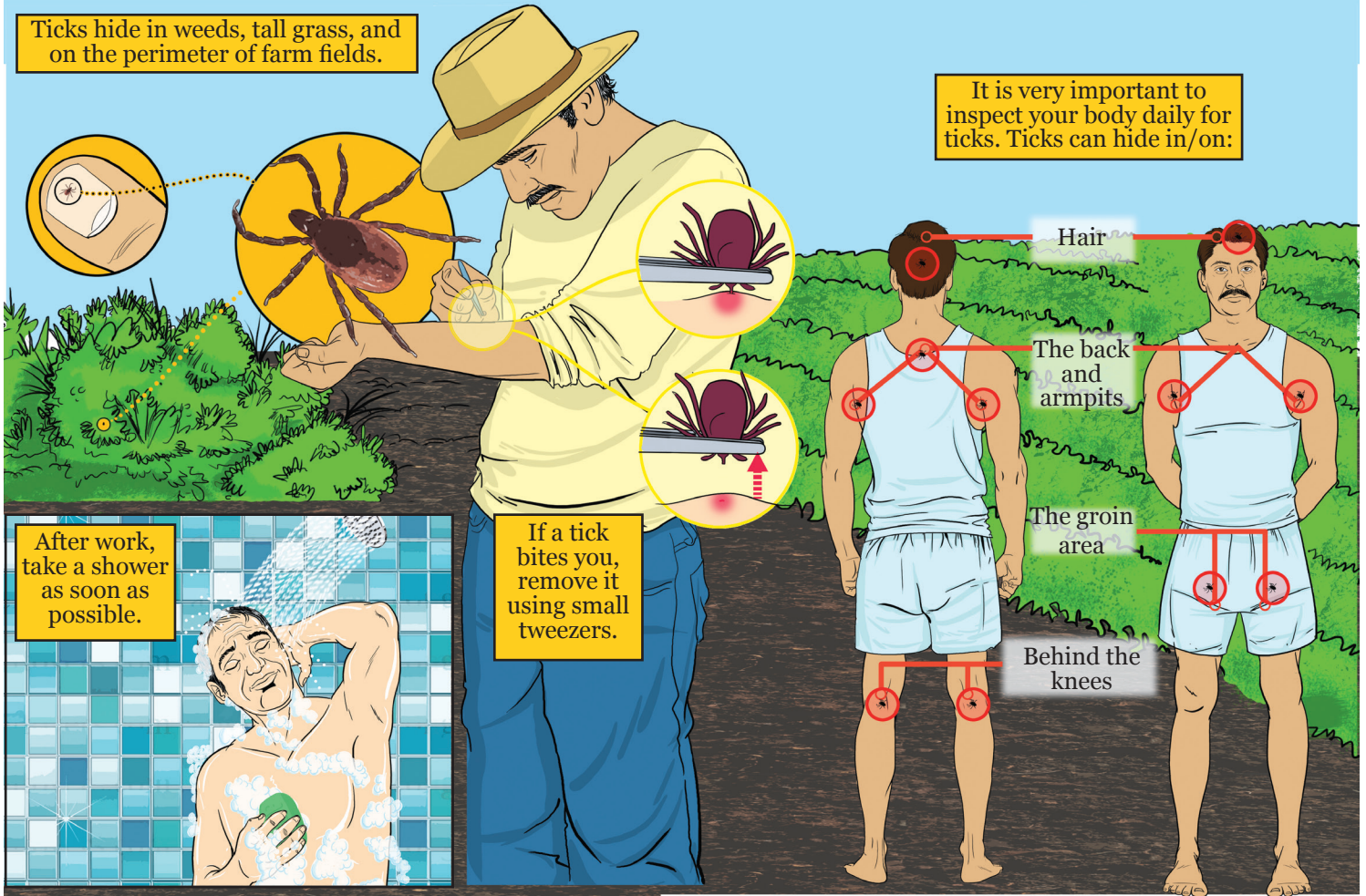
Sharp Tool Safety



Prevent Tick Bites and Poison Ivy Rashes

Ticks hide in weeds, tall grass, and on the perimeter of farm fields.

It is very important to inspect your body daily for ticks. Ticks can hide in/on:

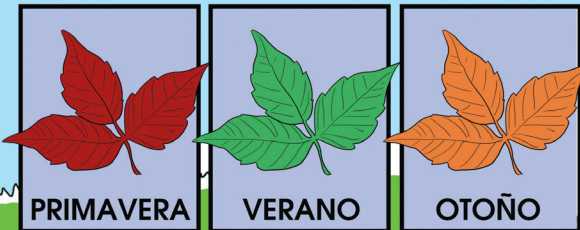


After work, take a shower as soon as possible.

If a tick bites you, remove it using small tweezers.

This is **POISON IVY**, you can find it in and around farm fields. If you touch it, it is possible that you will develop an itchy skin rash.

If you accidentally touch it, wash the area with water and soap as soon as possible.



To relieve itchiness caused by the rash, use hydrocortisone cream, which you can buy at the grocery store or pharmacy without a prescription.

Working with and Around Agricultural Pesticides

Pesticides can be very dangerous for you and your family if you do not follow the farm's safety precautions.

Always be alert and aware of where and when pesticides are being applied on the farm.

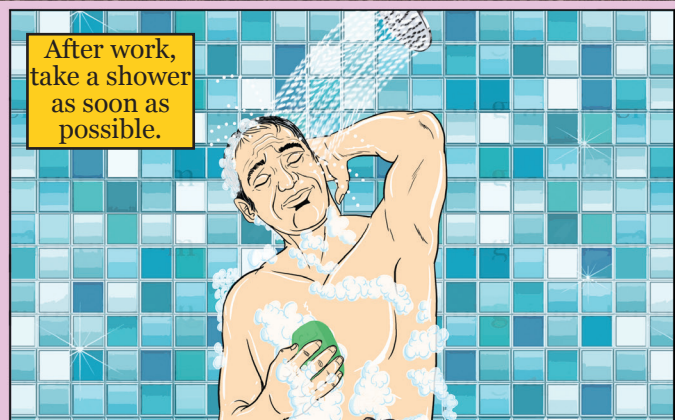


To reduce exposure:

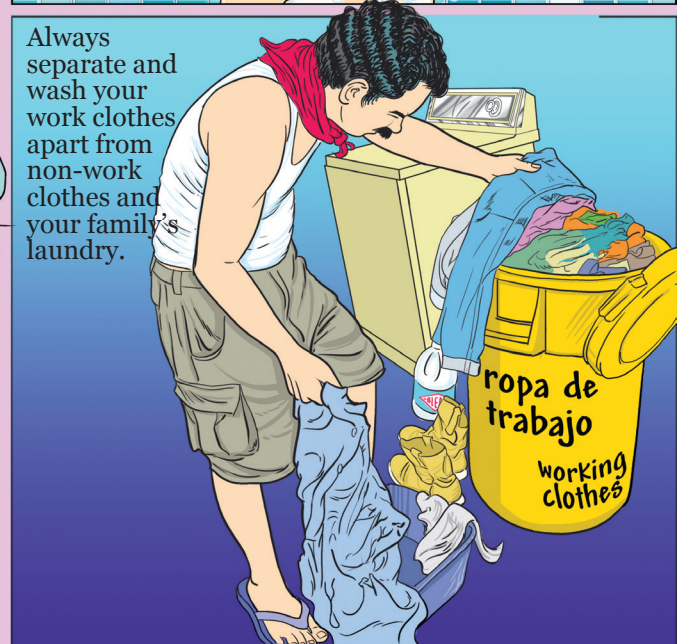
Always wash your hands after touching produce, before you eat, drink, smoke, and use the toilet.



After work, take a shower as soon as possible.



Always separate and wash your work clothes apart from non-work clothes and your family's laundry.



Packing House Safety and Mechanical Hazards

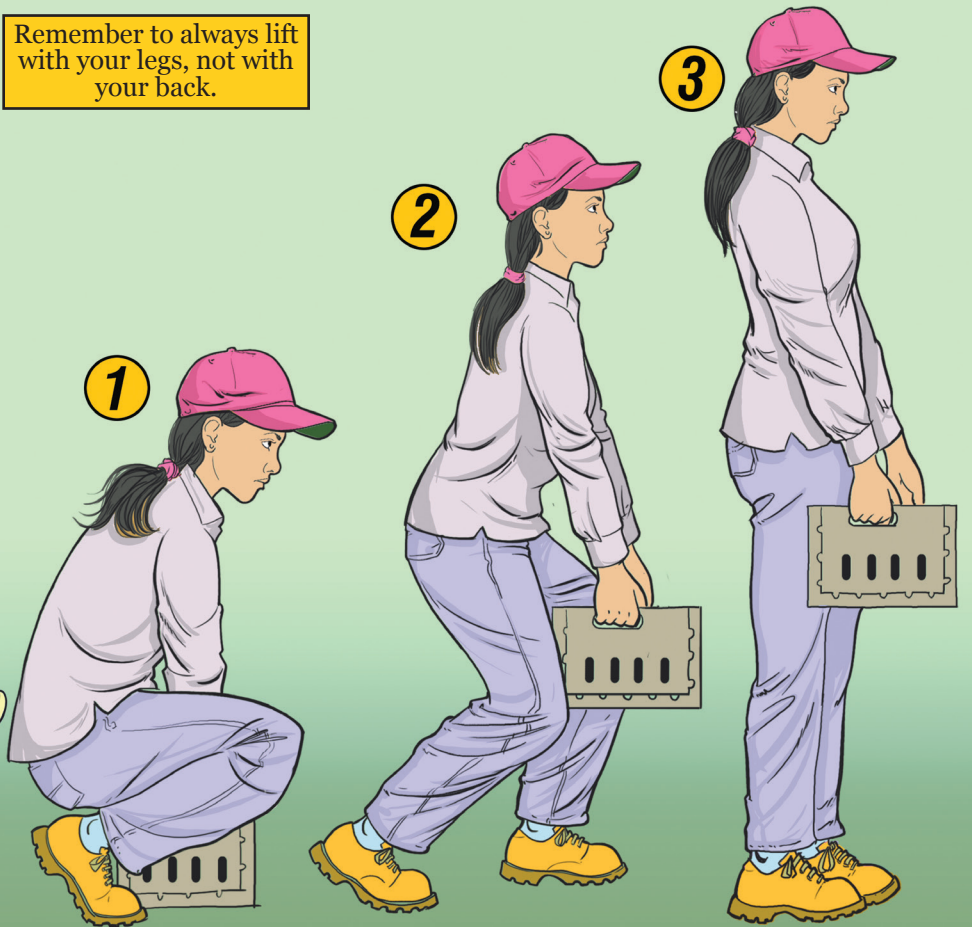


Safe Lifting and Carrying

An injured back can keep you out of work for weeks, or even months. Take care; stretch before your shift begins.



Remember to always lift with your legs, not with your back.



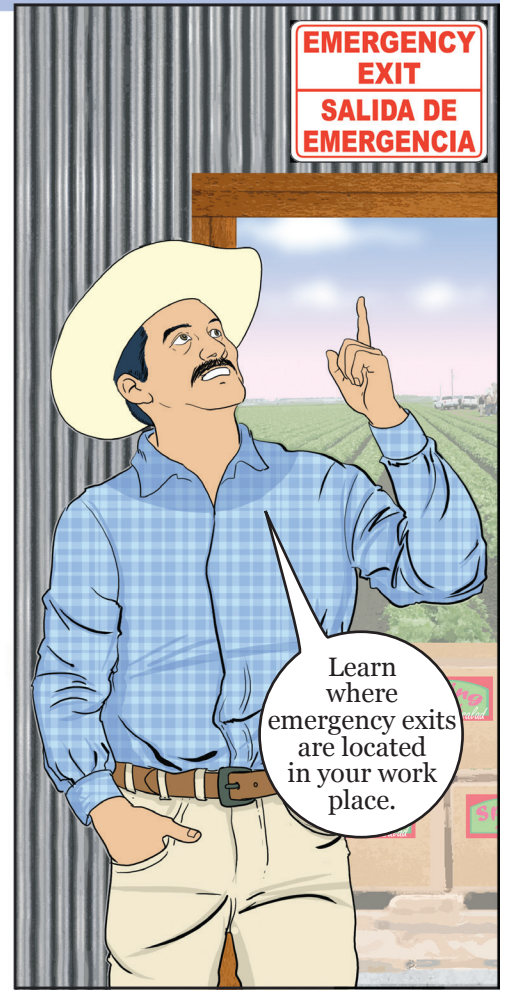
When possible, use pallet jacks or carts to move heavy loads.



When doing repetitive tasks, try and change positions frequently.



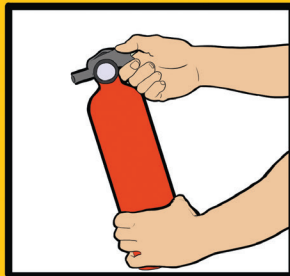
Fire Safety



To use an extinguisher, follow these steps:



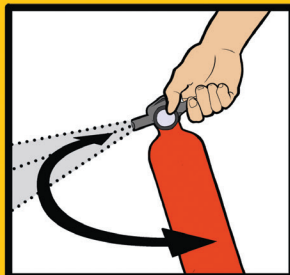
Pull the pin in the handle



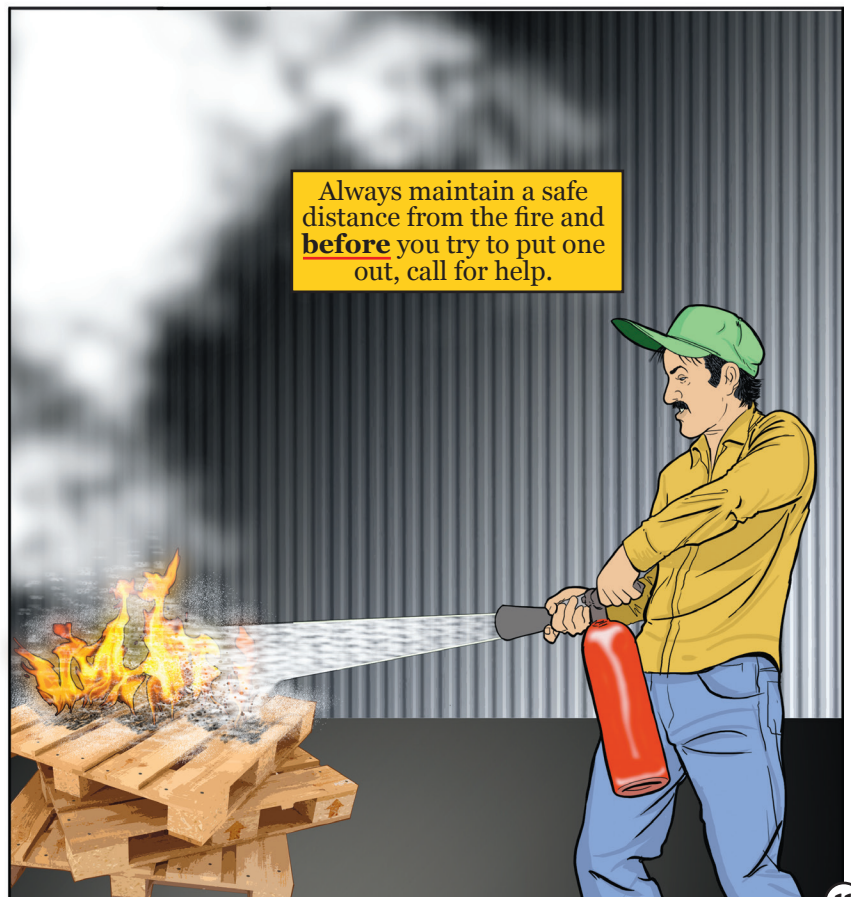
Aim it at the base of the fire



Squeeze the handle/lever



Sweep it from side to side



Tips for Worker Housing Cleanliness

