

SAFE AT WORK, HEALTHY AT HOME



Bassett Healthcare Network
New York Center for Agricultural
Medicine and Health

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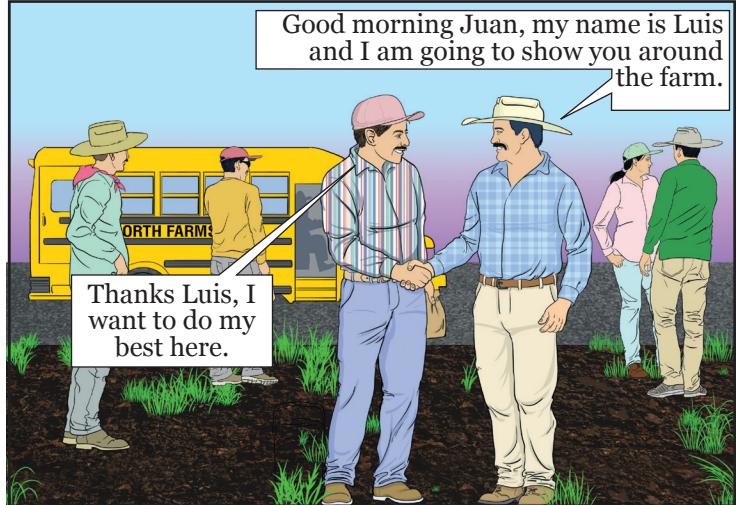
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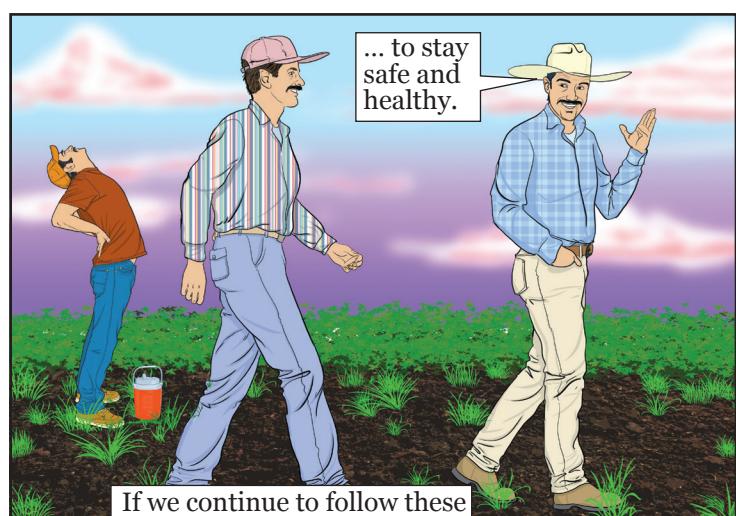
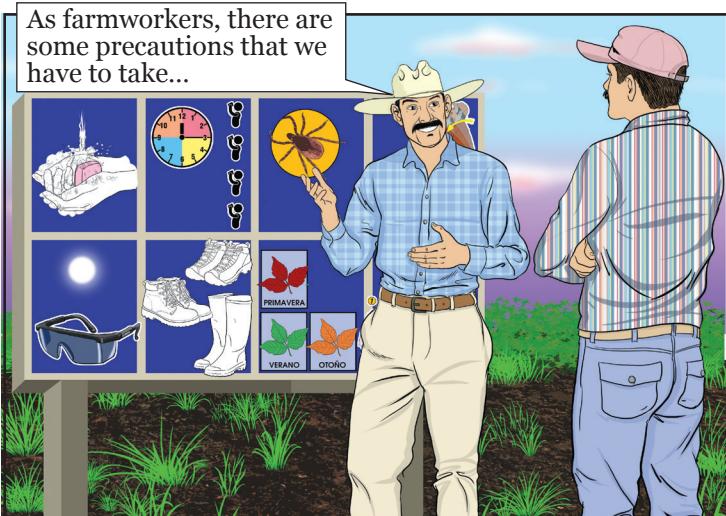
It's a big day for Juan, today he starts his new job.



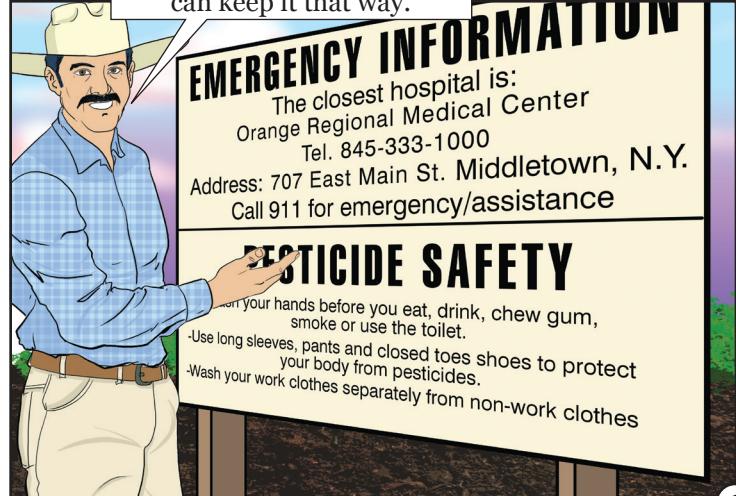
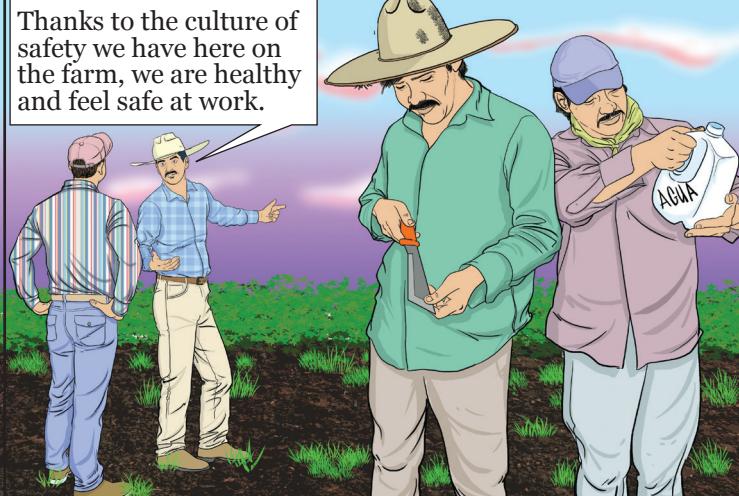
Good morning Juan, my name is Luis and I am going to show you around the farm.



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



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

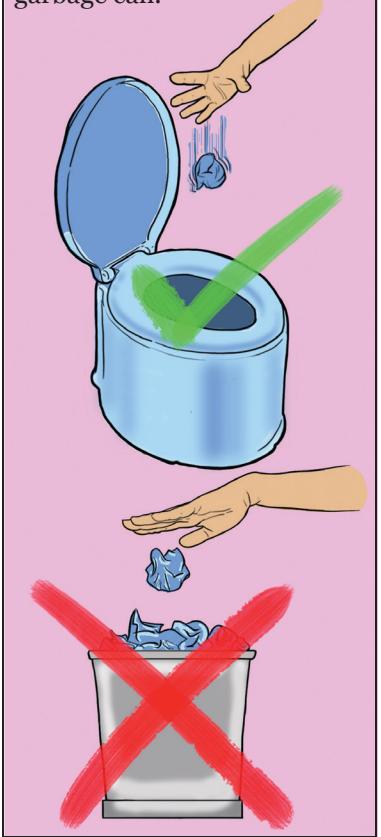


Personal Hygiene

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



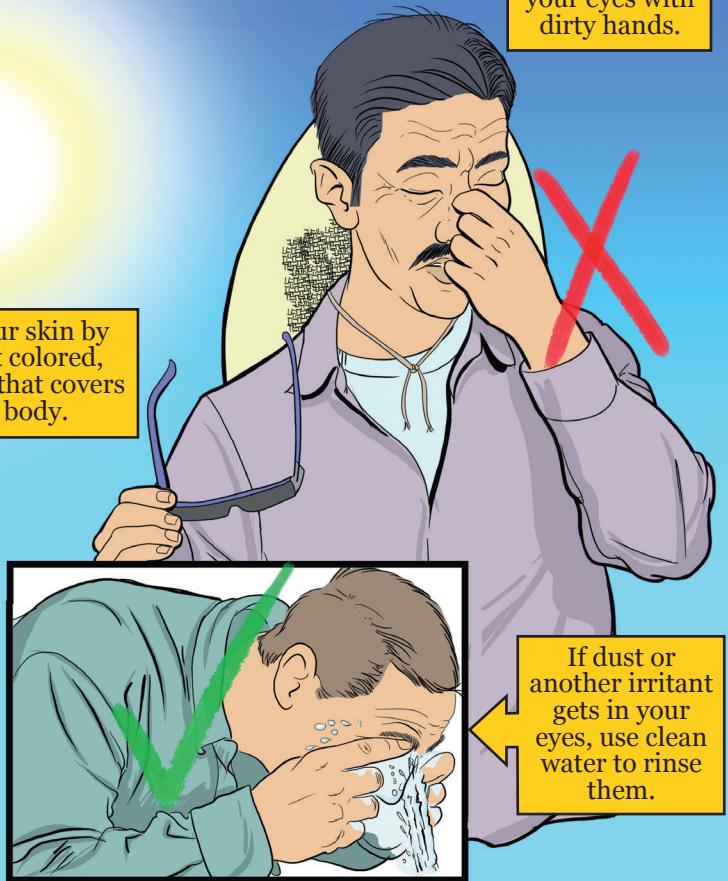
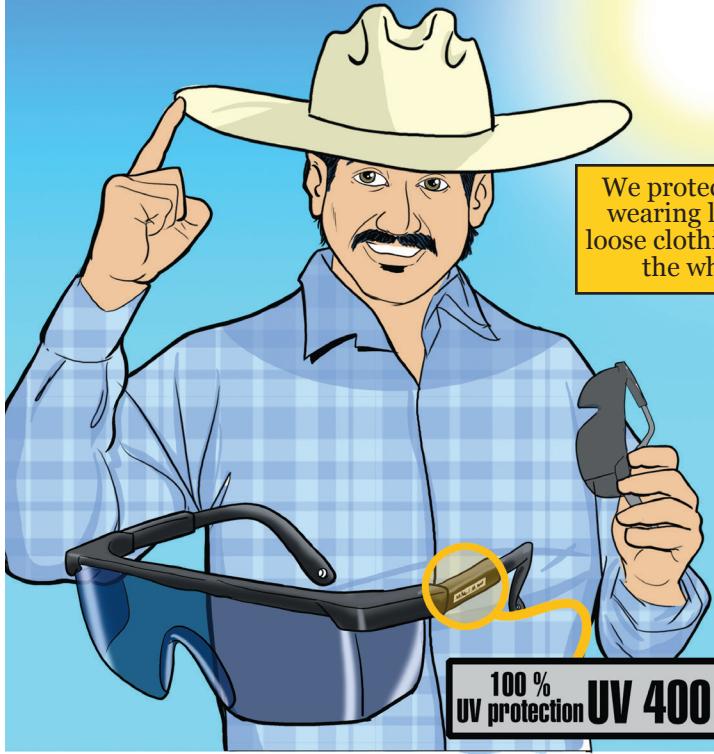
Please throw used toilet paper into the toilet, not into the garbage can.



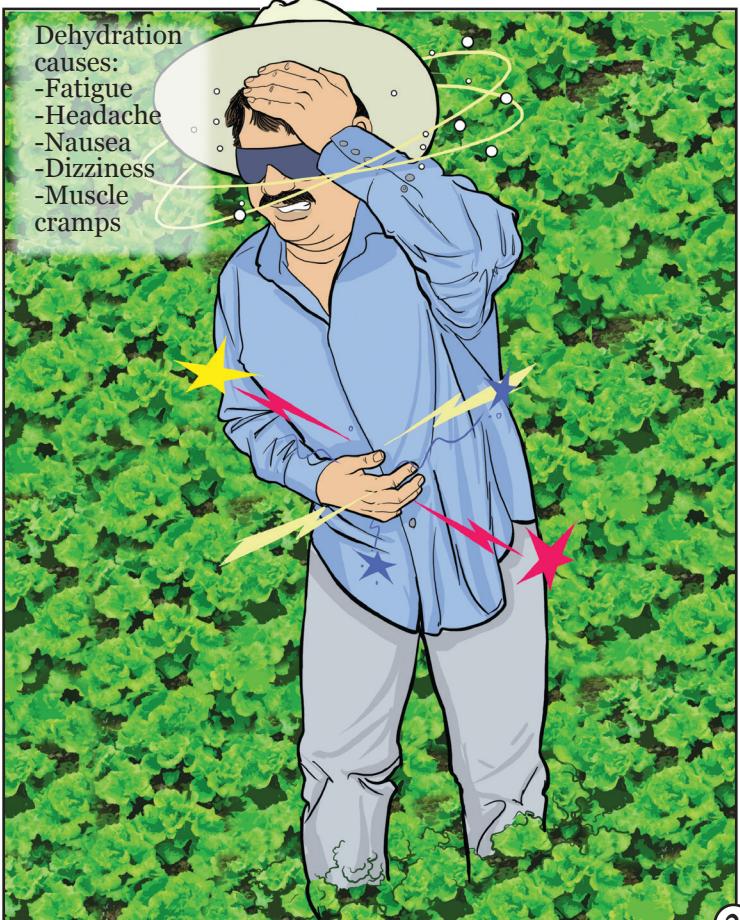
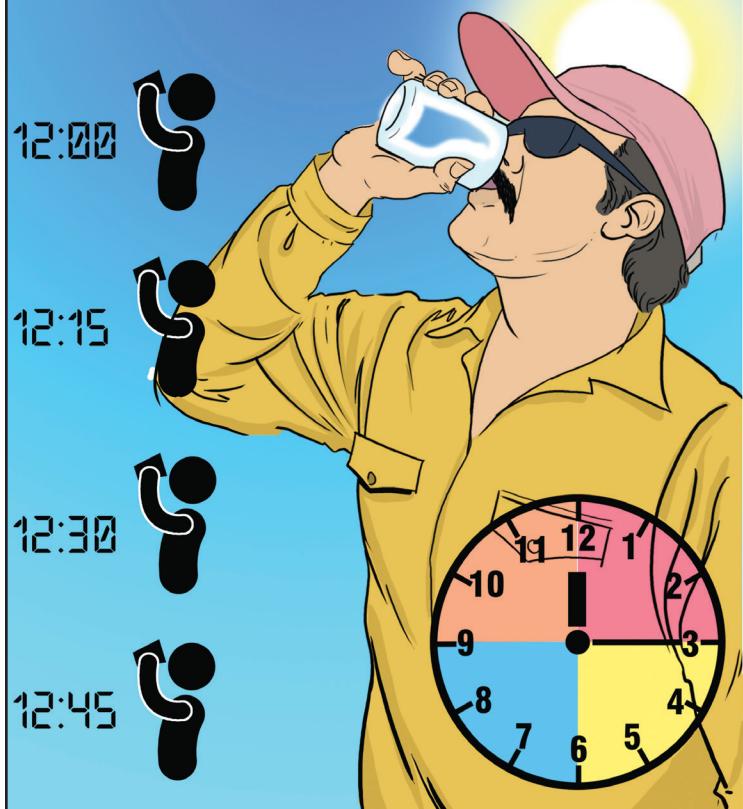
Heat, Sun Protection, and Eye Safety

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.



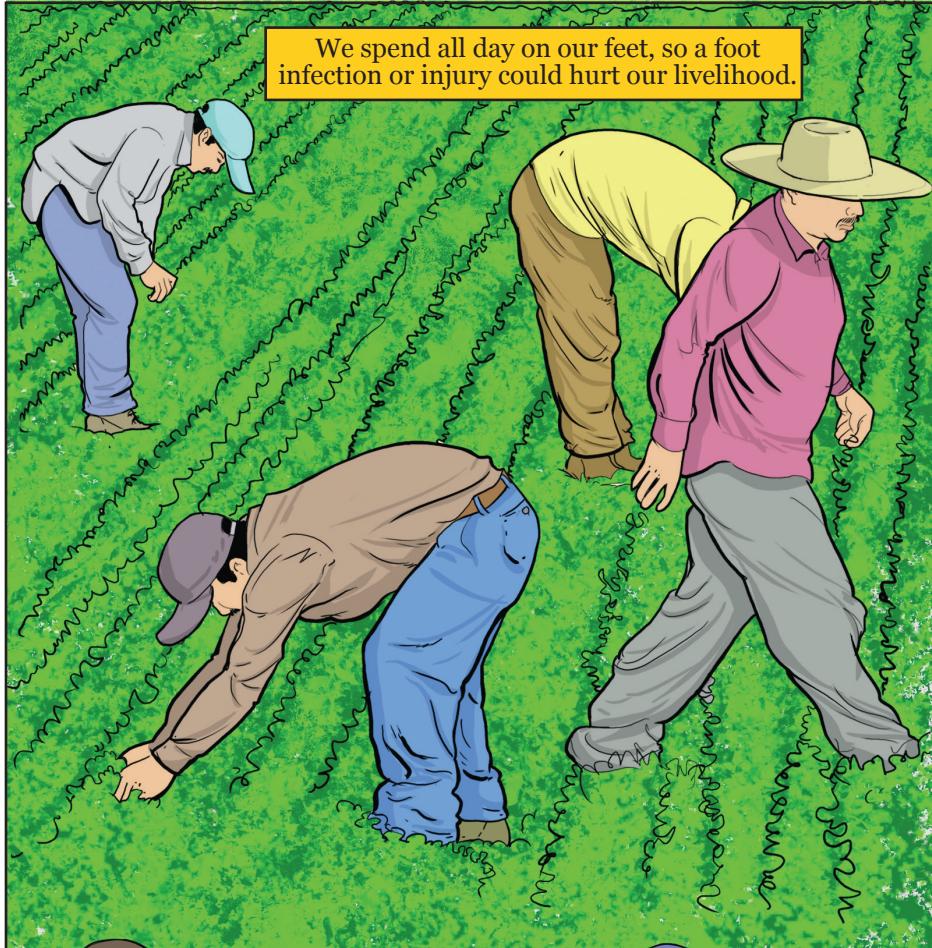
Stay hydrated by drinking purified water
EVERY 15 MINUTES, even if you aren't thirsty.



Keeping Farm Fields Clean



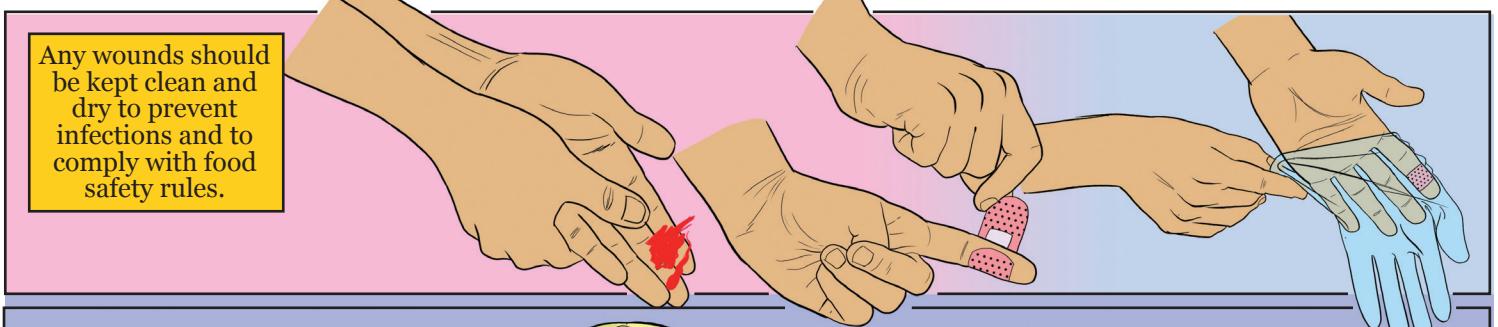
Foot Care and Safety



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



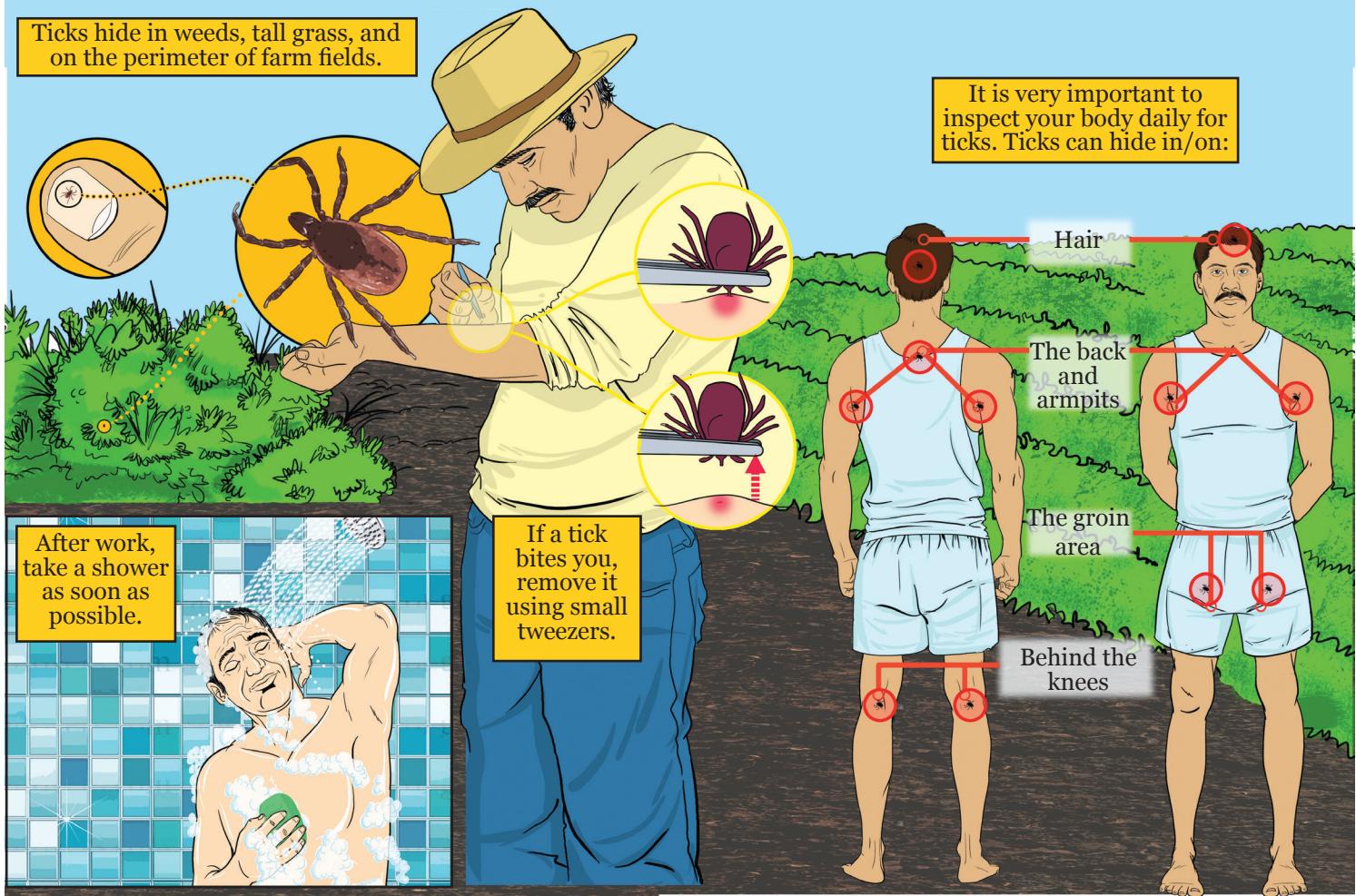
Sharp Tool Safety



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:



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.

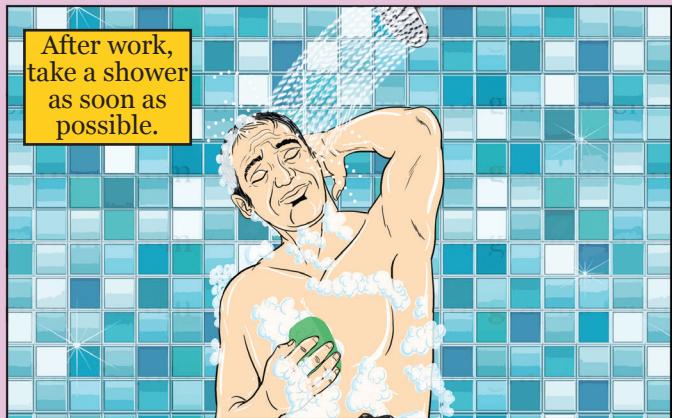


Working with and Around Agricultural Pesticides



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

To reduce exposure:



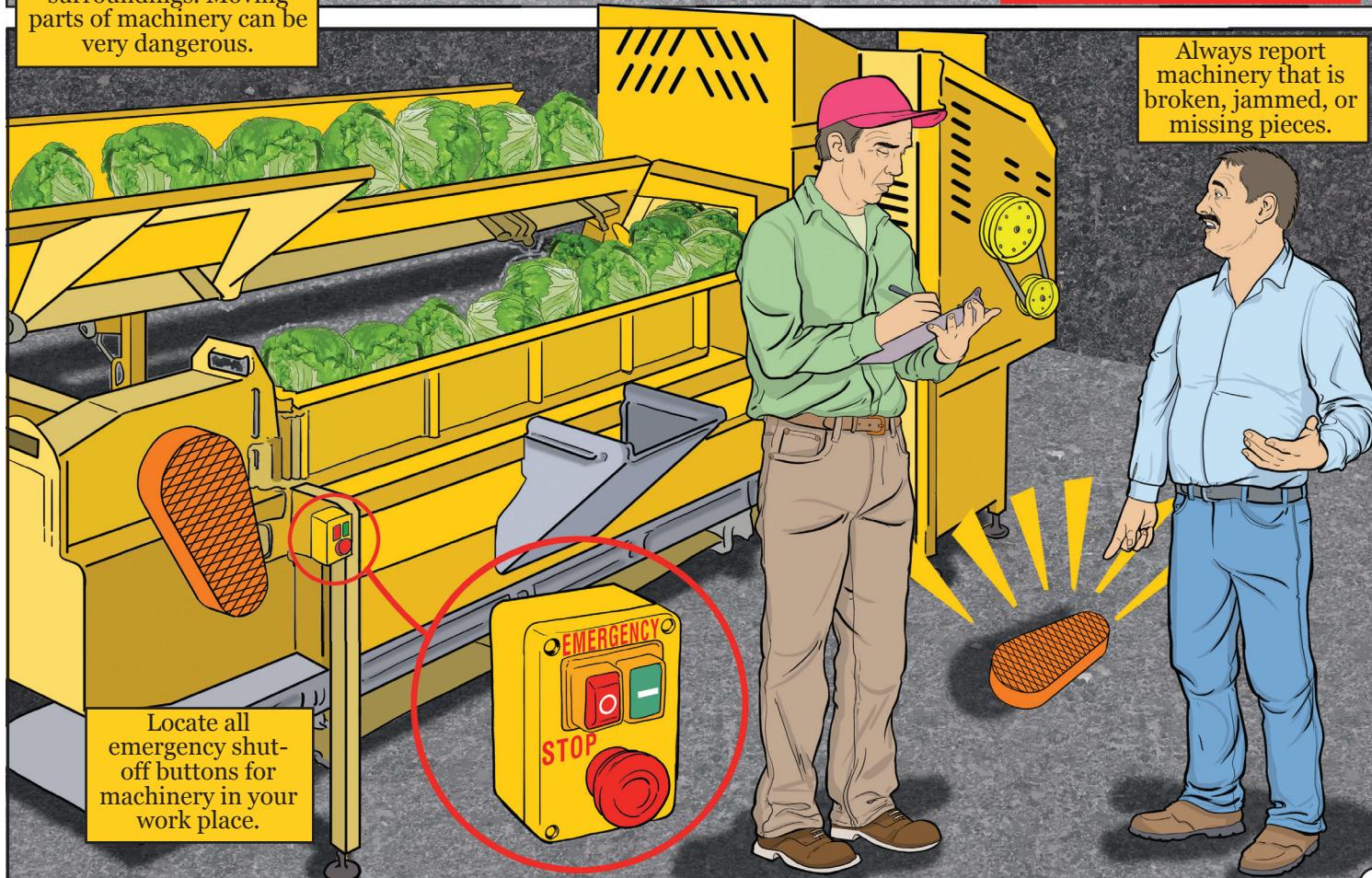
Packing House Safety and Mechanical Hazards



Always be aware of your surroundings. Moving parts of machinery can be very dangerous.

Do not wear loose clothing or jewelry that can get caught in machinery.

Keep long hair tied up and/or in a hair net.



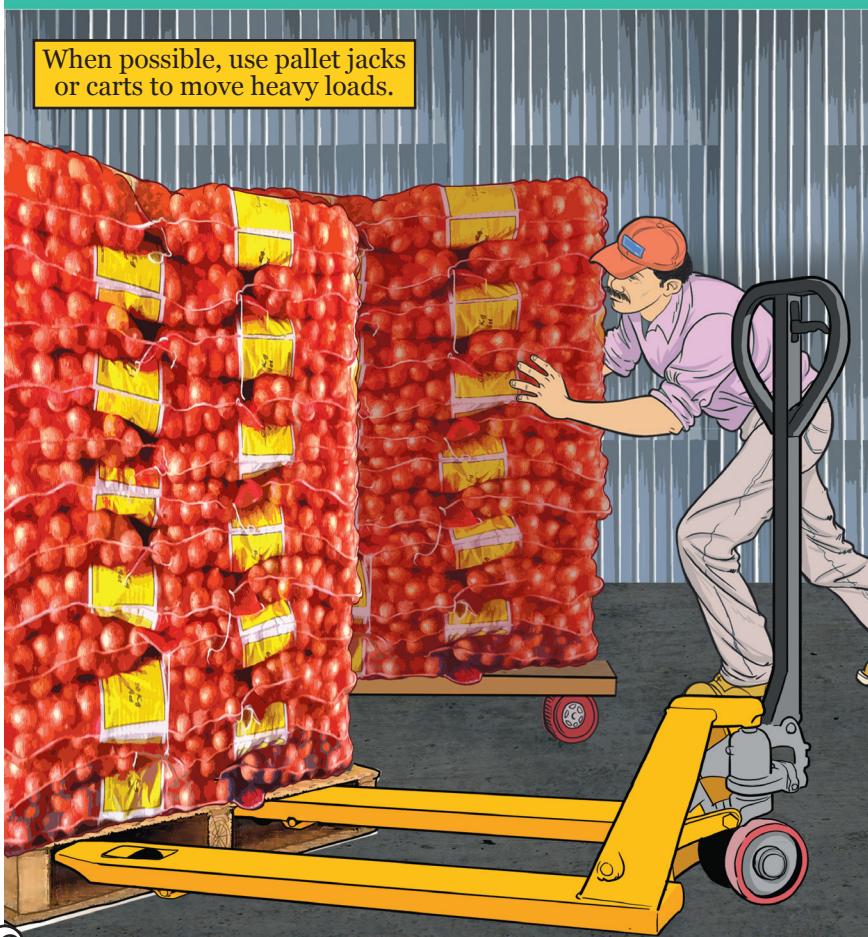
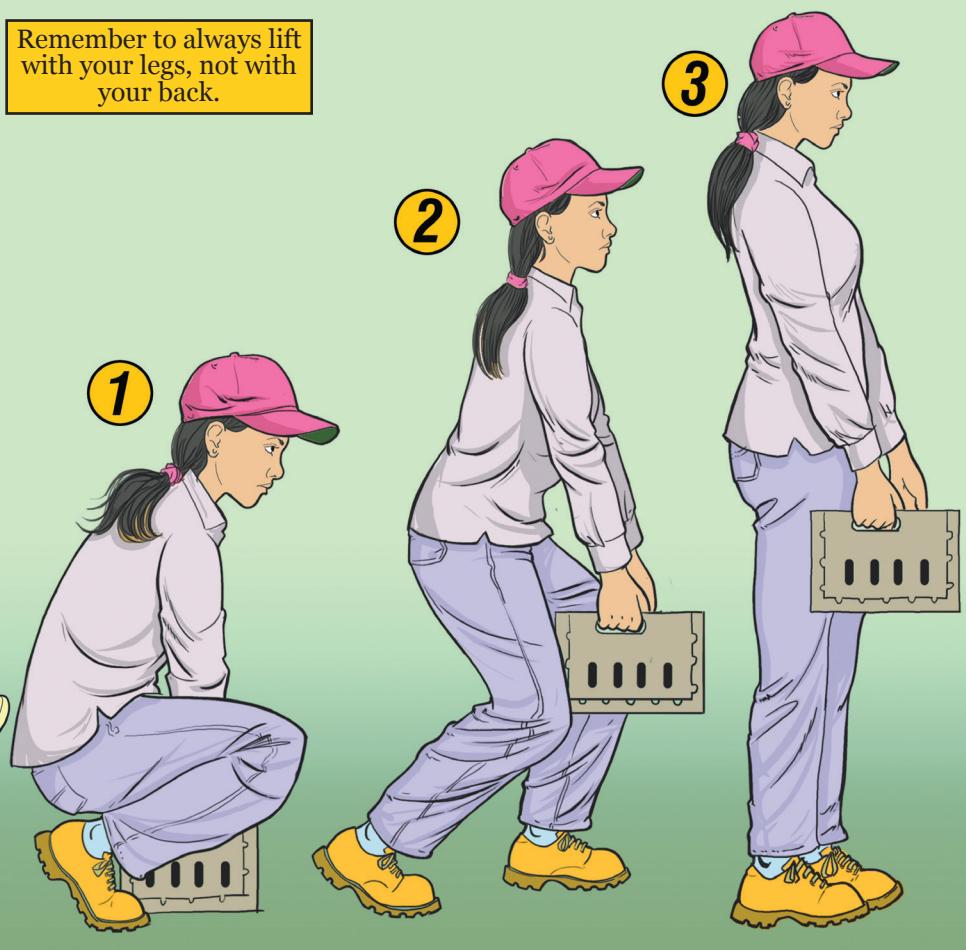
Locate all emergency shut-off buttons for machinery in your work place.

Always report machinery that is broken, jammed, or missing pieces.

Safe Lifting and Carrying



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

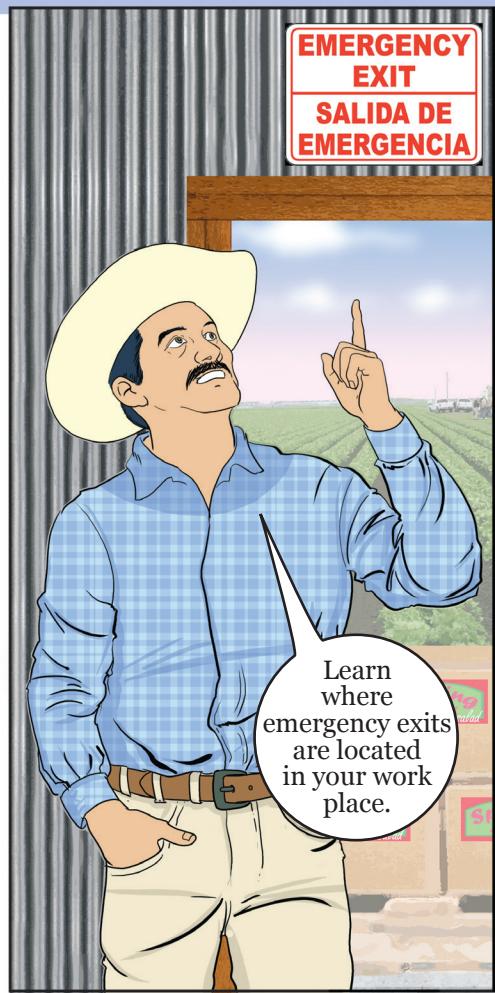
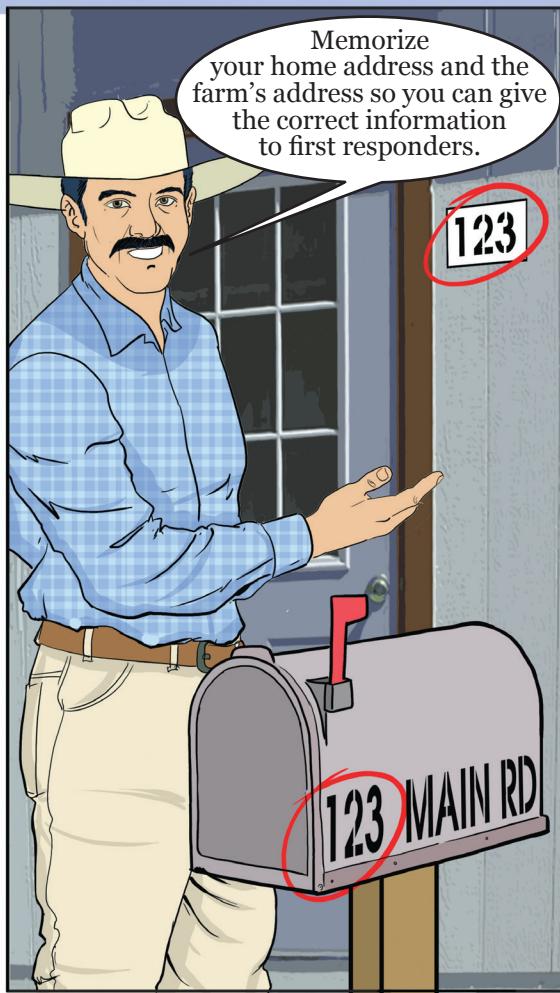


Fire Safety

A fire on the farm is very dangerous because it can spread quickly. You should be prepared for what to do in case of a fire.

Memorize your home address and the farm's address so you can give the correct information to first responders.

EMERGENCY EXIT
SALIDA DE EMERGENCIA



To use an extinguisher, follow these steps:



Pull the pin in the handle



Aim it at the base of the fire

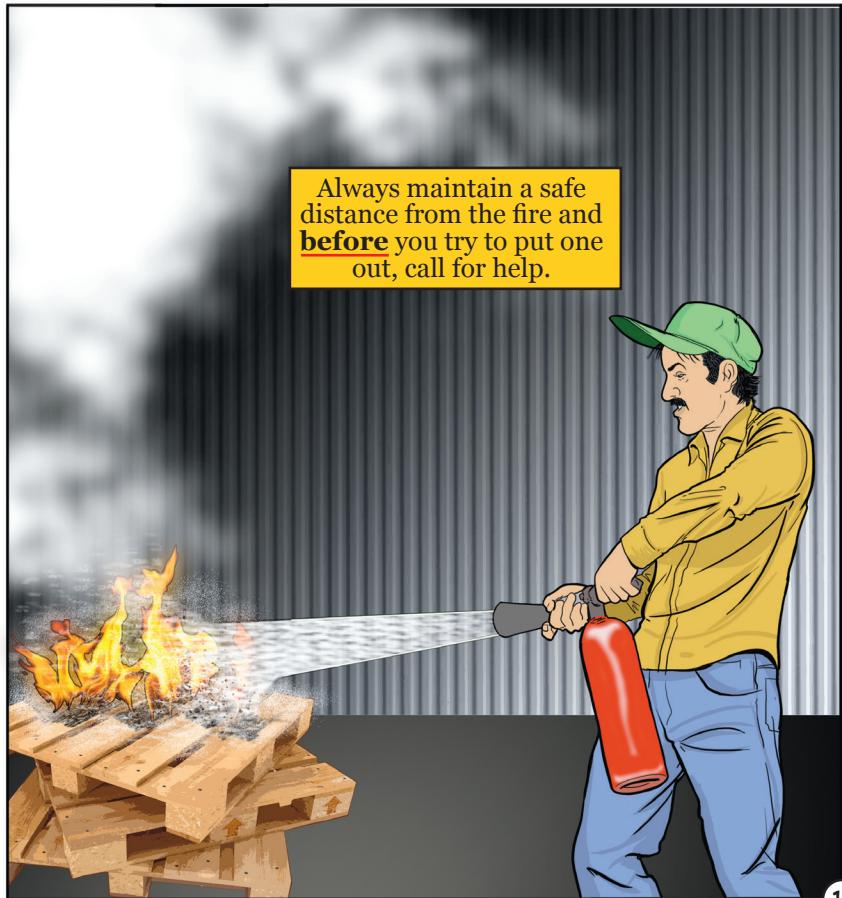


Squeeze the handle/lever



Sweep it from side to side

Always maintain a safe distance from the fire and **before** you try to put one out, call for help.



Tips for Worker Housing Cleanliness

