

# ***Bienvenidos Al Rancho***

## **WELCOME TO THE FARM**

***UN GUÍA BILINGÜE PARA PADRES Y MAESTRO.***

***A BILINGUAL PARENT/TEACHER GUIDE***





## BIENVENIDOS AL RANCHO

### UN GUÍA BILINGÜE PARA PADRES Y MAESTROS

Un mensaje para padres y maestros . . .

La vida y el trabajo en el rancho pueden ser muy peligrosos. Cada año casi 300 niños/niñas son matados en los ranchos y 23,500 son lastimados. Niños/niñas quienes viven en los ranchos o pasan tiempo en los ranchos con sus padres son expuestos a varios peligros que pueden causar lastimaduras o muerte. Ésto incluye maquinaria como tractores, químicos, animales, la corriente eléctrica, y estancamientos de aguas. Porque estos peligros son parte del ambiente normal en los ranchos, no se consideran peligrosos. *Usted puede ayudar a prevenir estas lastimaduras enseñándole a los niños/niñas como reconocer y como evitar estos peligros.*

*BIENVENIDOS AL RANCHO* es un libro para colorear, hecho para ayudar a niños/niñas aprender sobre los peligros en el rancho. Usted puede utilizarlo a su máximo haciendo lo siguiente:

- \* Practique la seguridad usted mismo. Por ejemplo: nunca permita que un niño/niña vaya en un auto/van sin el cinturón de seguridad o el asiento de bebe. Todo el tiempo sea un buen modelo al usar usted su cinturón de seguridad.
- \* Repase las escenas en el libro con su niño/niña y anímelo a colorear todas las páginas. Preguntele al niño/niña que le diga qué es lo que mira en cada página.
- \* Procure que sea divertido. Dele a su niño/niña un premio especial cuando termine de colorear todo el libro. Ésto puede ser algo simple como una caminata juntos o haciendole un certificado.
- \* Hable sobre los mensajes de seguridad en cada dibujo. Por ejemplo: hable con su niño/niña sobre las razones porqué él o ella debe de mantenerse lejos de cualquier maquinaria para evitar problemas como es caerse de un tractor, o ser atrapado en equipo o ser atropellado.
- \* Refuerze los conceptos de seguridad en el libro de colorear cuando se encuentre éste en el rancho. Busque todas las oportunidades para repasar esta información cuando esten juntos.

Para el uso en el salón, vea la sección en inglés.

»» ENGLISH INSTRUCTIONS ON INSIDE BACK COVER ««



## WELCOME TO THE FARM

### A BILINGUAL PARENT/TEACHER GUIDE

A message for parents and teachers . . .

Farm work and farm life can be very dangerous. Close to 300 children are killed on farms nationwide each year, and as many as 23,500 are injured. Children who live on farms or spend time in the fields with their parents are exposed to many hazards that can cause injury or death. These include machinery (such as tractors), chemicals, animals, electrical power sources, and irrigation ponds. Because these hazards are part of normal farm life, they may not even be seen as dangerous. *You can help prevent these injuries by teaching children what to look for and how to avoid hazards.*

*WELCOME TO THE FARM* is a coloring book designed to help children learn about farm hazards. You can maximize its usefulness in the following ways:

- \* Practice safety yourself. For example, never allow a child to ride in a car or van without a seat belt or car seat, and always set an example by wearing your seat belt.
- \* Review the scenes in the book with your child, and encourage him/her to color every page. Ask him/her to tell you what they see in each picture.
- \* Let this be fun. Give your child a special reward when the book is all completely colored. It can be something very simple, like taking a walk together or making a small certificate of completion.
- \* Talk about the safety messages in the pictures. For example, talk with your child about why he/she should stay away from machinery. The answer is to avoid problems such as falling from a tractor, getting caught in a piece of moving machinery, or being run over.
- \* Reinforce the safety concepts in the coloring book when you are on the farm. Look for chances to review them when you are together.

For Classroom Use:

*BIENVENIDOS AL RANCHO / WELCOME TO THE FARM* is designed to assist in teaching young children about farm hazards. The coloring book can be an engaging way for children to learn safety concepts. Its objective is for children to recognize and name hazards on the farm.

The coloring book can be used in your classroom any number of ways. You can review the safety concepts with your students and then encourage them to color. When they have completed coloring, ask questions about the hazards to reinforce the ideas. One-on-one work with children during unstructured time is another method. Display students' colored pages in your classroom and conduct follow-up activities to serve as review.



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**BIENVENIDOS AL RANCHO/WELCOME TO THE FARM**

**NEW BILINGUAL COLORING BOOK HELPS PREVENT  
FARM-RELATED INJURIES AND DEATHS AMONG CHILDREN**

- WHO:** The Nurses Using Rural Sentinel Events (NURSE) Project has just published a bilingual coloring book designed to help prevent agricultural injuries among children. NURSE is a project of the California Public Health Foundation in association with the California Department of Health Services.
- WHAT:** **BIENVENIDOS AL RANCHO/WELCOME TO THE FARM** is an 8-page coloring book in Spanish and English, for children ages 4-8. It shows children how to avoid hazards on the farm.
- WHEN:** **BIENVENIDOS AL RANCHO/WELCOME TO THE FARM** is available *now*, along with a bilingual parent/teacher guide.
- WHERE:** For free copies call or write to:
- NURSE Project
- Berkeley office:*  
Occupational Health Branch  
California Department of Health Services  
2151 Berkeley Way, Annex 11  
Berkeley, California 94704  
(510) 849-5150
- Fresno office:*  
1900 Mariposa Mall, Suite 210  
Fresno, California 93721  
(209) 233-1267
- Salinas office:*  
1000 South Main Street, Suite 306  
Salinas, California 93901  
(408) 757-2892
- WHY:** Because close to 300 children are killed each year on farms, and over 23,000 are injured. These injuries and deaths can be prevented!
- HOW:** By helping children and their parents identify and recognize farm hazards, we can prevent agricultural injuries among children.

## PREVENTING AGRICULTURAL INJURIES AMONG CHILDREN

Farm work and farm life can be very dangerous. Close to 300 children are killed on farms nationwide each year, and over 23,000 are injured. Children who live on farms or spend time in the fields with their parents are exposed to many hazards that can cause injury or death.

The hazards in the agricultural environment include:

- \* machinery (including unguarded PTO's),
- \* tractors, which are extremely dangerous for children to ride,
- \* chemicals such as pesticides,
- \* animals,
- \* electrical power sources,
- \* and irrigation ponds, among others.

Because these hazards are part of normal farm life, they may not even be seen as dangerous.

*Bienvenidos Al Rancho/Welcome to the Farm* is designed to assist in teaching young children about farm hazards. The coloring book can be an engaging way for children to learn safety concepts. Its objective is for children to recognize and avoid hazards. The Parent/Teacher Guide offers numerous suggestions about how to maximize the coloring book's usefulness.

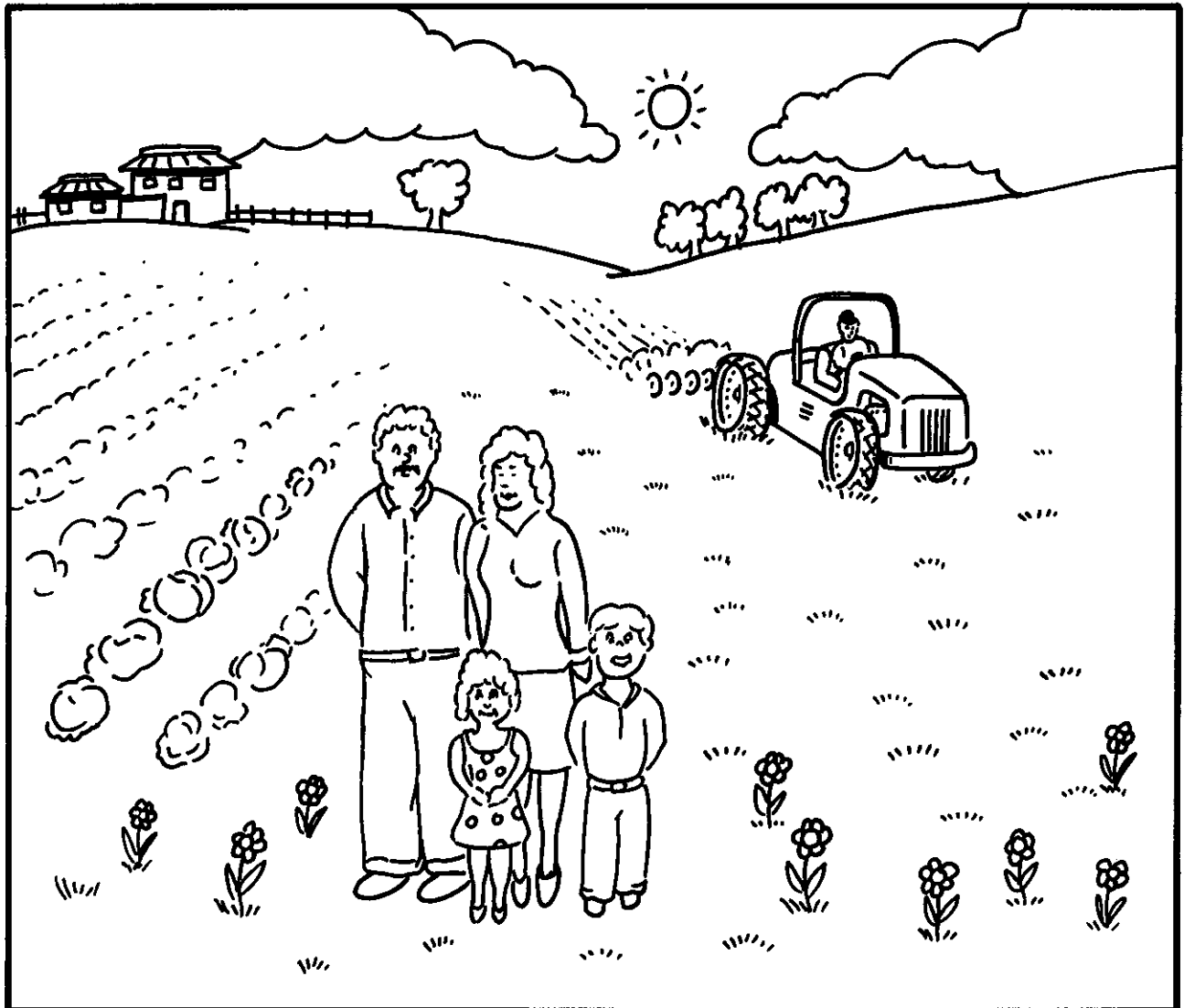
The coloring book can also be used in the classroom. Teachers can review the safety concepts with students and then encourage them to color. When they have completed coloring, they can ask questions about the hazards to reinforce the ideas.

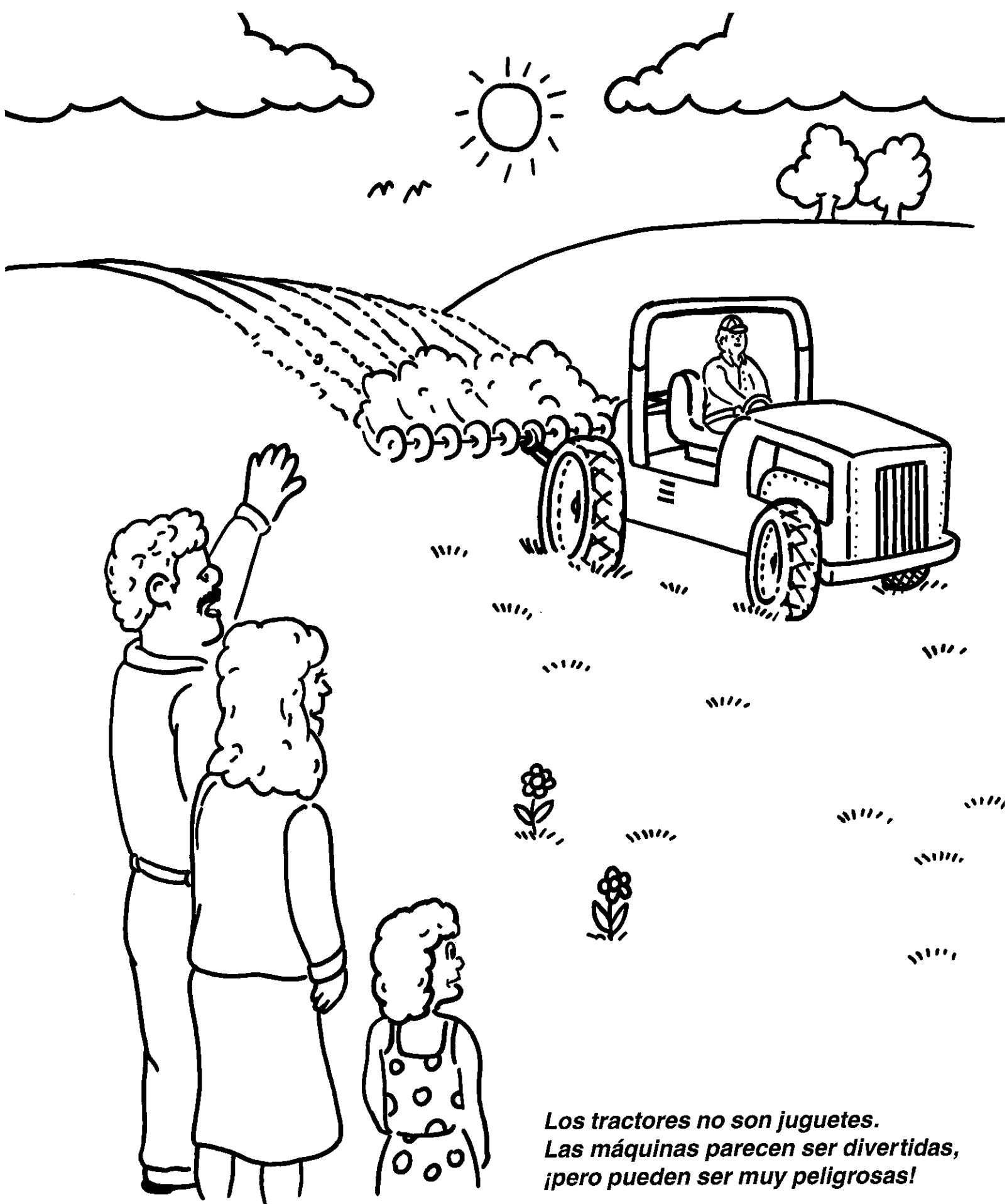
Preventing agricultural injuries among children is a shared responsibility. *Bienvenidos Al Rancho/Welcome to the Farm* is a valuable tool for all those concerned about keeping children safe.

*The NURSE (Nurses Using Rural Sentinel Events) project is conducted by the Occupational Health Branch of the California Department of Health Services, in conjunction with the National Institute for Occupational Safety and Health (#U06/CCU906031-04). The program's goal is to prevent occupational injuries associated with agriculture. Injuries are reported by hospitals, emergency medical services, clinics, medical examiners, and coroners. Selected cases are followed up by conducting interviews of injured workers, co-workers, employers, and others involved in the incident. An on-site safety investigation is also conducted. These investigations provide detailed information on the worker, the work environment, and the potential risk factors resulting in the injury. Each investigation concludes with specific recommendations designed to prevent injuries, for the use of employers, workers, and others concerned about health and safety in agriculture.*

# ***Bienvenidos Al Rancho***

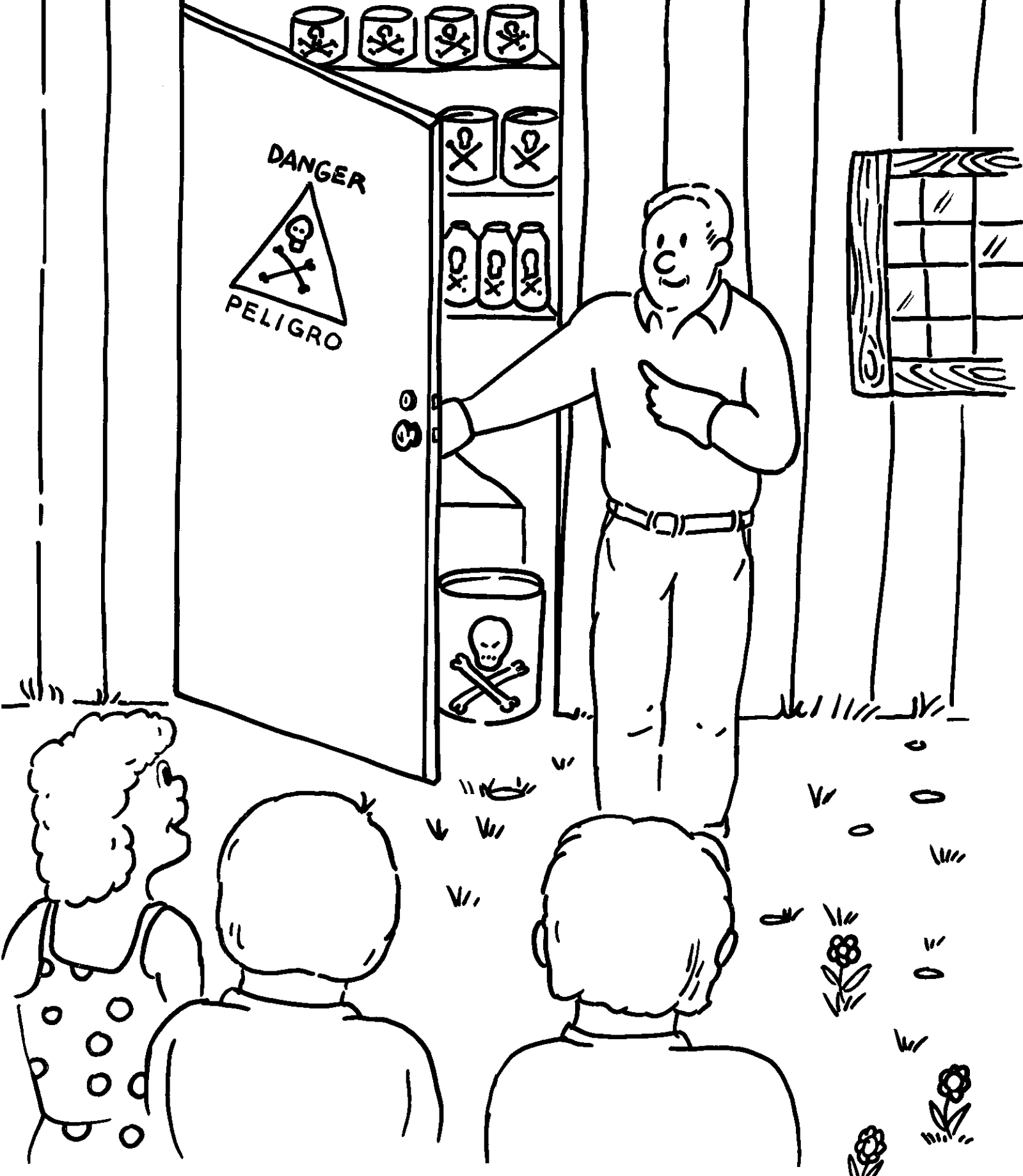
**WELCOME TO THE FARM**





***Los tractores no son juguetes.  
Las máquinas parecen ser divertidas,  
¡pero pueden ser muy peligrosas!***

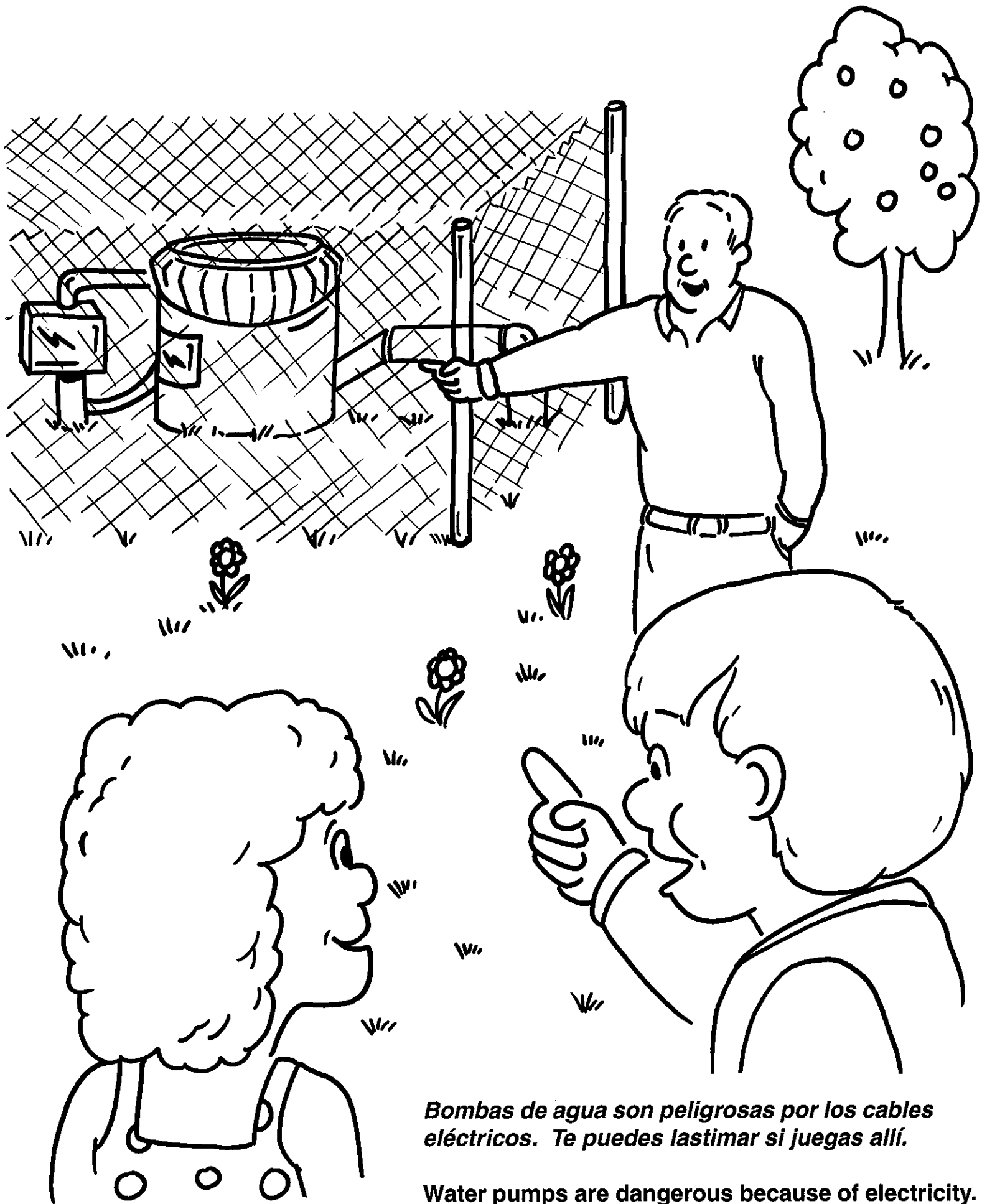
**Tractors are not toys. Machines look fun,  
but they can be dangerous.**



*¡Las sustancias químicas nunca se deben de tocar!*

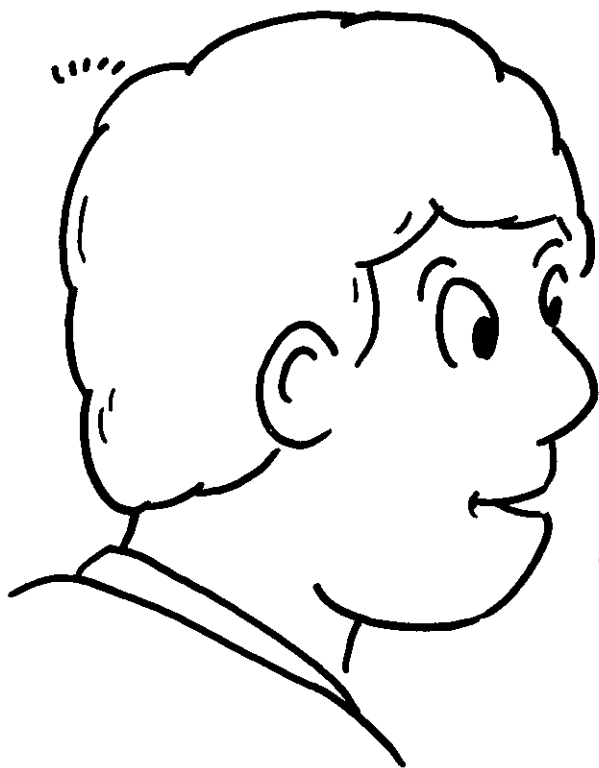
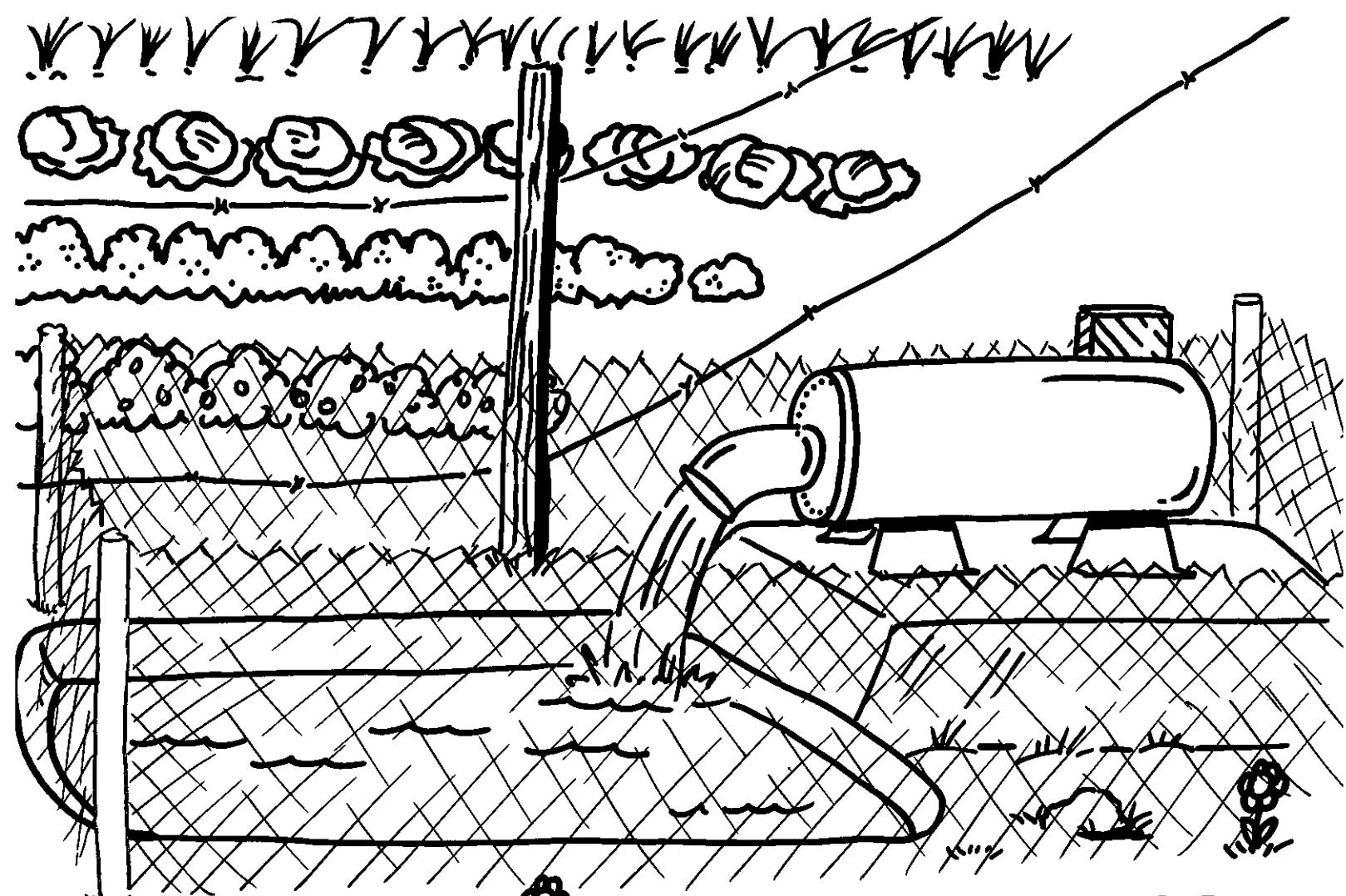
**Never touch chemicals!**





***Bombas de agua son peligrosas por los cables eléctricos. Te puedes lastimar si juegas allí.***

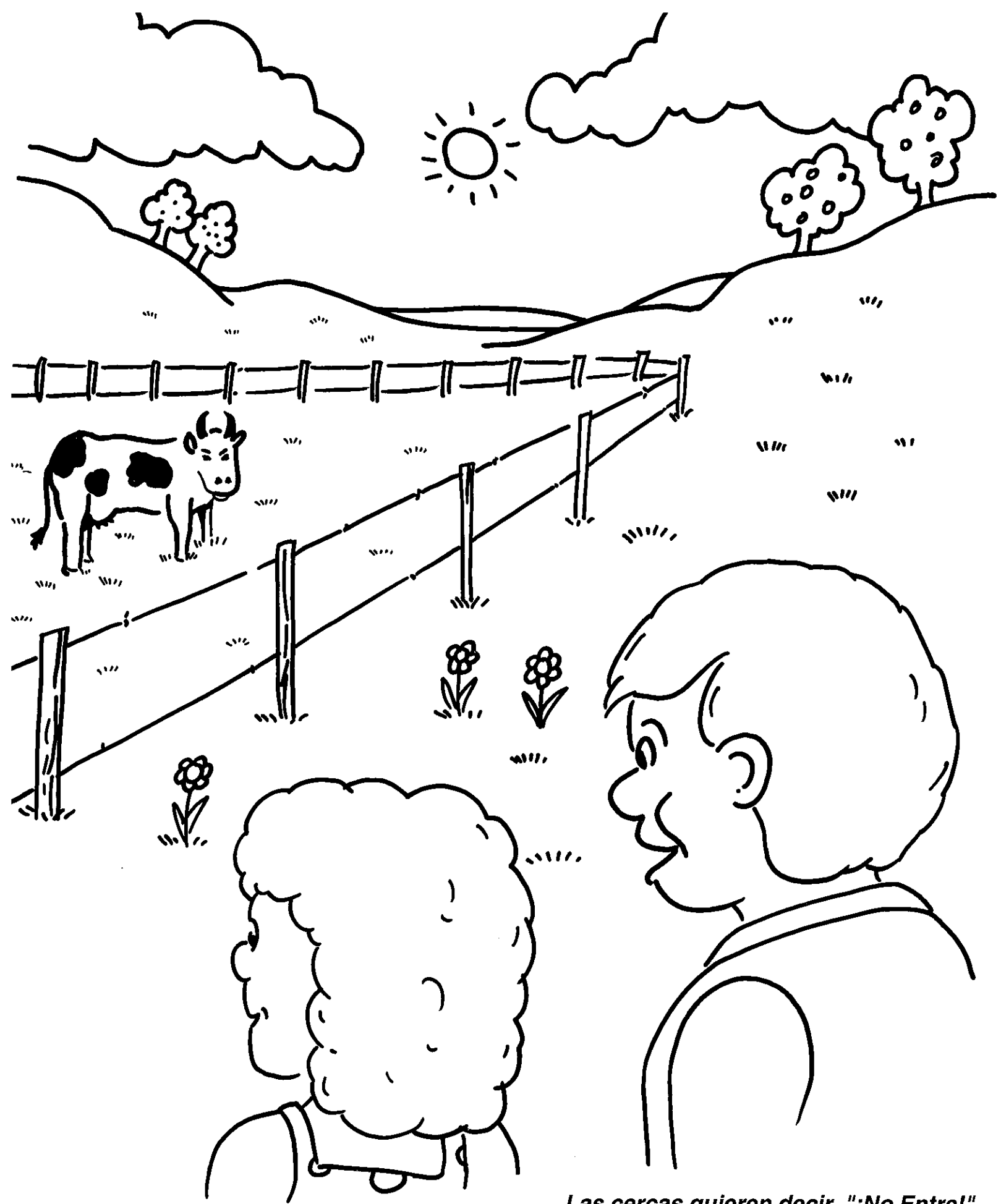
**Water pumps are dangerous because of electricity. You can get hurt or die if you play there.**



*¿Podemos jugar allí?  
Can we play over there?*

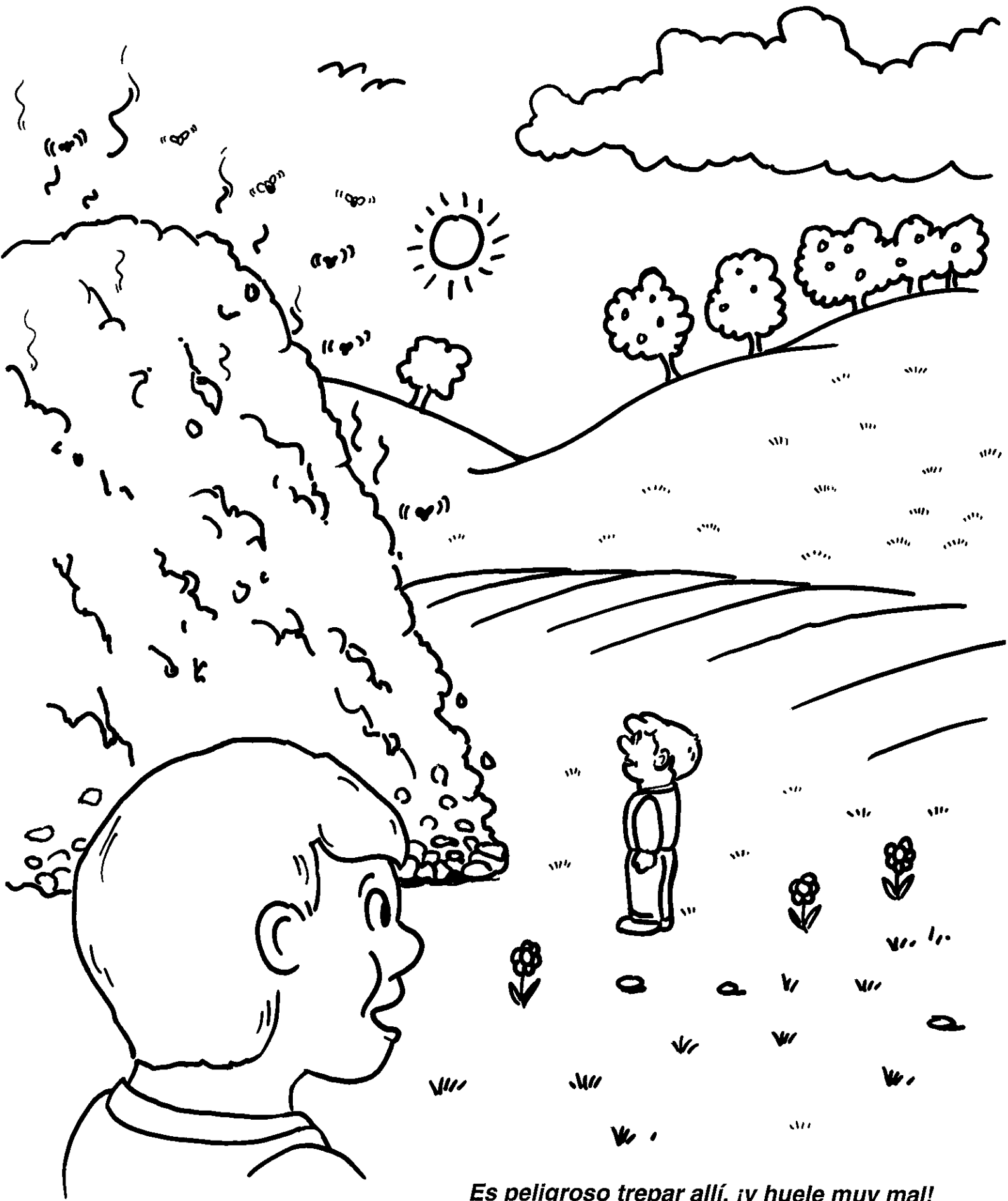
*No, porque es agua de riego y en el rancho nunca se debe jugar con el agua.*

**No, that's an irrigation pond. We never play close to any water on the farm.**



*Las cercas quieren decir, "¡No Entre!"*  
**Fence means "Stay Out!"**





*Es peligroso trepar allí, ¡y huele muy mal!*

**It's dangerous to climb, and it smells bad, too!**

**GRACIAS POR VISITAR EL RANCHO**

**THANKS FOR COMING TO VISIT THE FARM!**

**RECUERDA: REMEMBER:**

1. ***Siempre avisa a un adulto en donde estas.***  
**Always let an adult know where you are.**
2. ***En el carro siempre debes usar el cinturón de seguridad.***  
**Use your seat belt in the car.**
3. ***No juegues en la calle.***  
**Don't play in driveways.**
4. ***En una emergencia, llama al 911.***  
**Dial 911 for an emergency.**



The NURSE Project is conducted by the California Public Health Foundation (CPHF) and the California Occupational Health Program (COHP). Sponsored by the National Institute for Occupational Safety and Health (NIOSH), Cooperative Agreement #U04/CCU906057-02.

El Programa NURSE se lleva a cabo por la Fundación de Salud Pública de California (CPHF) y el Programa de Salud Ocupacional de California (COHP). Auspiciado por el Instituto Nacional para la Salud y Seguridad Ocupacional (NIOSH), Acuerdo Cooperativo #U04/CCU906057-02.

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Para más copias del libro para colorear, o para más información sobre la prevención de lastimaduras agrícolas, pongase en contacto con el proyecto NURSE en los sitios siguientes:

For more copies of the coloring book, or for further information about preventing agricultural injuries, contact the NURSE Project at the sites listed below.

**NURSE Project  
Occupational Health Branch  
California Department of Health Services**

**Fresno office:  
1900 Mariposa Mall, Suite 210  
Fresno, California 93721  
(209) 233-1267**

**Salinas office:  
1000 South Main Street, Suite 306  
Salinas, California 93901  
(408) 757-2892**

**Berkeley office:  
2151 Berkeley Way, Annex 11  
Berkeley, California 94704  
(510) 849-5150**

*El proyecto NURSE---Enfermeras Usando Eventos Rurales Centinelas---se lleva a cabo por el Programa de Salud Ocupacional de California del Departamento de Salud en cooperación con el Instituto Nacional para Salud y Seguridad Ocupacional. La meta del programa es prevenir lastimaduras ocupacionales asociadas con la agricultura. Los hospitales, servicios de emergencia, clínicas y personal forense son los que reportan las lastimaduras. Se investigan casos seleccionados para lo cual se hace una entrevista del trabajador lastimado, compañeros de trabajo, patrones y todo aquel envuelto en el incidente. También se visita el lugar de los hechos para hacer una investigación sobre la seguridad. Estas investigaciones proveen información detallada sobre el trabajador, el ambiente del trabajo y los factores de riesgo potencial que resultaron en la lastimadura. Cada investigación concluye con recomendaciones específicas diseñadas para prevenir lastimaduras; y para el uso de trabajadores, patrones y todo aquel interesado en la salud y seguridad en al agricultura.*

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