



PROTECT YOURSELF!

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Protect Yourself: A Guide for Agricultural Workers

A Guide for Agricultural Workers

Pesticides can affect your health
and that of your family!



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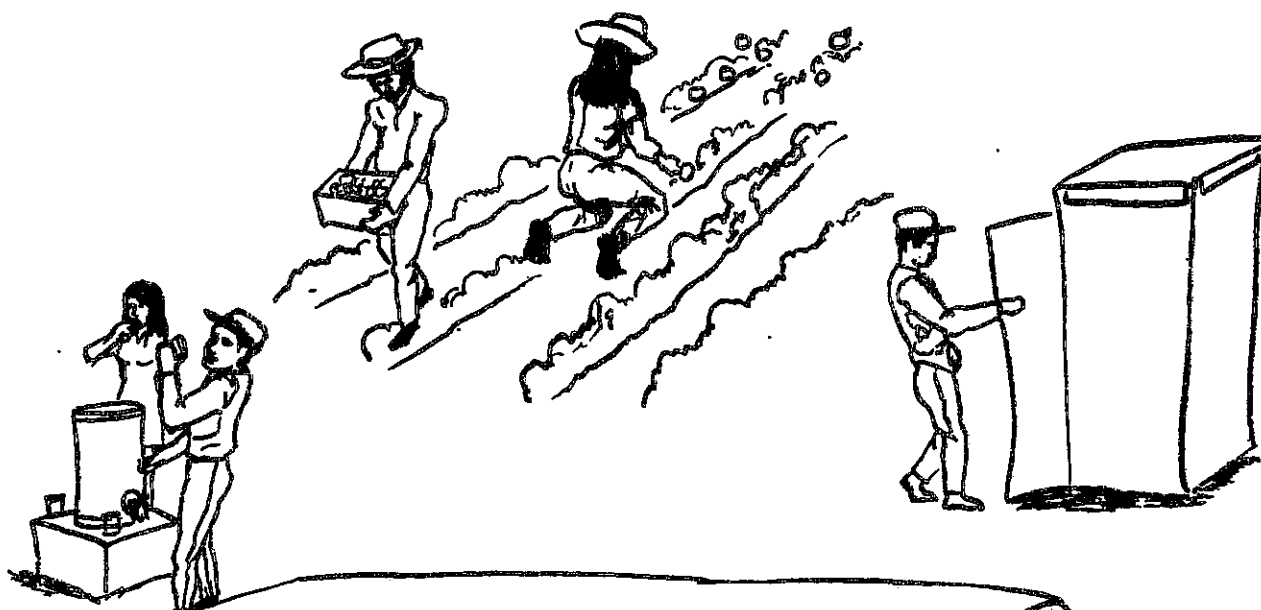
ARIZONA DEPARTMENT OF HEALTH SERVICES



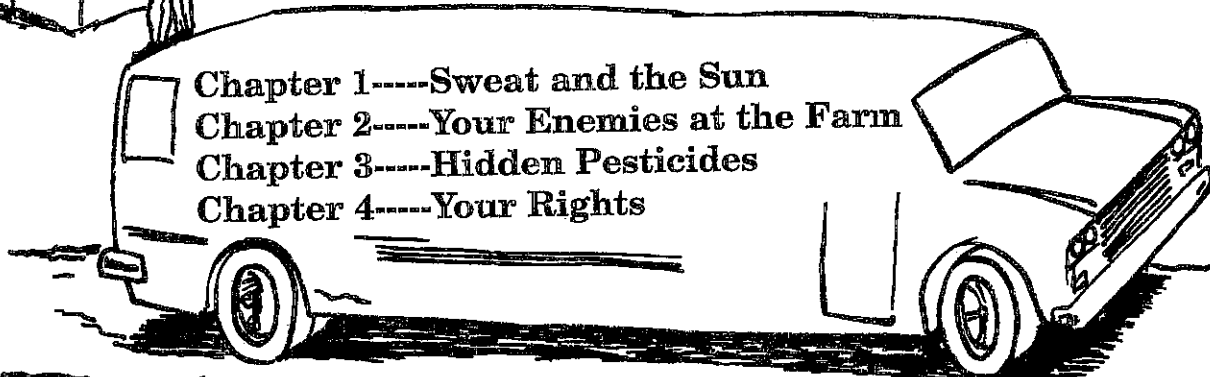
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PROTECT YOURSELF!

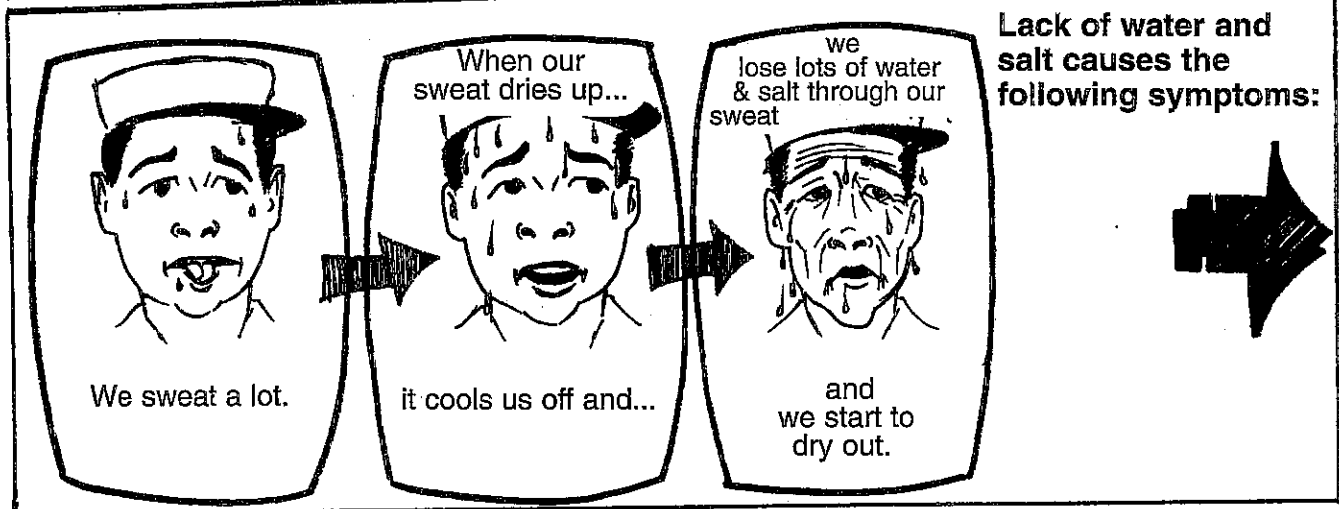
Sanitary Facilities and Your Rights at the Farm

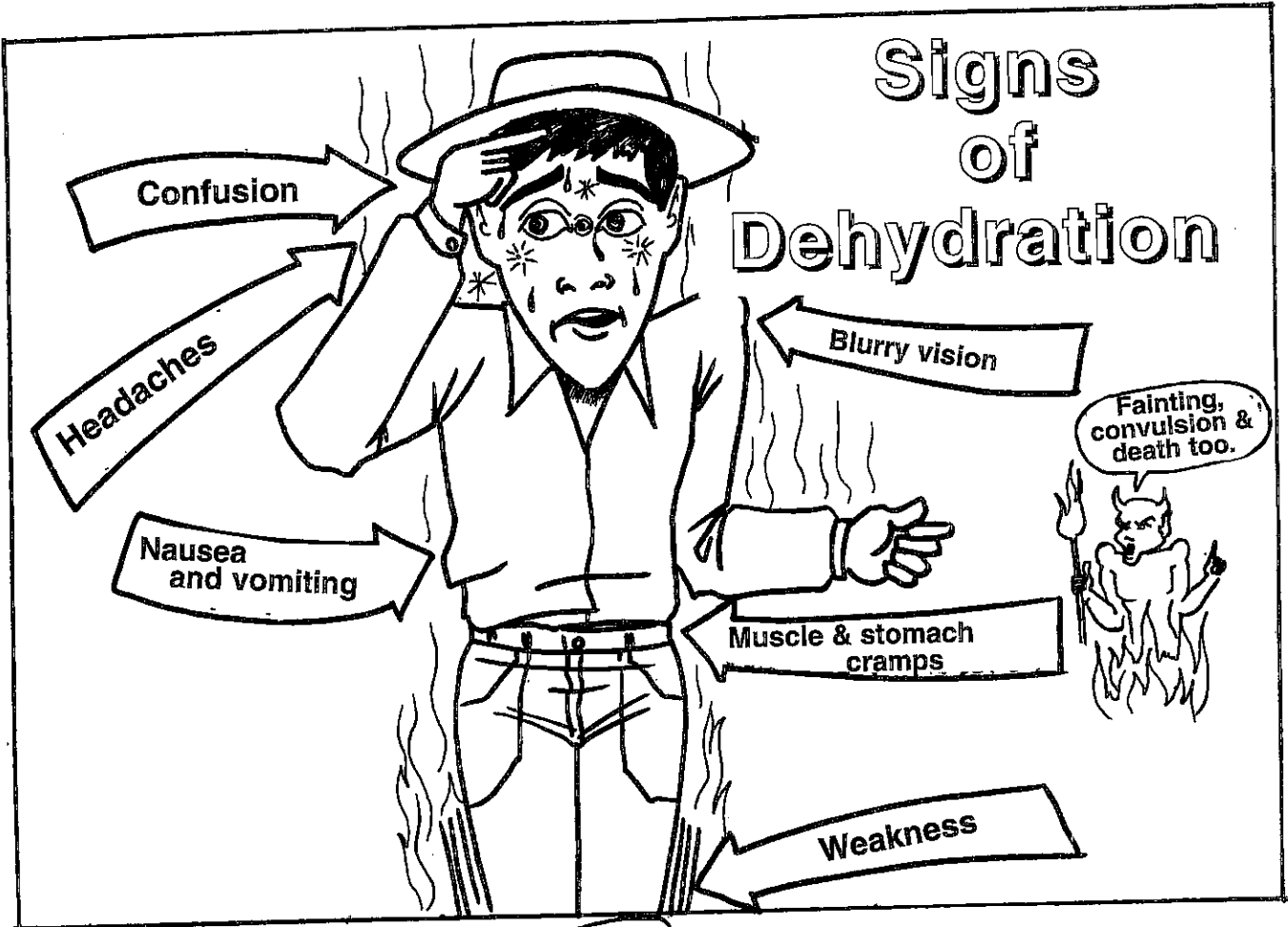


Chapter 1-----Sweat and the Sun
Chapter 2-----Your Enemies at the Farm
Chapter 3-----Hidden Pesticides
Chapter 4-----Your Rights

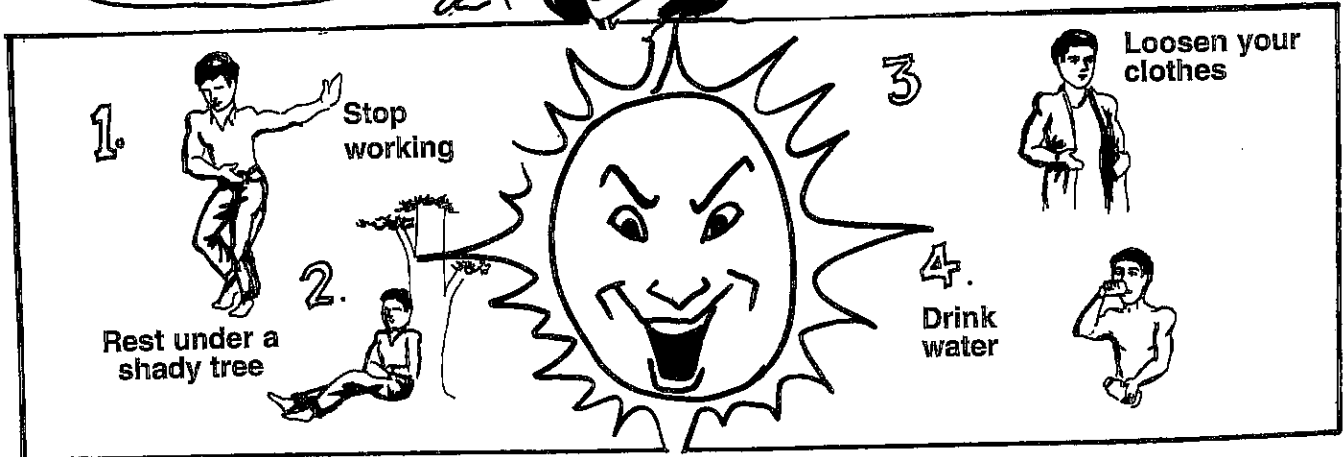


CHAPTER 1 - SWEAT AND THE SUN





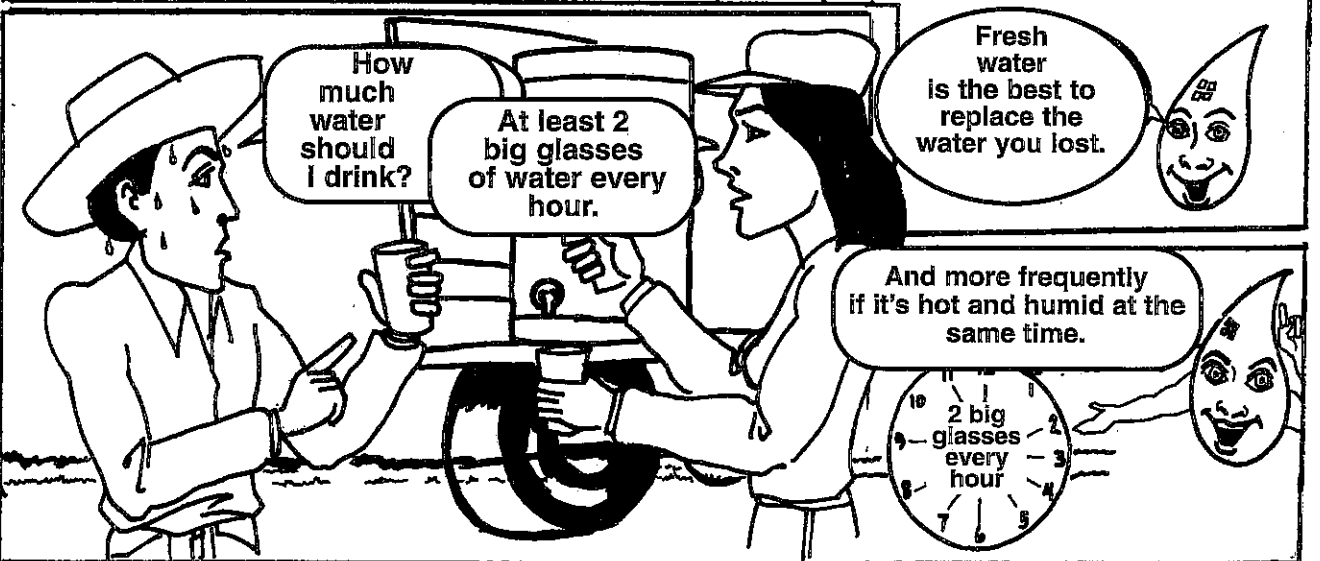
If you have any of those symptoms, immediately do the following...

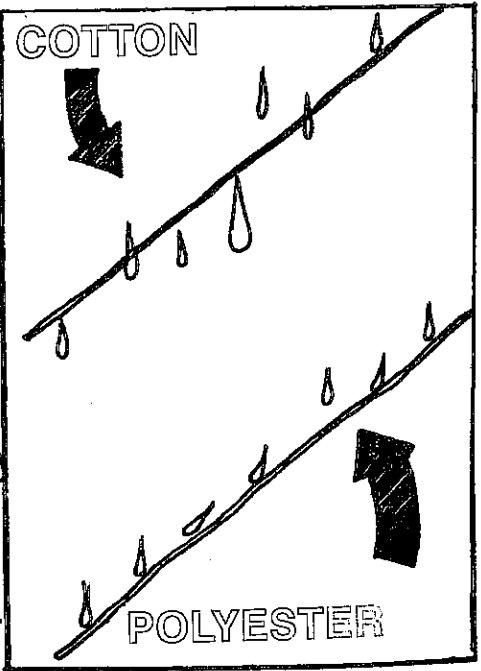
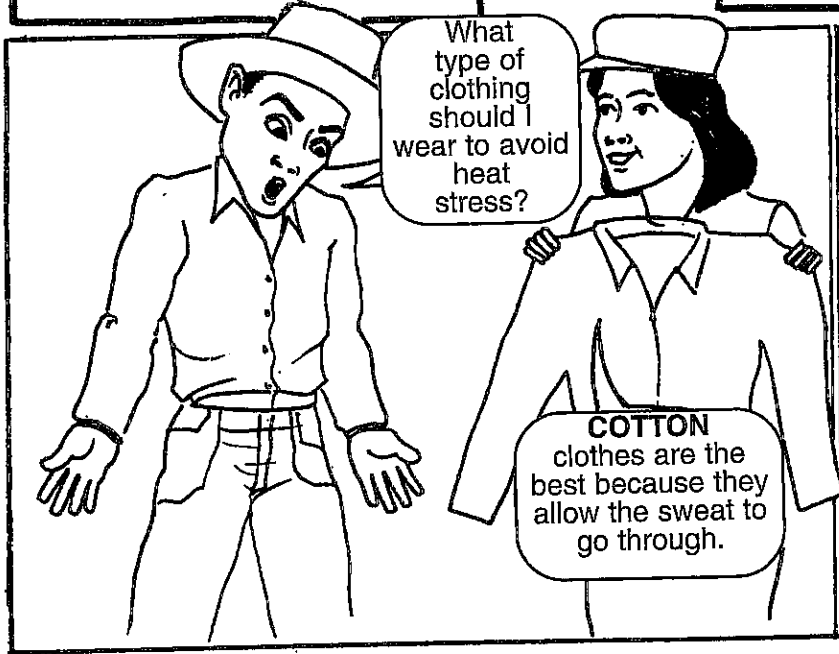
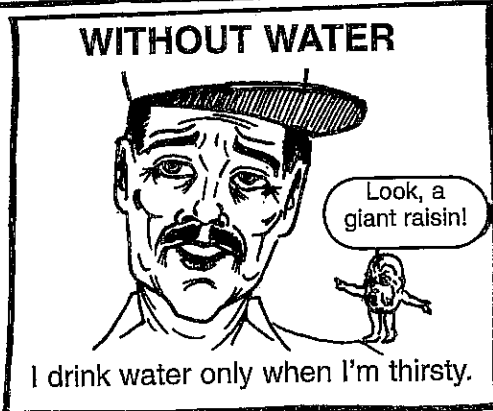
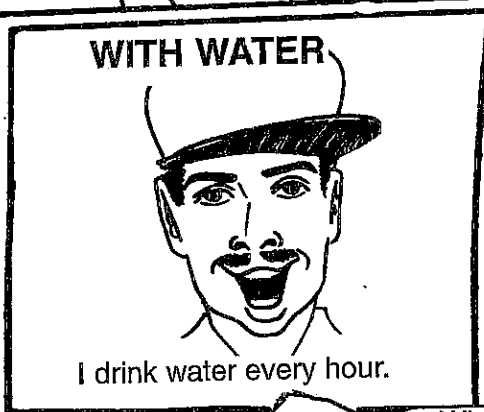
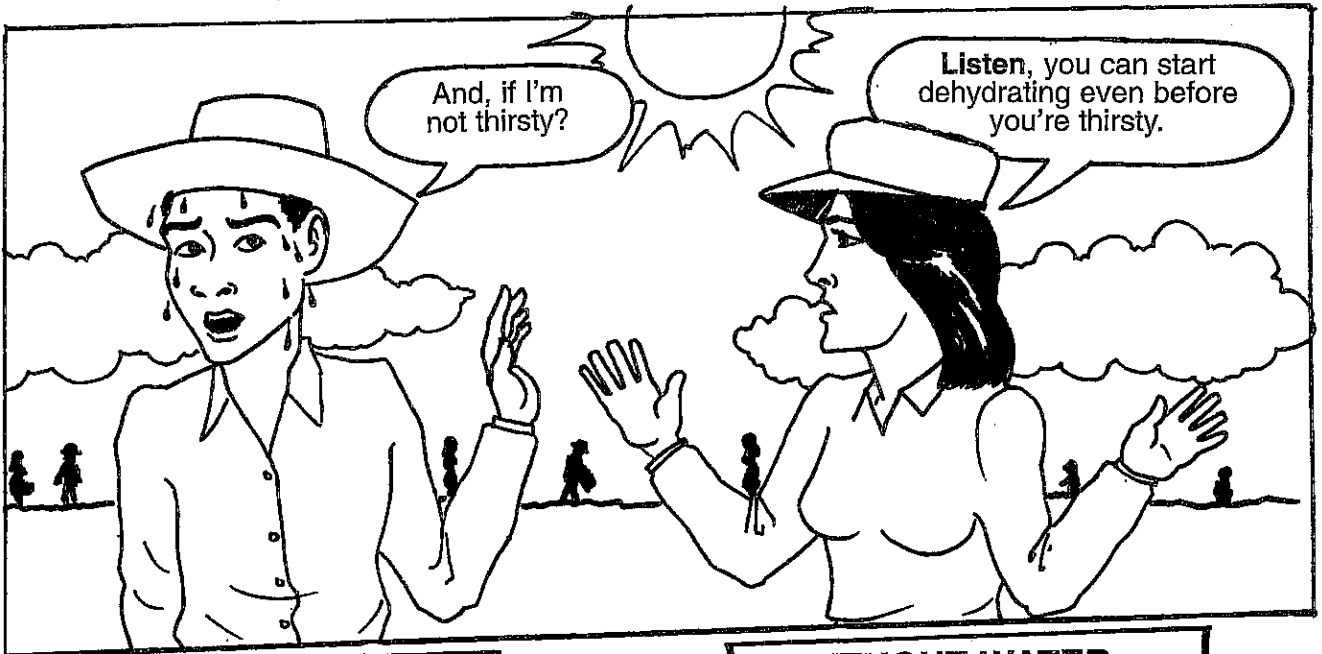


IF YOU ARE
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OR HAVING
CONVULSIONS

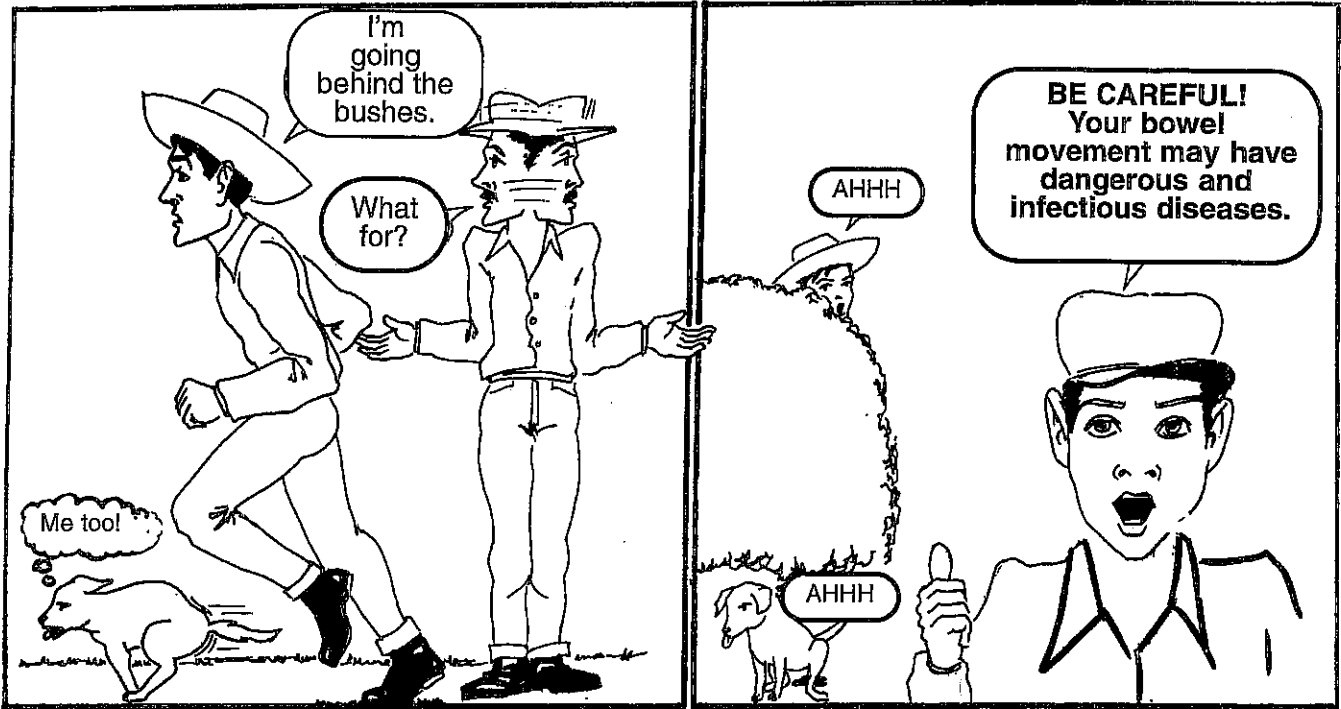
EMERGENCY

GET
MEDICAL
ATTENTION
IMMEDIATELY





CHAPTER 2 - YOUR ENEMIES IN THE FIELD



Like the Germs



DIARRHEA



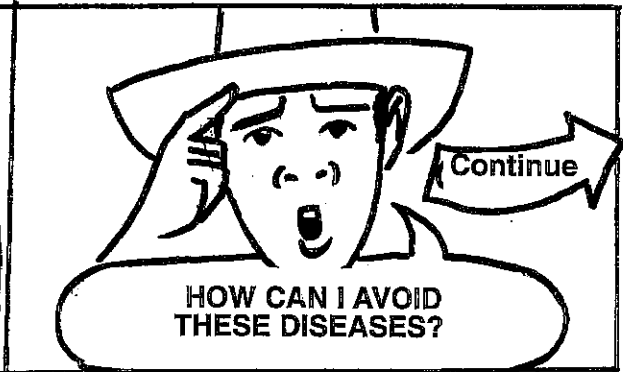
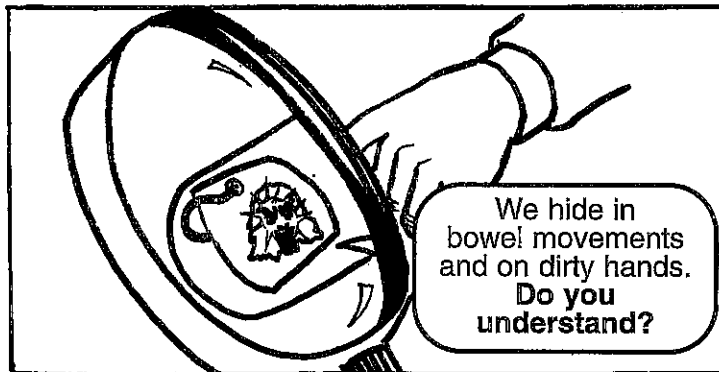
POLIO



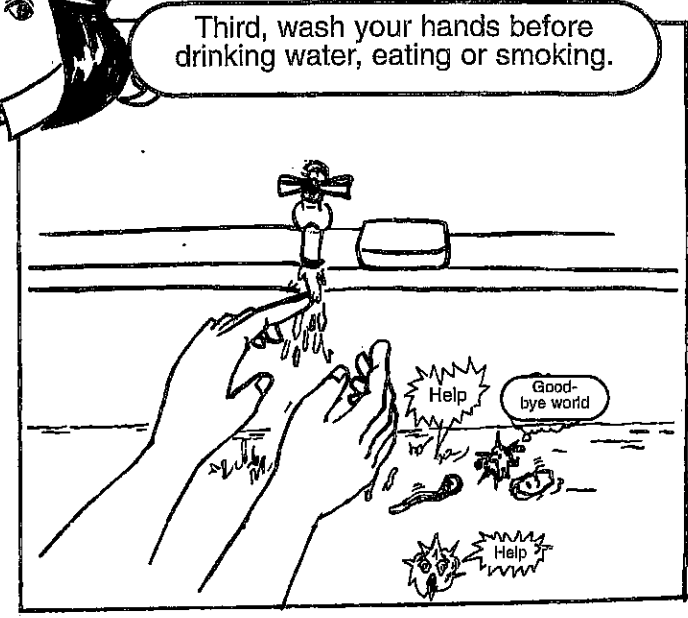
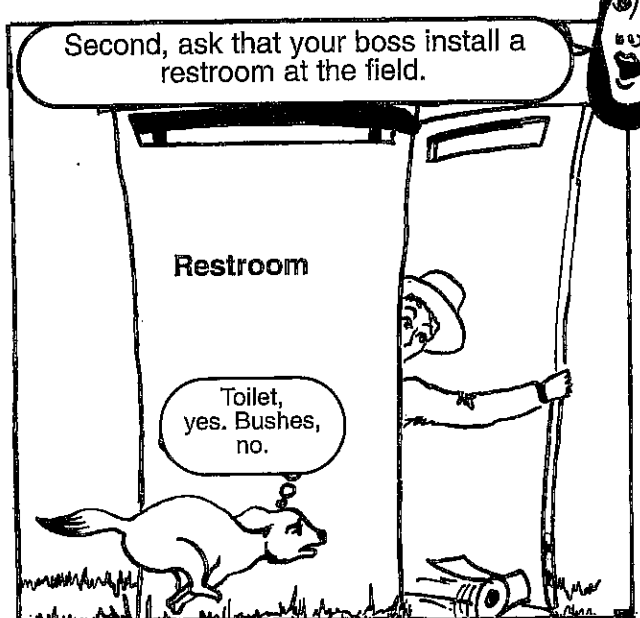
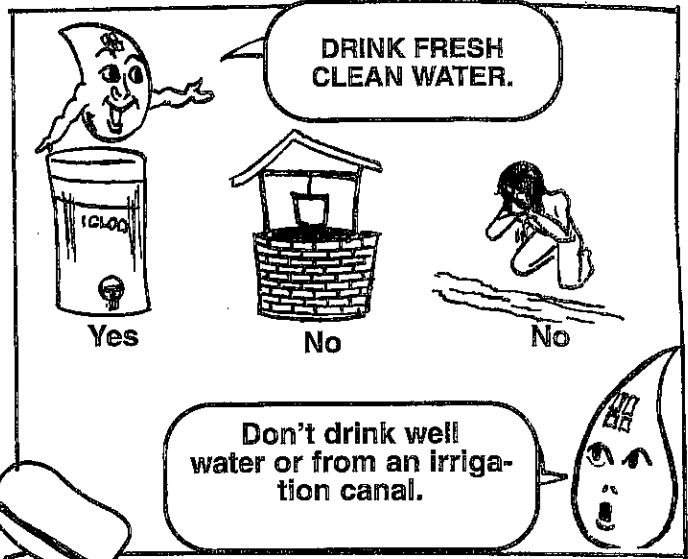
HEPATITIS



Also, Intestinal Parasites



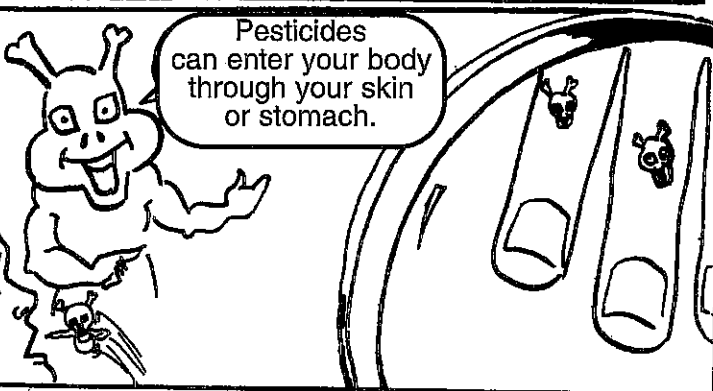
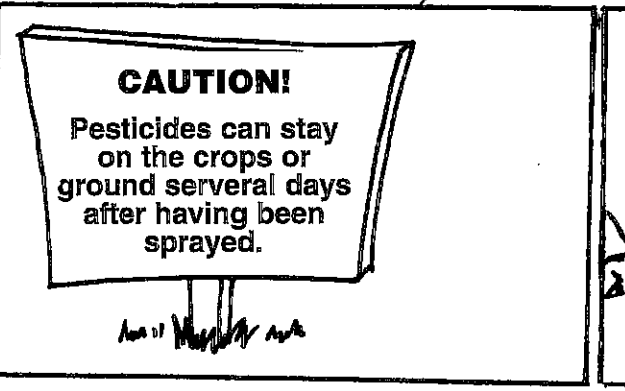
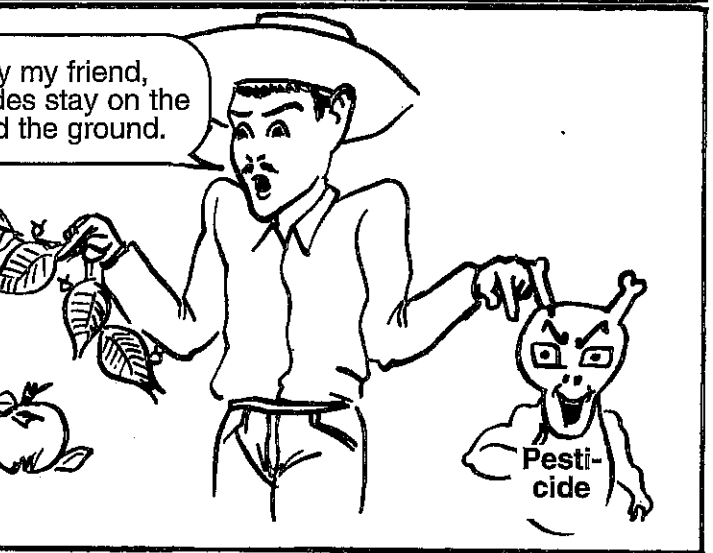
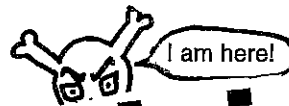
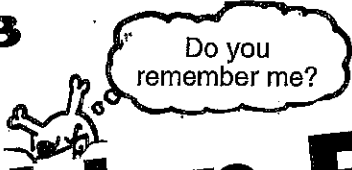
How to protect yourself on the farm



REMEMBER, YOUR BOSS IS REQUIRED BY LAW TO PROVIDE HIS WORKERS WITH DRINKING WATER, RESTROOMS AND WATER TO WASH THEIR HANDS.

CHAPTER 3

Hidden Pesticides





PROTECT YOURSELF!

That guy thinks he is going to a nuclear war! Dummy!

In a couple of years, we'll see who is the dummy.

1. **Incorrect** → **Correct**
Cover your skin as much as possible.

2. Get away from the fields during lunchtime.

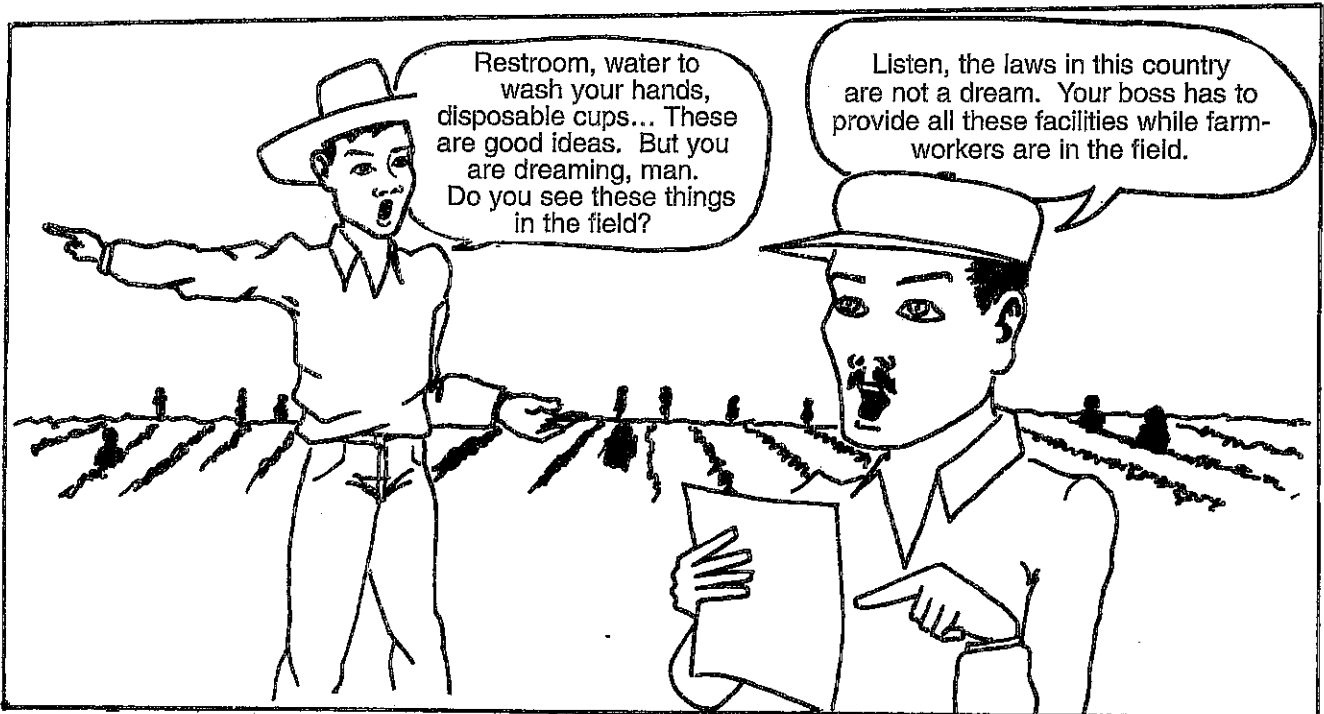
3. Wash all fruits and vegetables before you eat them.

4. Always wash your hands before...

EATING SMOKING DRINKING

GOING TO THE BATHROOM.

CHAPTER 4 - YOUR RIGHTS



Restroom, water to wash your hands, disposable cups... These are good ideas. But you are dreaming, man. Do you see these things in the field?

Listen, the laws in this country are not a dream. Your boss has to provide all these facilities while farm-workers are in the field.

IT IS THE LAW

IT IS THE LAW

IT IS THE LAW

1. **COLD WATER**
with disposable cups near the work area.

A restroom

Restroom

for every 20 crew members within 1/4 of a mile from the work area.

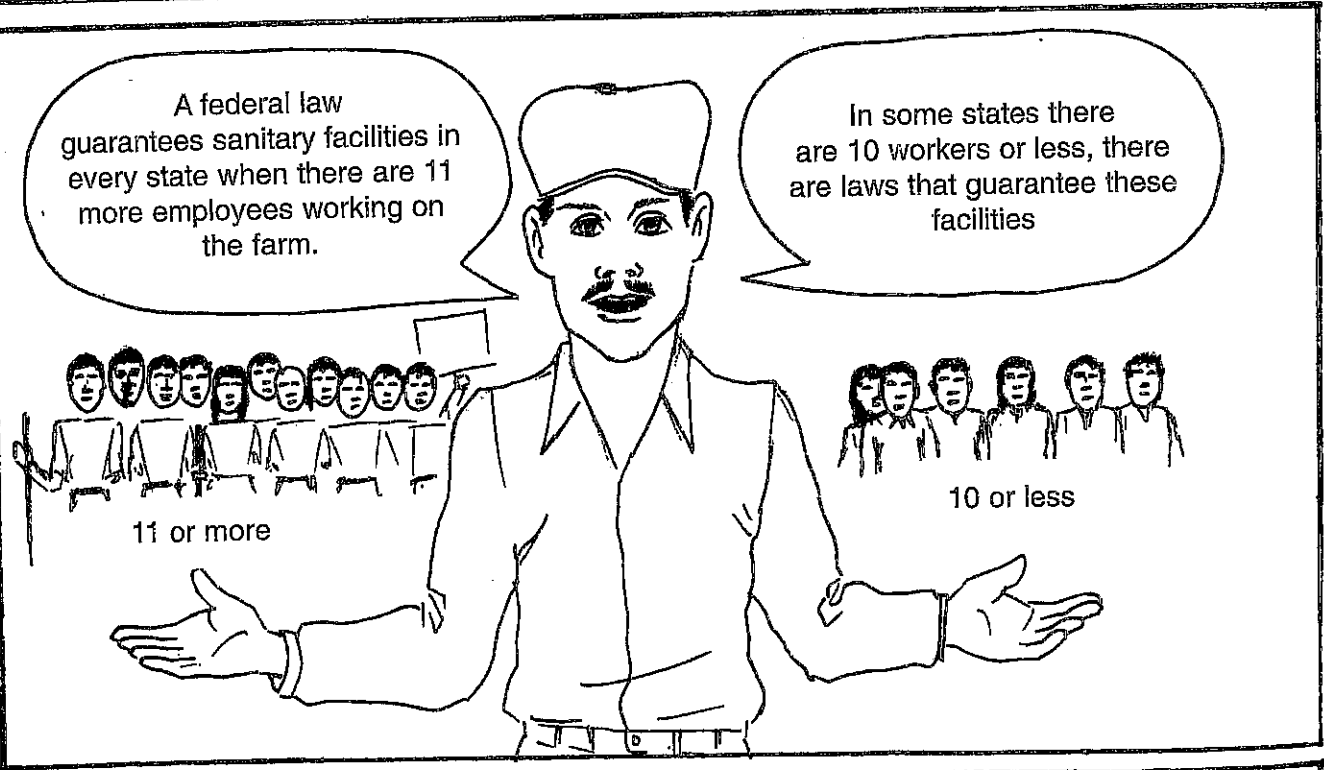
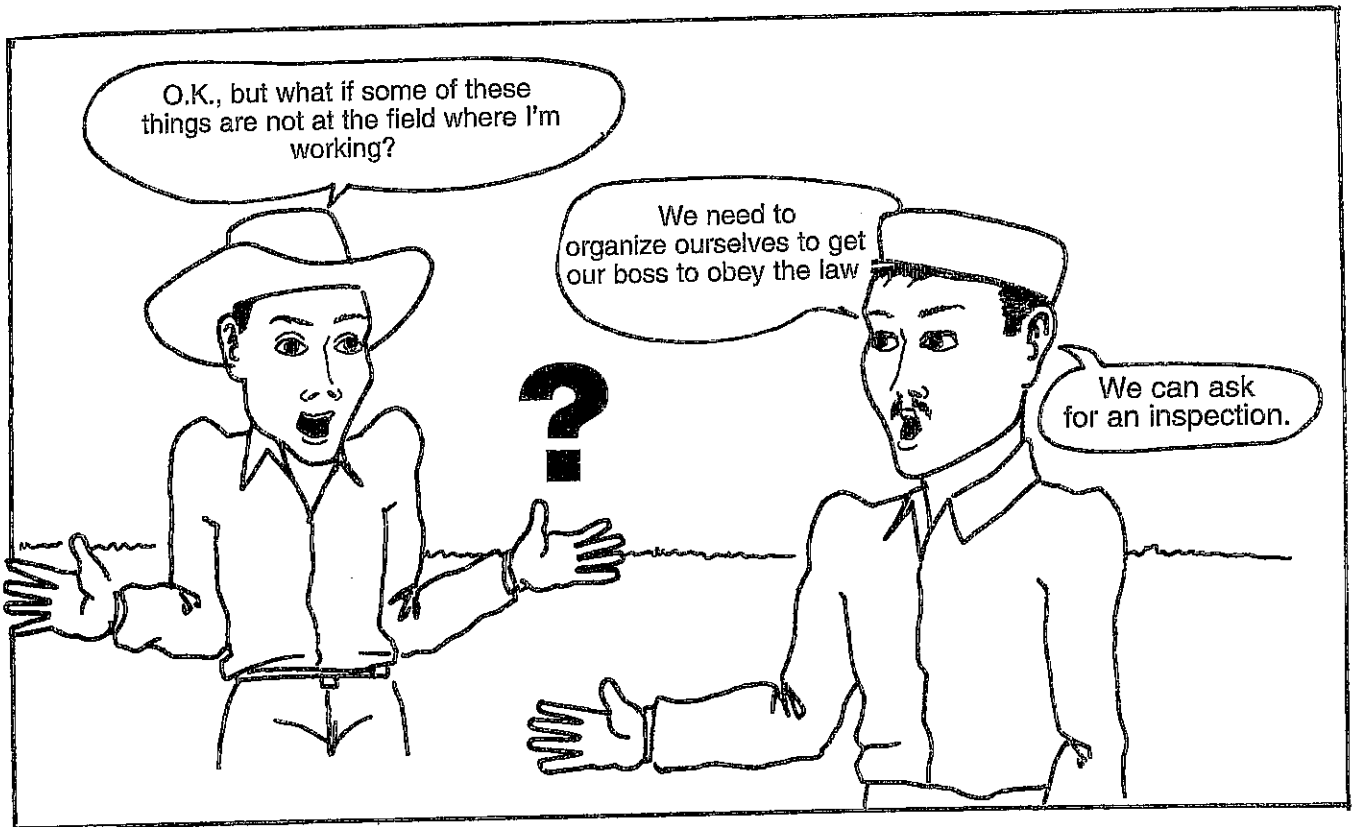
3. Water, soap and clean towels.


within 1/4 of a mile from the work area.

CAMP

PACKING SHED

If there is a restroom or a place where there is water and soap in a camp or packing shed located within 1/4 of a mile from the work area, the boss does not have to provide those facilities in the field.



Go to the following page to learn how to call the agencies responsible for conducting inspections and enforcing the law. 



IF YOU NEED HELP

Emergency 9-1-1

- Poison Control Center1-800-362-0101
- Migrant Help Line1-800-377-9968
- Department of Agriculture(602) 542-0901
- Pesticide Violation Hotline1-800-423-8876
- Community Legal Services(602) 258-3434

The County Health Departments:

- Apache (520) 337-4364
- Cochise (520) 432-9472
- Coconino (520) 779-5164
- Gila (520) 425-3189
- Graham (520) 428-0110
- Greenlee (520) 865-2601
- La Paz (520) 669-1100
- Maricopa (602) 506-6900
- Mohave (520) 753-0748
- Navajo (520) 524-6825
- Pima (520) 740-8261
- Pinal (520) 868-7301
- Santa Cruz (520) 761-7800
- Yavapai (520) 771-3122
- Yuma (520) 329-2220




And remember:
the inspector can not give
your name to the
farm owner.

Danger!

Pesticides can affect your health.

1. Wash your hands before and after...
 - *eating • drinking • smoking*
 - *going to the bathroom*
2. Never use pesticide containers in your home.
3. Drink lots of water to avoid heat stress.
4. When pesticides get on you...
 - **wash off as soon as possible**
 - **bathe and shampoo hair**
 - **change into clean clothes**

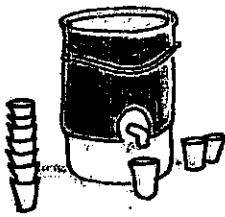


You have the right to have sanitary facilities on the farm where you work.

INSPECT YOUR FIELD

Are there any of the following sanitary facilities on the farm where you work?

Yes or No ?



Clean and cold water near your work area?

Disposable cups?

Yes

No



A restroom or toilet within 1/4 of a mile distance from your work area?

Yes

No



Water to wash your hands within 1/4 of a mile distance from your work area?

Soap and disposable paper towels?

Yes

No

If you answered No to any of these questions, go back to page 9 to learn how to demand your rights.

