

Orchard and Vegetable Crop Worker Safety Programs

The goal of the Migrant Farm Workers Safety Program is to promote agricultural occupational safety in the New York State orchard and vegetable industry. The migrant and seasonal farm work force has undergone a demographic shift in recent years from primarily English to a largely Spanish-speaking population.

After several years of extensive research, NYCAMH has developed and implemented an orchard safety-training program modeled after the New York State department of Labor Hazard Abatement Board and Cornell University Farm Safety Program. This program is the first of its kind. It is strictly a volunteer program and grower-driven. NYCAMH has recruited the leading growers in the State to participate in this program. The major areas of focus are:

- **Ladder Safety**
- **Lifting and Carrying**
- **Strains and Sprains**
- **Eye Safety**
- **Poison Ivy Safety**

Funded by a grant from the New York State
Department of Labor
Hazard Abatement Board



Agricultural Safety
Facilitator

1 (800) 343-7527

Clinicians:

If you feel this safety training program would be beneficial to your farmworker patients or would like to recommend the program to area growers, just have them call our toll free number or they can learn more about NYCAMH and the services we offer on-line at www.nycamh.com.

Safe Lifting & Carrying



"I have to do a lot of lifting, but I try to be careful. If I hurt my back I won't be able to make money for my family"

Prevent Back Pain and Injuries

1. Assess the job and get help with heavy objects.
2. Stand close to object, and spread feet apart.
3. Kneel down, and get a strong grip.
4. Slowly lift with your legs by straightening them, remember to keep your back straight.
5. Carry object close to your body, and avoid twisting when carrying.

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for Agricultural Health



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*Funded in part by the New York
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Abatement Program*

FASON POU LEVE E POTE CHAY SAN DANJÈ



"Nan travay mwen, m leve anpil chay, men m fè atansyon. Si m deranje do m, mwen p ap ka travay pou ede fanmi mwen ankò."

Men sa pou ou fè pou pa foule do ou epi pou evite do fè mal

1. Evalye chay la. Si l two lou, rele yon moun vin ede ou
2. Kanpe toupre chay la. Ouvri pye yo, plante yo
3. Akoupi. Kenbe chay la byen fò
4. Kenbe do ou dwat, kanpe dousman epi leve chay la: ou pran fòs nan janm ou
5. Pote chay la pre kò ou, pa vire do ou pandan chay la nan men ou

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Pwoje sa reyalize ak kotizasyon Pwogram pou Diminye Danjè pou Travayè yo, Minis Travay d leta Nou Yòk.

Seguridad al Levantar y Acarrear



“Yo tengo que levantar mucho, pero trato de ser cuidadoso. Si me lesiono la espalda no voy a ser capaz de hacer dinero para mi familia.”

Prevenga el Dolor de Espalda y Lesiones

1. Calcule el trabajo y busque ayuda con los objetos pesados.
2. Párese cerca del objeto y separe los pies.
3. Arrodílese y sujete fuertemente.
4. Con la espalda recta, levántese lentamente con las piernas, enderezándolas.
5. Transporte el objeto cerca de su cuerpo y evite torcer la espalda cuando carga objetos pesados.

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