



FARMWORKER SAFETY

WHEN TO WASH YOUR HANDS

Prevent the spread of germs, wash your hands during these key times:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **After** you have been in a public place and touched an item or surface that may be frequently touched by other people, such as: door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.

Most importantly, be sure to wash your hands before touching your eyes, nose, or mouth because that's how germs enter our bodies.

Remember, we all have a part in preventing the spread of the coronavirus.



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HANDWASHING

Handwashing with soap and water is one of the most effective ways to prevent the spread of germs if done properly. Here is the correct way to wash your hands:

- 1. Wet** your hands with clean, running water (warm or cold). Then turn off the tap and apply soap.
- 2. Lather** your hands completely by rubbing them together with the soap, including the backs of your hands, between your fingers, and under your nails.
- 3. Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- 4. Rinse** your hands well under clean, running water.
- 5. Dry** your hands using a clean towel, or air dry them.

If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Always check the label to be sure it contains at least 60% alcohol.

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CREATING COHORTS

Minimizing the number of different individuals who come into close contact with each other over the course of a week may reduce the spread of COVID-19 transmission in the workplace. With that in mind:

- Consider grouping the same healthy workers into the same cohort each day.
- Alter normal shift schedules to ensure that groups of workers are always assigned to the same shifts with the same coworkers.
- Consider creating cohorts from healthy workers with shared living quarters and shared transportation to limit exposure.
- Farmworkers who are in the same shared housing unit should follow the Households Living in Close Quarters Guidance.

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TRANSPORTATION

When shared transportation is used by farmworkers to and from the agricultural work site, please consider these safety precautions:

- Provide as much space between riders as possible.
- Group workers who share living quarters or work in the same crews together when transporting.
- Limit the number of people in a vehicle by increasing the number of vehicles and the frequency of trips.
- Make hand hygiene (hand washing/hand sanitizer) available and encourage riders to practice hand hygiene before entering the vehicle and when arriving at destination.
- Instruct riders to follow coughing and sneezing etiquette when in the vehicle, like coughing into their elbow.
- Highly encourage all passengers and drivers to wear cloth face coverings when in the vehicle.

The Center for Disease Control (CDC) guidelines recommends that transportation vehicles be cleaned and disinfected before and after each trip, or daily at minimum.

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KNOW YOUR MASK

COVID-19 can be spread by people who do not have symptoms and do not know that they are infected.

That's why it's important for everyone to wear face coverings and stay at least 6 feet away from other people in public settings including when around people who don't live in your household.

When putting on your mask, consider the following:

- Before touching your face covering, clean your hands with soap and water or hand sanitizer.
- If using a mask, make sure there are no obvious tears or holes in either side.
- Determine which side of the mask is the top. Some masks have a stiff bendable edge at the top meant to mold to the shape of your nose.
- Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
- To be effective, the mask or face covering needs to completely cover your nose and mouth
- Disposable or cloth masks are your best option. Only if they are not available should you use a bandana, and gaiters are not recommended.

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PUTTING ON THE MASK

Masks and other face coverings are a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, sings, or raises their voice.

Here's the proper way to put on a mask:

- If you are using a disposable face mask with ear loops or ties, hold the mask by the ear loops or ties.
- Place a loop around each ear or tie the mask near the top and bottom of the head.
- Be sure to open the mask fully, from the bridge of the nose to below the chin, covering the nose and mouth completely.
- To be effective the mask or face covering needs to completely cover your nose and mouth
- Disposable or cloth masks are your best option. Only if they are not available should you use a bandana, and gaiters are not recommended.

Because masks may affect airflow when breathing, be aware of heat stress and drink lots of water.

When you need to drink or eat, physically distance from others and pull down on both sides of the mask or face covering and rest it under your chin.

After finishing, grab the face covering by the sides and return it to its position covering the nose and mouth. Avoid touching the front of the face covering; it is contaminated.

Remember - your face covering may help protect others; their face covering may protect you.

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REMOVING THE MASK

Used masks may have the potential of spreading germs, so proper care must be taken when we take off and dispose of our masks.

Disposable face masks should be used once and then thrown in the trash. You should also remove and replace them when they become moist.

The proper way to remove your mask is to first:

- Clean your hands with soap and water or hand sanitizer before touching the face covering.
- Only touch the ear loops, ties, or bands depending on the type of mask you are using. Avoid touching the front of the face covering; it is contaminated.
- For disposable face masks with ear loops or ties: Hold both of the ear loops or ties and gently untie, lift and remove the mask. Holding onto only the band or tie, drop the used mask into the trash.
- Clean your hands with soap and water or hand sanitizer.

If you must use a bandana as a face covering, it should be removed carefully and folded so the contaminated side is not exposed. The bandana should be washed thoroughly and dried before using again.

Proper care is important. Remember - your face covering may help protect others; their face covering may protect you.

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PHYSICAL DISTANCING

As with any large crowd, the Center for Disease Control (CDC) recommends physical distancing with crews to prevent the spread of the virus. Here are some considerations:

- Reduce crew sizes
- Stagger work shifts, mealtimes, and break times.
- Have farmworkers alternate rows in fields to facilitate a six-foot distance between each other.
- Place materials such as harvesting buckets and produce at a central transfer point instead of transferring directly from one worker to the next.
- When providing training, consider providing it outside, in smaller than usual groups with participants six feet apart.
- When pointing out something to a coworker, mask up, call them over, point to the area of interest, then step back.
- When having a conversation with a coworker, mask up and maintain at least six feet of distance.

Physical distancing helps prevent the spread of the coronavirus.

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