

Season para la Salud!



**HEATING UP?
COOL IT
DOWN!**

AFOP's Health & Safety Programs

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THANKING OUR TRAINERS!

By: Miguel Vélez, Program Administrative Coordinator, AFOP Health & Safety Programs

During the week of June 16th to 20th, our trainers did an amazing job training farmworkers on the dangers of heat stress and how to protect themselves. Using the Heat Stress training, our trainers taught over 1,460 farmworkers in 12 states!

During the summer months, heat stress and heat illness can be very dangerous for those working outside, especially for farmworkers. Did you know that in the fields the temperatures can be 8 to 10 degrees hotter than what is reported in the news? That means on a day when it is 105° Fahrenheit, for the workers in the field it is 115°!

By going through the Heat Stress Training, the participants learn simple ways to stay safe in the heat. The trainers pushed hard to train so many farmworkers and through their efforts more people will be better prepared to protect themselves from heat stress. So from all of us here in the AFOP office, THANK YOU!



Proteus, Inc. celebrating with participants after a Heat Stress Training in Indiana.

DO YOU KNOW SOME SIMPLE RULES TO FOLLOW WHEN WORKING IN THE HEAT?

Stay safe and healthy!

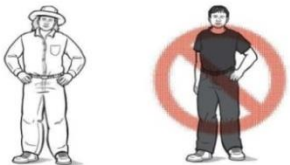
Drink water even if you aren't thirsty – every 15 minutes



Watch out for each other



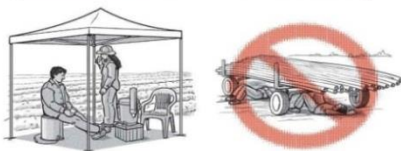
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911



Rest in the shade



To stay safe while working outside and in the fields, following simple rules can make a big difference and protect you from getting sick or even dying because of the heat.

Follow these rules to stay safe this summer:

- 1) Drink water every 15 minutes even if not thirsty and avoid coffee and energy drinks.
- 2) Take breaks in the shade.
- 3) Wear light-colored loose fitting clothing and wide brim hat.
- 4) Watch out for your co-workers, if they are acting sick, help them to the shade and tell your supervisor immediately.

Follow these rules and listen to your body, if you feel sick from the heat, stop working and remember:
Water. Rest. Shade.



Cocinando con Sazón...

Baked Plantains with Guava and Cheese (Makes 6 servings)

INGREDIENTS:

- 4 very ripe plantains
- 1 tbs. of canola oil
- 4 slices of guava paste ½ inch thick
- ½ cup low-fat mozzarella cheese



Directions: (Cooking time: 40 - 50 minutes)

1. Preheat the oven to 400°, cut off the ends of the plantains and peel.
2. Put oil in baking dish and then the plantains, cover with foil and bake for 30 to 40 minutes.
3. Remove from the oven and slice the plantains lengthwise but do not go all the way through, stuff them with the guava paste and cheese.
4. Return to the oven without the foil and bake 10 more minutes until the cheese and guava paste softens and serve ½ a plantain to each person.

Share your recipes with us! Send by email to: kelly@afop.org or post on our Facebook page.

Healthy Tips!

HOW TO CLEAN TOILETS AND SINKS

- **WHAT YOU WILL NEED:** lemon juice and borax
- **HOW TO USE:** Mix ¼ cup of borax with ½ cup of lemon juice. Pour mixture in toilet bowl just above the water. Using a toilet brush, scrub mixture around and under the rim, and then flush two or three times. For sinks, mix the same amount and scrub the inside of sink with a sponge then rinse with water.
- Did you know that you can put lemon peels down your garbage disposal? They help freshen and eliminate sink odors.



Share your healthy tips with us! Send by email to: kelly@afop.org

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To receive Pesticide Safety and/or Heat Stress training please contact:

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