



'TIS THE SEASON



AFOP's Health & Safety Programs

VOLUME 1 / ISSUE: DECEMBER 2013

PICKING THE PERFECT TREE *By Vashki Kelly*

The Christmas season is here, filling us with those warm feelings of joy and happiness as we spend time with love ones. It is a time of year when people go Christmas shopping and buy presents for those we care about. There are decorations of Christmas trees, stars, and twinkling lights. Reds and greens are the colors of the season and images of Santa Claus are impossible to miss as people come together to celebrate Christmas. Buying that perfect tree for the family is also a big part of the season.

However, some families aren't picking out trees but harvesting them for America to pick out and take home. Thousands of farmworker families are now living and working on Christmas tree farms in all 50 states. Christmas tree farming is an industry that relies on a great deal of manual labor; it includes planting, mowing, weeding, applying pesticides to rid insects and disease, shaping, and

packaging for sell. This is very difficult, heavy work that occurs mostly in cold, wet conditions. There is plenty of room for injury working 12-14 hour days at the high point of the season, bending down, lifting heavy trees and carrying them for packaging.

During most harvest seasons on Christmas tree farms, injuries to farmworkers range from strained muscles to a minor scratch or bruise. Occasionally, more serious injuries occur during Christmas tree harvesting activities resulting from high levels of manual activity and repetitious movements. **Injuries can be avoided by remembering to take breaks, wearing your personal protective equipment such as heavy-duty leather gloves, hard hats, eye shields, and steel toed boots, and making sure you know how to use the equipment, especially chainsaws.**

Remember Christmas tree harvesting has a wide range of safety concerns; you need to be aware of the dangers. Below is a list of high risk activities associated with Christmas tree harvesting and ways to avoid injury.

Lifting Heavy Loads

- Stand close to what you are lifting.
- Squat using your leg muscles to lift and not your back.



Moving Trees to or from Storage

- Forklifts and bobcats are dangerous; slow down near foot traffic, use horns, and watch for other vehicles.

Cutting Trees

- Sharpen tools frequently to avoid dulling.
- Wear safety glasses, face guard, gloves, leg guards, and steel-toed boots when cutting.

Loading Trucks

- Do not lift heavy trees alone, get assistance.
- If using a trailer with an elevator beware of fingers; use conveyer belt and cover moving parts with guards.
- If trees are falling off the truck, let them fall; do not try to catch them.



CONCINANDO CON SAZON...

CORN PUDDING (SERVES 6-8)



INGREDIENTS:

- corn oil to grease pan
- 2 large eggs
- can evaporated milk -- 6 ounce can
- 1/4 cup sugar
- tablespoon cornstarch
- 16oz can creamed corn
- teaspoon salt
- 1/4 teaspoon black pepper -- freshly ground
- tablespoon unsalted butter or margarine

Preheat the oven to 350¼ F. Grease a baking dish with corn oil. Beat the eggs and evaporated milk in a small bowl until blended. Stir the sugar and cornstarch together in a small bowl and add them slowly to the egg mixture, beating constantly, until blended. Fold in the corn, salt, and pepper. Pour the mixture into the greased baking dish and Sprinkle top with small pieces of the butter. Bake until the pudding is set and golden brown on top, about 1 hour. Serve hot from the dish.

Share your recipe with us! Email it to: kelly@afop.org or post it in our Facebook.

Healthy Tips!

HOW TO CLEAN YOUR OVEN



- **WHAT YOU WILL NEED:** Baking soda and water
- **HOW TO USE:**
 1. Mix 1 cup of baking soda and enough water to make a paste.
 2. Apply to oven surface and let stand for about 5 minutes.
 3. Scrub using a scouring pad. Do not use on self-cleaning ovens.

Share your healthy tip with us! Email it to: kelly@afop.org

FOLLOW US!



@ AFOP Health & Safety



@AFOPHealth

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

