

Did you know?

According to the latest available statistics from the American Academy of Allergy, Asthma, and Immunology and the National Institute of Allergy and Infectious Diseases:

- ~ Allergy and asthma are among the most common health problems, with more than 50 million people suffering from asthma, seasonal hay fever, or other allergy-related conditions each year
- ~ Allergies can affect anyone, regardless of age, gender, race, or social class
- ~ Allergy problems in the U.S. are the sixth leading common cause of chronic disease
- ~ Approximately 20.3 million people in the U.S. have been diagnosed with asthma, with at least 6.3 million of them children under the age of 18



IN SUMMARY

We hope each of you has a safe experience working for Pioneer. If you have any questions, please don't hesitate to ask your supervisor!

For more information on allergies or asthma, please visit:
<http://healthsystem.virginia.edu>

For more information on summer jobs at Pioneer, please visit:
<http://www.pioneer.com/summerjob>



Field Conditions

WHAT TO EXPECT WHEN WORKING:

- ~ Cool and wet conditions in the morning and hot and humid conditions later in the day
- ~ Exposure to sun and heat
- ~ Pollen from corn and other weed plants that can cause allergic reactions
- ~ Plants with leaves that may be sharp, jagged, dry, and/or brittle and may cause irritation to skin
- ~ Exposure to insects that may result in bee stings or insect bites
- ~ Long periods of walking and/or standing on uneven ground/surfaces

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Play it Safe!

PIONEER HIRES THOUSANDS OF WORKERS EACH SUMMER AND STRIVES TO KEEP EACH ONE OF THEM SAFE. If you know or suspect you may have an allergy or asthma, take time to do the following:

- ~ Visit your doctor prior to working to discuss whether the job is appropriate for you
- ~ Inform your leader of any conditions you have that may be affected by the above field conditions before you begin working. They are specially trained to help keep you safe
- ~ Carry any special medication or treatment such as inhalers with you at all times. Tell your supervisor if special storage is needed
- ~ Inform your leader or supervisor at any time if you begin to feel ill

ALLERGIES



ASTHMA

INSECTS



ALLERGIES ASTHMA INSECTS

Allergies

POLLEN

Pollen comes from the flowering portion of the plant, including trees, grasses, and weeds. Pollen is microscopic in size.

You will come into contact with pollen in the fields, which can cause allergic reactions. This is commonly known as "corn rash" and you can guard against it by wearing a long sleeved shirt and long pants. Using moist towelettes to cleanse skin after direct contact with the corn may also help prevent a rash.

POISON IVY - POISON OAK

These plants can cause an allergic reaction in nearly 85 percent of the population.

It isn't likely that you will come into contact with poison ivy or poison oak directly in the field; however, you must use caution in areas around the field, including tall grass, trees, and along the roadside.

MOLD

Mold can live in any moist condition where there is oxygen, such as a field or any of the following:

- ~ On dead or drying vegetation
- ~ Moist, shady areas
- ~ Rotting leaves and logs

Mold spores or fragments may be inhaled through the nose or mouth and into the lungs where they may cause allergic reactions or asthma.

Asthma

Asthma is a chronic, inflammatory disease where airways become sensitive to allergens (any substance that triggers an allergic reaction).

Symptoms of asthma may include:

- ~ Coughing or wheezing
- ~ Trouble breathing or shortness of breath during activity
- ~ Chest tightness
- ~ Fatigue
- ~ Nighttime coughing
- ~ Noisy breathing

If you have asthma or any of the above symptoms, please consult your doctor prior to working.



INSECT BITES

Avoiding insect bites or bee stings may not always be possible. However, knowing how to respond and treat insect bites or allergic reactions are important tools to protect yourself.

SYMPTOMS —

For most people who are stung by an insect, the reaction is short lived, with redness and swelling followed by pain and itching. Generally, the reaction lasts only a few hours, although some may last longer. For others, however, allergic reactions to these insect stings can be life threatening. This severe reaction is a medical emergency that can involve organs throughout the body. The reaction is called anaphylaxis, or anaphylactic shock, and can include severe symptoms such as the following:

- ~ Itching and hives over most of the body
- ~ Swelling of the throat and tongue
- ~ Difficulty breathing
- ~ Dizziness
- ~ Headache
- ~ Stomach cramps, nausea or diarrhea
- ~ Rapid drop in blood pressure
- ~ Shock or loss of consciousness

Immediate medical attention is required with any of the above symptoms.

PROTECT YOURSELF (IN THE FIELD AND AT HOME!)

- ~ When outdoors, be careful of eating or drinking uncovered foods or beverages, which can attract insects
- ~ Wear closed-toe shoes to protect your feet
- ~ Avoid and watch for insect nests in trees, shrubs or flower beds
- ~ Use caution around trash containers or other appealing sites to insects
- ~ If you have an allergic reaction or get bitten or stung in the field, contact your supervisor immediately

Insects