PARENTS: Keep Your Young Worker Safe This Summer!

Detasseling is a great summer job for your young workers. Make sure they are working SAFE by helping them Stay In The Safety Zone: Prepare... Prevent... Perform...

Prepare:

- ~ Eat a healthy breakfast and bring lunch and snacks.
- ~ Wear the proper clothing, hat and footwear.
- ~ Wear eye protection, gloves and plenty of sunscreen.
- ~ Bring lots of drinking water (avoid carbonated drinks).

Prevent:

- ~ Condition your legs and ankles before each shift with stretching and flexibility exercises.
- ~ Scan the area where you're walking, be aware of hazards.
- ~ Keep eye protection on at all times, watch for sharp leaves.
- ~ Stay hydrated by drinking lots of water.
- ~ Keep alert to potential hazards while working.

Perform:

- ~ Follow the directions of your team leader.
- ~ No horseplay (... none, nada, zilch, ... we're serious).
- ~ Keep safety in mind while you work.
- ~ Go home healthy at the end of the day.

Safety Zone Facts

The top three injuries that happen while detasseling are:

1. Ankle injuries from walking on uneven surfaces.
2. Eye injuries from cuts by corn leaves.
3. Skin rashes and allergies from pollen.

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fields of green

Safety Zone Caution Areas

Heat

- ~ Eat a healthy breakfast and maintain a healthy diet throughout each work day.
- ~ Drink lots of water.
- ~ Avoid carbonated or sugar drinks.
- ~ Wear a hat to protect yourself from the sun.
- ~ Tell your supervisor immediately if you feel dizzy or faint.
- ~ Know the signs of heat stress, heat exhaustion and heat stroke.
- ~ Take immediate action if you or someone else shows signs of heat-related stress.

Ankles

- ~ Always condition with stretching and flexibility exercises before each work shift.
- ~ Wear high-top sneakers or boots.
- ~ Scan the area where you're working for uneven or slippery surfaces.
- ~ Watch out for holes or ruts between rows.
- ~ Watch your step when exiting the bus or other equipment.
- ~ Never jump from the bus or other equipment.

Allergies

- ~ Bring any asthma or allergy medications you may need. Contact your supervisor if you need help storing medication.
- ~ Shower or bathe thoroughly at the end of each day to wash off dust and pollen.
- ~ Wear a long-sleeved shirt and long pants to cover your skin.
- ~ Use insect repellant.
- ~ Bring moist towelettes for cleaning off in the field.

Eyes

- ~ Always wear eye protection.
- ~ Be aware that corn leaves can get under your safety glasses and cut your eye if you are not careful.
- ~ Avoid touching or rubbing your eyes before you've washed your hands.
- ~ Always look in the direction you are moving.

Stay In The Safety Zone: Prepare... Prevent... Perform...

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