

Important Information

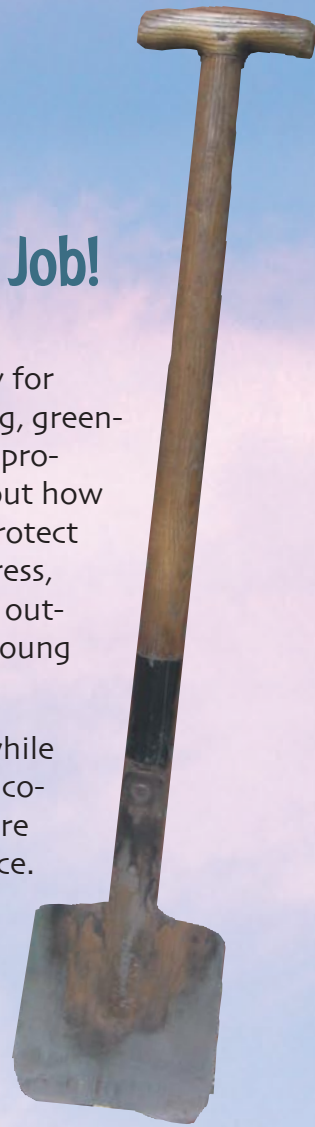
About Your Job!

This guide was created especially for young workers in the landscaping, greenhouse, and nursery industries. It provides important information about how to work safely, such as how to protect yourself from pesticides, heat stress, electrocution, slips and trips and outlines what rights you have as a young worker.

Carry the guide in your pocket while you work and share it with your co-workers. Together, you can ensure that your workplace is a safe place.

HOW OLD MUST I BE TO WORK IN LANDSCAPING, GREENHOUSES, & NURSERIES?

Generally you must be at least 16-years-old. You must be 18-years-old to operate a motor vehicle, chainsaw, wood-chipper, and other dangerous machinery or work as an "outside helper" on vehicles on any public road or highway.



HEAT STRESS

When you are working in hot weather, the heat can make you ill. Heat stress is serious—as the symptoms get worse, they become life-threatening.

To avoid heat stress and at the first signs of the illness:

- Drink at least one cup of water every 15 minutes.
- Take breaks in a shady or cool area.
- Avoid caffeine and alcohol.

At the first serious signs of heat exhaustion or heat stroke:

- Call 911 or local emergency number—this is a potentially life-threatening emergency!
- Cool down, get to a shady or cool area, remove extra clothing, and drink water.



PESTICIDES

Pesticides are used in landscaping, greenhouses and nurseries to kill pests and can be dangerous to humans:

- Wear work clothes that protect you from pesticides. Wear a hat, gloves, long sleeves, long pants, and shoes.
- If a pesticide is spilled or sprayed on you, wash yourself with soap and water, shampoo your hair, and put on clean clothes right away.
- Always wash work clothes separately from your family's laundry.
- If you begin to feel dizzy or sick or your eyes, skin, or throat hurt, seek immediate medical care.



LIFTING

Use these tips when lifting:

- Ask for help before lifting a heavy or awkward load.
- Use dollies and hand trucks to move large or heavy items.
- Keep the load close to your body and directly in front of you.
- Keep your back straight, bend from your knees, and lift with your legs.



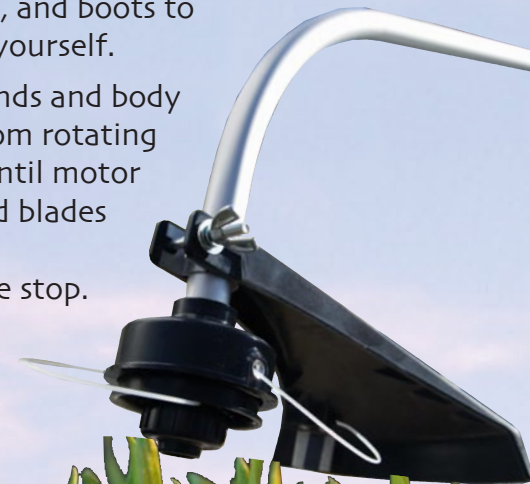
USE OF MOTOR VEHICLES

Motor vehicle crashes are the leading cause of on-the-job deaths. You can keep yourself safe if you:

- Always wear your seat belt.
- Always inspect your vehicle before driving. Make sure that trailers and equipment are properly secured.
- Always stay alert and keep a safe distance from the vehicle in front of you.
- Do not eat, use a cell phone, or do other things that distract you while driving.
- Never ride in the bed of a pick-up or other trucks.
- Remember you must be at least 17 to drive a vehicle on a public road.

TRIMMERS & MOWERS

- Wear gloves, safety glasses, earplugs, and boots to protect yourself.
- Keep hands and body away from rotating blades until motor is off and blades are at a complete stop.





NOISE

Hearing loss from noise is gradual, painless, and permanent but can be prevented. Wear ear plugs or muffs when working with loud equipment.

SLIPS & TRIPS

It is easy to lose your balance when landscaping. Tips you can use to avoid slips and trips include:

- Do not run while on the job.
- Make sure your work area is clean and safe before you start the job.
- Wear sturdy boots or shoes with non-slip soles.
- Put tools and other tripping hazards back where they belong.

ELECTRIC SHOCK

Use these tips to avoid being electrocuted:

- Check electrical cords and cables for defects and proper grounding.
- Turn off and unplug equipment and tools before you clean, check, or do maintenance on the equipment.
- Keep power tools and equipment away from water.
- Never touch a fallen power line.
- Stay a safe distance from power lines when working in trees, on metal ladders, or when carrying metal ladders.

A SAFE & HEALTHY WORKPLACE

You have the right to:

- A safe and healthy workplace.
- Tell your employer about unsafe or unhealthy work conditions.
- Report unsafe or unhealthy work conditions to OSHA and do so confidentially.

You may not be fired or punished for:

- Raising concerns about workplace safety or health.
- Contacting OSHA.
- Participating in an inspection.
- Refusing to work if 1) you are in serious and immediate danger, 2) you ask your employer to fix it and he doesn't, 3) there is no time to call OSHA, and 4) there is no other way to do the job safely.

In order to get help you must report to OSHA within 30 days of the firing or other punishment.

EQUAL EMPLOYMENT OPPORTUNITY

You have a right to work without being treated differently because of your race, skin color, religion, gender, national origin, disability, or age (age 40 or older). Your employer cannot fire or punish you for reporting this.

HOW TO FIND HELP

This guide is provided as a public service. For more information or to file a complaint, contact the federal agencies listed below.

We can help make sure your workplace is a safe and healthy environment. Our services are free.

CONCERN	AGENCY CONTACT
Safety & health information, inspections, investigations, & complaints	OSHA Occupational Safety & Health Administration 800-321-OSHA TTY: 877-889-5627 www.osha.gov/SLTC/
Pesticides, pest control, heat stress	EPA Environmental Protection Agency 800-858-PEST / TTY: 202-272-0165 www.epa.gov/pesticides
Wages, hours of work, types of jobs you can do	ESA Employment Standards Administration, Wage & Hour Division 866-4US-WAGE / TTY: 877-889-5627 www.youthrules.dol.gov
Discrimination & harassment	EEOC Equal Employment Opportunity Commission 800-669-4000 / TTY: 800-669-6820 www.youth.eeoc.gov
Safety & health information, statistics & research	NIOSH National Institute of Occupational Safety & Health 800-35-NIOSH / TTY: (need #) www.cdc.gov/niosh/topics/youth
Lead-based paint, mold, allergy, asthma, or other unsafe or unhealthful conditions in homes	HUD Housing & Urban Development 800-685-8470 TTY: 800-432-2209 www.hud.gov/offices/lead

Can You Dig It?

A Safety & Health Guide for Young Workers in Landscaping, Greenhouses, & Nurseries

For more safety information for young workers, please visit us at www.youngworkers.net.

