

Safe lifting

The basket should be equipped with comfortable strap and the weigh should not be exceeding body carrying capacity.



Wrong lifting technique



Correct lifting technique



Use tools and equipment to make lifting and loading of heavy objects easier



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**SAFETY
+ HEALTH
FOR ALL**

Machine Safety

The wrong way of using grass-cutting machine



Use appropriate personal protective equipment when using a grass-cutting machine



Without a moving part cover



With a moving part cover



Purchase a safe machine:

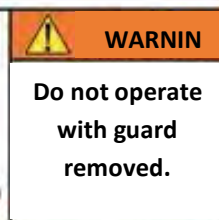
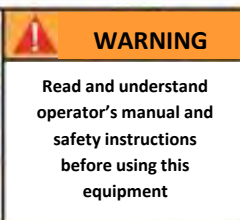
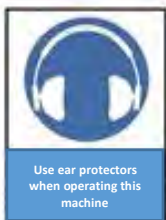
- With a moving part cover;
- The operating and safety instructions are in local language;
- Read and understand the operator's manual and safety instructions before making decision to buy



Only a qualified person should do maintenance of machines

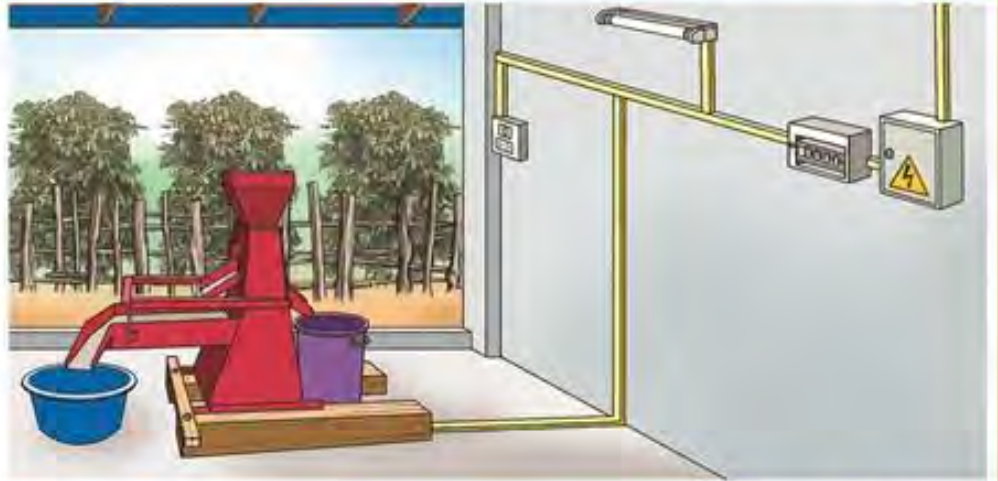


Warning signs for machine safety



Electrical and Fire Safety

Safe electrical installation and connection



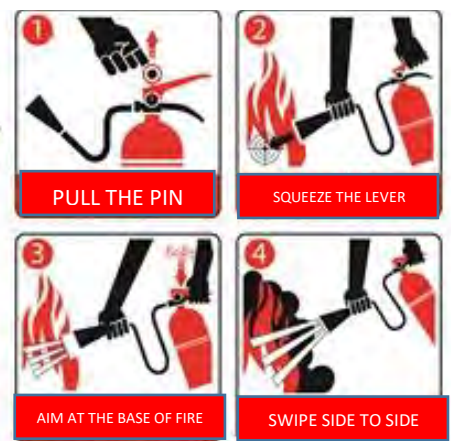
Impact of unsafe electrical installation and connection



Installation of a fire extinguisher within easy reach



The correct way to use fire extinguisher



Electrical safety warning signs



Chemical Safety

Agrochemicals commonly used in agriculture



Chemical fertilizer



Insecticide



Fungicide



Herbicide

Label of chemical and MSDS on the container should be in local language.



Follow and study carefully the instructions and MSDS when using a chemical



Store chemicals safely with a safe lock



Consequences of exposure to hazardous chemicals and First-aid treatment



Irritant injury caused by contact with toxic agrochemicals



Remove the casualty to an uncontaminated place



If agrochemicals enter the eyes, wash thoroughly with clean running water and then sending to hospital.



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SAFETY HEALTH FOR ALL

Biological Hazards: Snakes



Bamboo pit viper



Banded Kraits



Cobra



Siamese Viper



King Cobra



Blue Krait

First Aid for snakebite

Don'ts



Try to suck out venom.



Cut to make wound open.



Elevate the wound above the heart or chest level.



Tie ligatures around the wound that can impede blood circulation



Take pain relievers or herbal pastes over the wound



Dos



Do not be panic when you are bitten by snake, check the wound.

Venomous Snake



Non-Venomous Snake



Any snakebite, please contact hospital immediately.



Wash the wound with clean water and apply bandage



Restrict movement the affected limb



Transport quickly to hospital that can deliver emergency care.



Symptoms of venomous snakebites

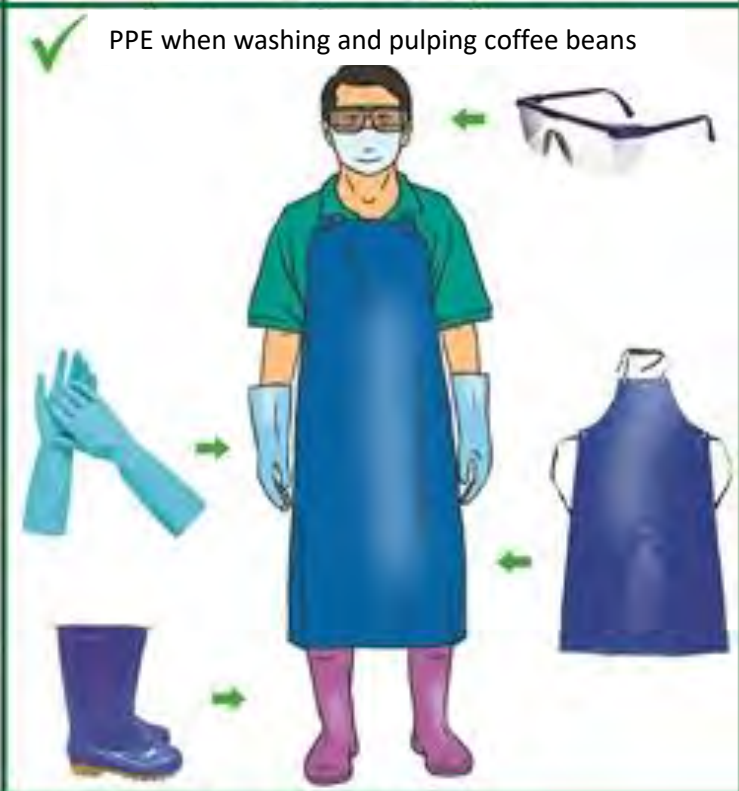
- ▶ Dizziness, fainting, increased thirst and headache
- ▶ Fever and severe pain
- ▶ Bleeding, fang marks, discoloration, burning sensation, swelling
- ▶ Bleeding spot, numbness, tingling on other skin site



- ▶ Blurriness
- ▶ Rapid pulse, low blood pressure, severe shock
- ▶ Convulsions, loss of coordination, weakness
- ▶ Nausea, vomiting diarrhoea



ອຸປະກອນ ແລະ ເຄື່ອງປ້ອງກັນຕົນເອງໃນຂະແໜງກະສິກໍາ



Maternity protection at work



NO handling of chemicals



Avoid working standing for too long - Provide chair for resting



Easily accessible toilets for pregnant workers



No exposure to the sun for long time



Resting room for pregnant workers



No heavy works including carrying heavy loads



Clean drinking water



Variety of nutritious foods for meals



Regular prenatal Health Check up

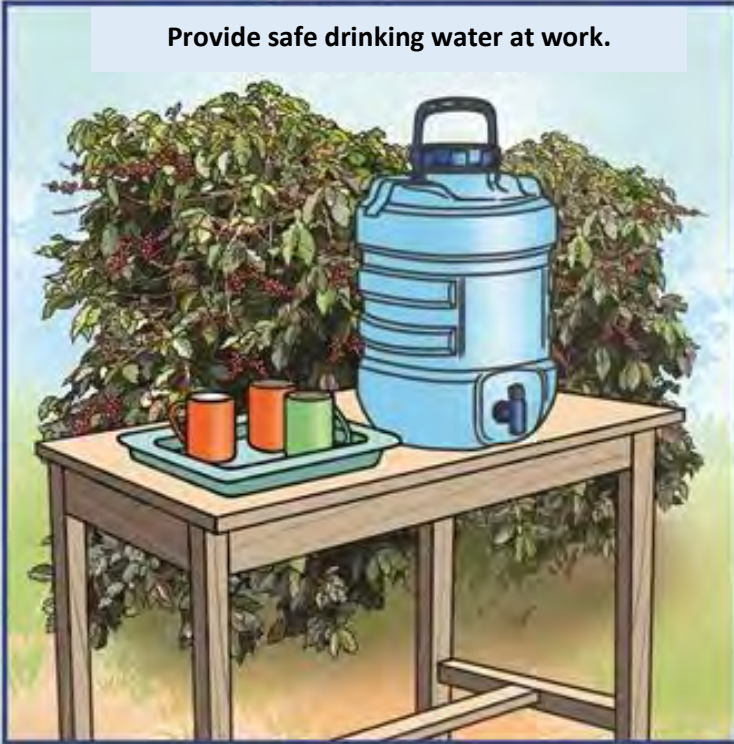


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Welfare facilities

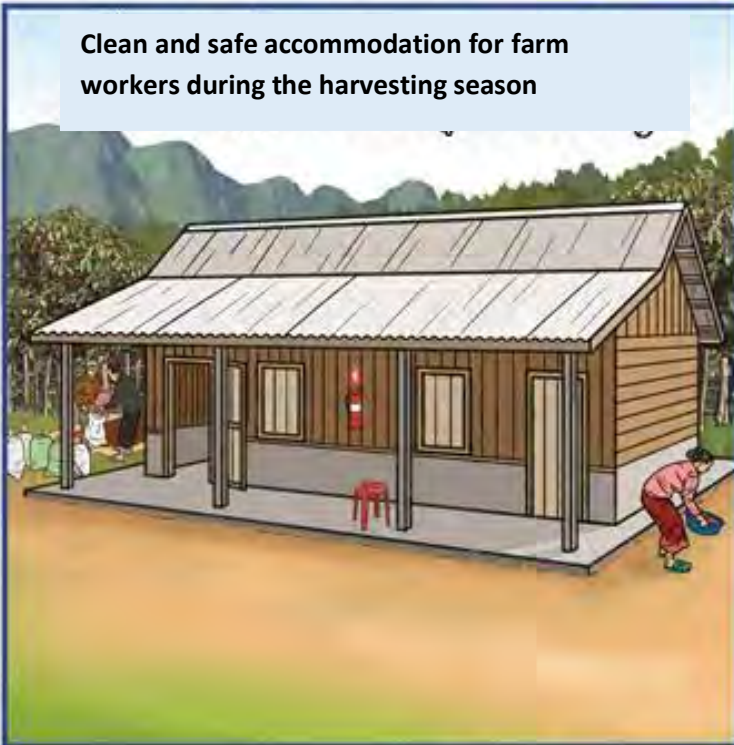
Provide safe drinking water at work.



Provide first aid kit and emergency contact number.



Clean and safe accommodation for farm workers during the harvesting season



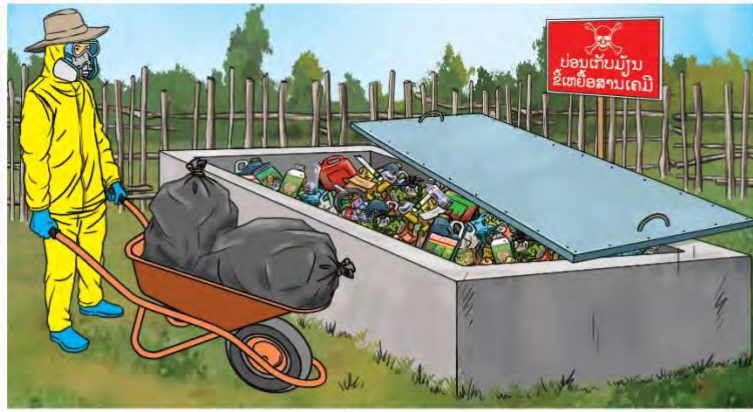
Provide rest place for farm workers



Clean toilets and washing facilities at plantation



Environmental Protection



Choose a site, far from living areas and sources of water, for disposal of agrochemical waste. Wear appropriate PPE.

Dispose safely of coffee waste (water and coffee pulp)



Coffee pulp is fermented into organic fertilizer

Wastewater should be treated before released into nature



Collect and separate waste and introduce recycling methods



Reduce amount of pesticides through adopting environmental-friendly pest management techniques

Workstation design

Keep frequently used tools and material within easy-reach (“Easy-to-reach Rule”)



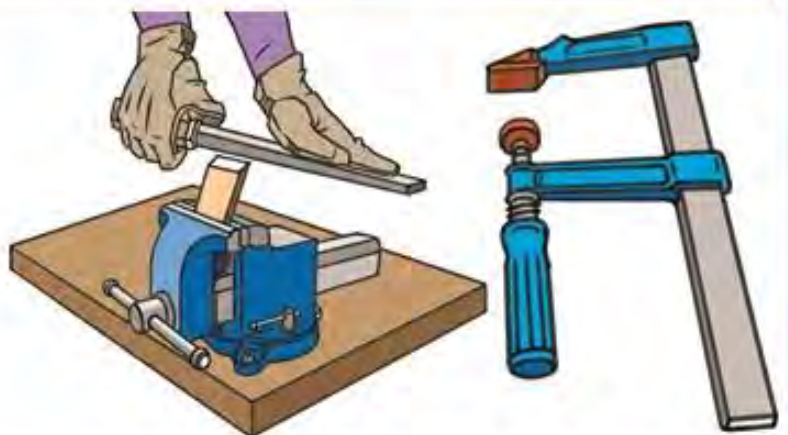
Provide a “Home” for each tool



Adjust the work height by using a stable foot platform corresponding to your elbow level



Use fixtures to allow both hands to move freely and work more productively.



Physical Environment

Pitch a simple shelter near the working area when working in strong sunlight.



Use local exhaust equipment to remove hazardous substances at source.



Use open doorways and windows to increase natural ventilation.



Use a task light to obtain sufficient lighting for precision or inspection work

