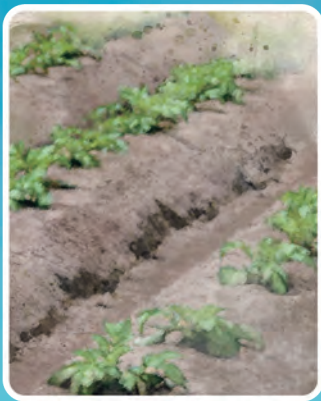




Safe Farming



**You are an important partner in supporting Japanese agriculture.
Here are the rules for working safely.**



1 Let's follow the rules

Understand how to do your work and what to watch out for



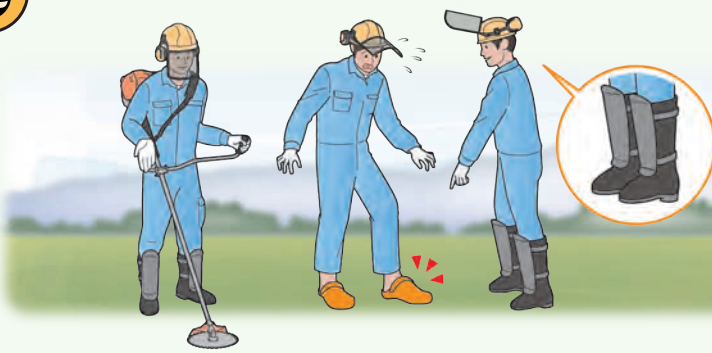
Listen carefully to explanations to prevent accidents



Actively ask questions if you don't know



Do safety checks for each other



Tips for when dealing with fire



Never stop watching the fire



Have water prepared for fire extinguishing

2 Let's get organized



Keep everything clean and organized so that nothing will fall on people



When the tools are organized, we can quickly see where they are

3 For everyday physical condition management



Don't stay up late or go out at night

Sleep



Get a good night's sleep

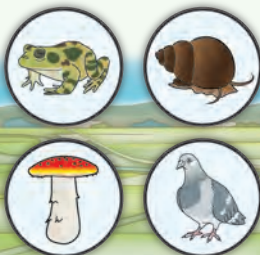


Do not wear clothes that do not match the temperature

Clothing



Choose clothes according to the temperature



Do not eat wild plants or animals without expert advice, as some are toxic or poisonous.

Food



Talk to your employer



4 If you feel sick, don't hesitate to ask what you should do



Stomach ache



Fever



Coughing



A rash or skin disorder



Fatigue



Do not work when you are sick



If you feel unwell, do not hesitate to discuss it with your employer



5 Get the right clothes and the protection you need

Proper clothing



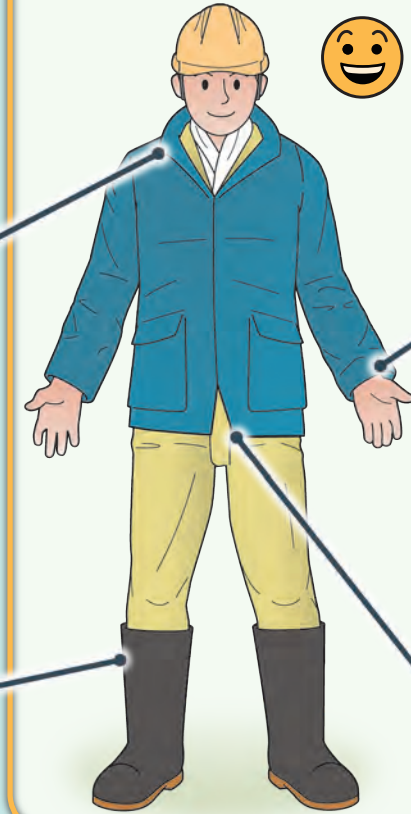
Dangling strings, untucked towels, or unsecured pants or shirt cuffs could all become tangled in a machine



Dangling strings/
Protruding or untucked
towels



Dangling strings



Unsecured pants
or shirt cuffs



Dangling strings



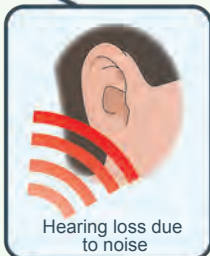
Protective gear according to work In the case of a mower (cutter)



Dust proof glasses



Safety helmet/hardhat



Hearing loss due
to noise



Earplugs/ear protectors



Numbness of fingers
due to vibration



Gloves



Shin guards



Wear personal protective equipment to protect yourself from danger

6 For safe use of mowers, brush cutters and trimmers



When mowing on a slope



Stabilize your footing by using the small steps built into the slopes and planting your feet solidly



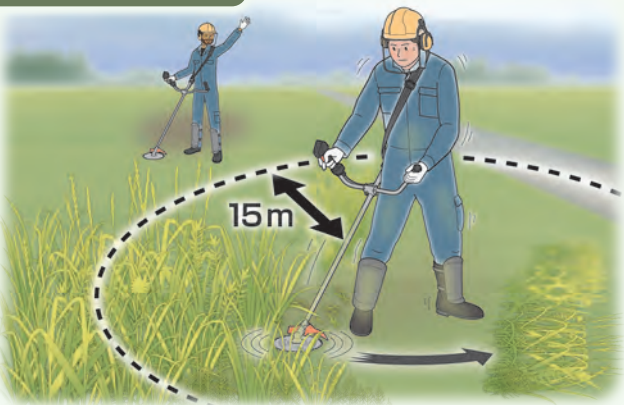
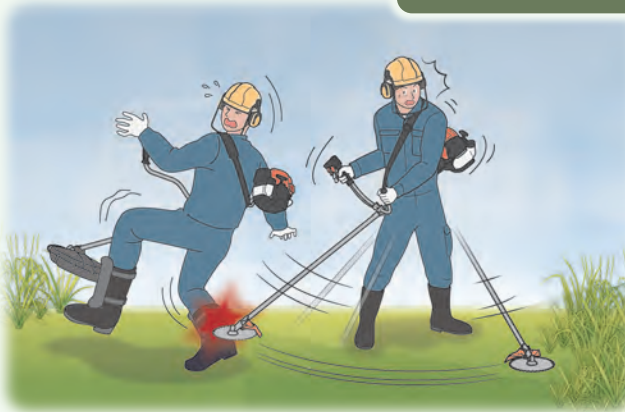
Hazards hidden in the grass



Remove obstacles and check for structures before starting work



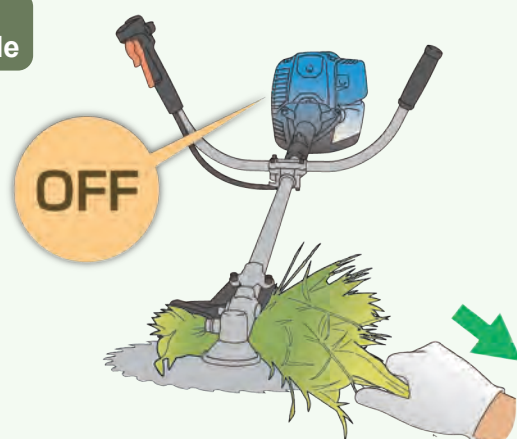
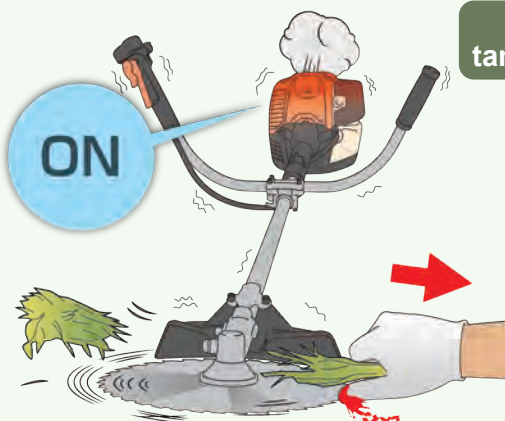
When working with multiple people



When two or more people are working together, keep a safe distance away from each other



When grass is tangled in the blade



Always stop the engine even if it is troublesome

7 Using tillers safely



When walking in reverse



If you don't check your footing behind you, you will stumble on something small



Remove any foreign objects and carefully check your footing behind you



When working in hard soil



When tilling speed is too fast, the tiller may move suddenly



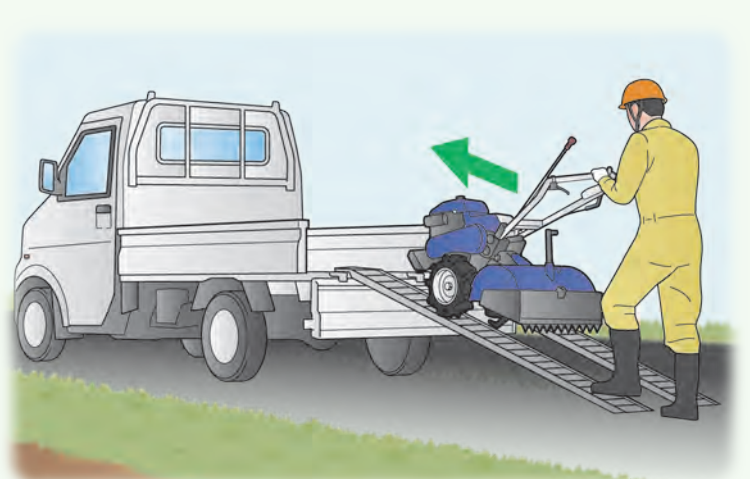
Plow with a slow and steady tilling speed



When moving around the tiller



Do not overdo it



Load and unload using a ramp

8 When working on high places



Always wear a hardhat/helmet anywhere off the ground



9 When working on stepladders



Do not lean away from on the stepladder



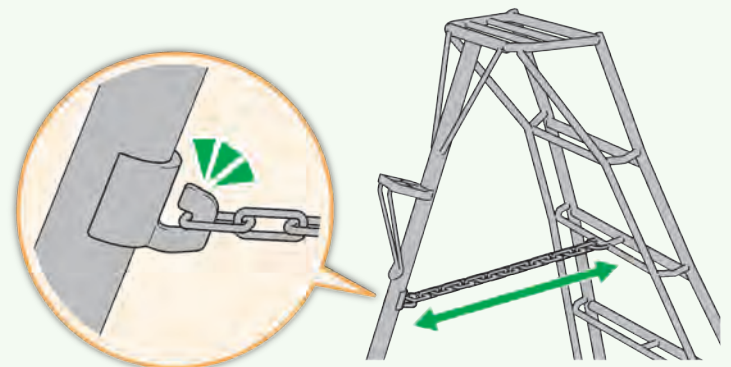
Do not go up and down the ladder with a heavy object with one hand



Do not stand on the top step of the ladder



With both feet, shift your full weight downward quickly to stabilize the stepladder



Attach the leg-opening-prevention chain

10 For back pain prevention



Bending and lifting puts too much weight on your lower spine

How to safely lift heavy items

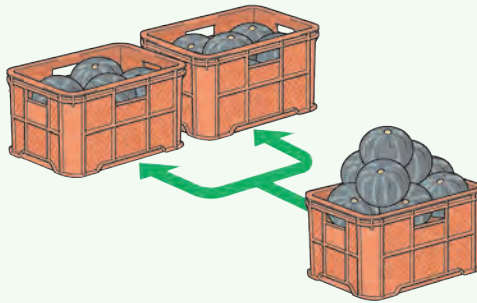


Lower your hips, pull the object close to your body and lift



Do not overdo it

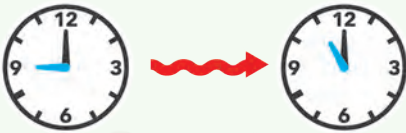
When carrying heavy objects



Distribute evenly and carry separately

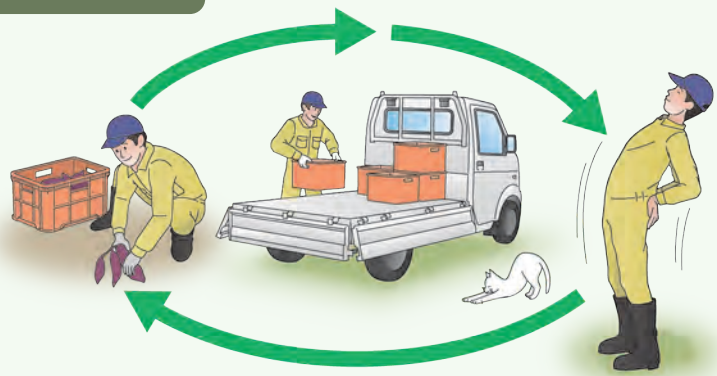


Two people can carry it together



Do not stay in the same posture

Task rotation



Combine several work postures and stretch in between



If you experience lower back pain



Consult your employer and get an examination early



11 For heat stroke prevention

How to stay hydrated



Drinking more water at one time does not help



Take water and salt frequently even if your throat does not feel dry



A scheme to create shade



12 For field farming and gardening work



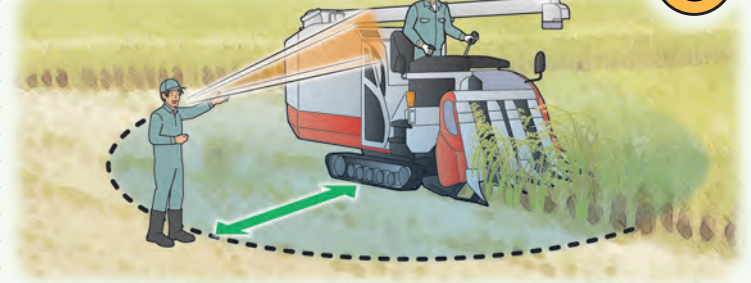
Make your posture more comfortable



Working around large agricultural machines



Keep away from positions not visible to the operator



Signal the operator when approaching

13 When working on fruit trees



When transporting crops



Use machine power as much as possible

14 For livestock raising

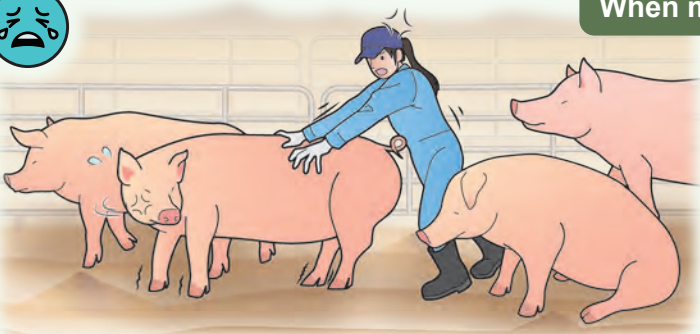


When approaching a cow

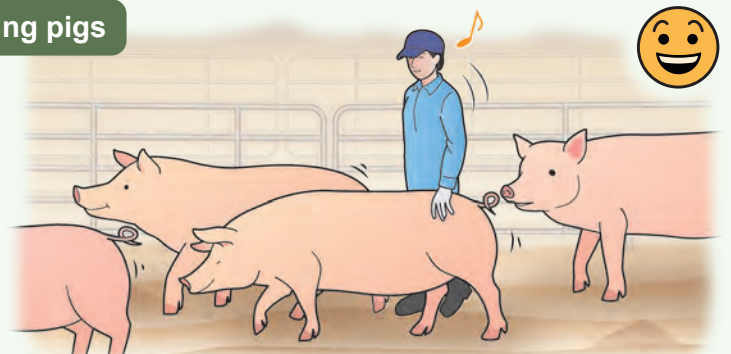


Do not suddenly approach animals from behind

Approach them gently while calling out



When moving pigs



Don't try too hard to force the disagreeable pigs to move

Start guiding the moving pigs first then guide the others



At the chicken farm



Do not stay in the same posture

Stretch during breaks

15 Using pesticides safely



Do not mix pesticides with your bare hands



Clothing when spraying pesticides



Wear masks and goggles, long sleeves, and rubber gloves



Use an appropriate tool when mixing pesticides



Keep rubber pants cuffs out of the boots



After spraying pesticides



Do not eat with dirty hands



Do not rub your eyes



Wash your hands



Gargle



Wash your face



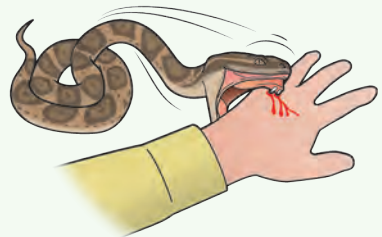
Wash your body



Wash your clothes



16 If you get injured



Don't neglect such things even if you have decided they are fine



Report it to your employer immediately



17 Let's talk without having to worry



Relationships with colleagues



Financial problems



Communication problems



Homesickness



Do not keep your worries and stress to yourself



Discuss it with the people around you instead of keeping it to yourself



Safe farming (table of contents)

Before you start working ① ~ ⑤

- ① Let's follow the rules
- ② Let's get organized
- ③ For everyday physical condition management
- ④ If you feel sick, don't hesitate to ask what you should do
- ⑤ Get the right clothes and the protection you need

Things to be careful of at work ⑥ ~ ⑮

- ⑥ For safe use of mowers, brush cutters and trimmers
- ⑦ Using tillers safely
- ⑧ When working on high places
- ⑨ When working on stepladders

- ⑩ For back pain prevention
- ⑪ For heat stroke prevention
- ⑫ For field farming and gardening work
- ⑬ When working on fruit trees
- ⑭ For livestock raising
- ⑮ Using pesticides safely

When you have a problem ⑯ ~ ⑰

- ⑯ If you get injured
- ⑰ Let's talk without having to worry

Our hope is the health and safety of everyone

