

## What?

### NC Agromedicine Institute

- Goal - to promote safety among farmers, foresters, fishermen, their families, and communities in North Carolina.
- The institute achieves this via performing research, proposing prevention and intervention strategies, and providing education to workers and organizations involved in this profession.

### Collaborators

- Amexcan
  - Promotes the active participation of Mexicans and Latinos in their communities.
  - Encourages these communities through culture, education, leadership, health, and advocacy.
- Migrant Clinicians Network
- Northeast Center for Occupational Health and Safety

## ACKNOWLEDGEMENTS

- NC Agromedicine Institute
- Amexcan
- Migrant Clinicians Network
- Northeast Center for Occupational Health and Safety

## So What?

- Agricultural work remains one of the most hazardous professions in terms of fatalities and injury.
- On average, 100 farm workers per day receive injuries that cause them to be unable to work for periods of time<sup>3</sup>.
- In 2008-2010, 50% of crop worker injuries were due to strain or sprain<sup>3</sup>.
- Evidence suggests that stretching reduces the risk of muscle strain injuries<sup>1</sup>.

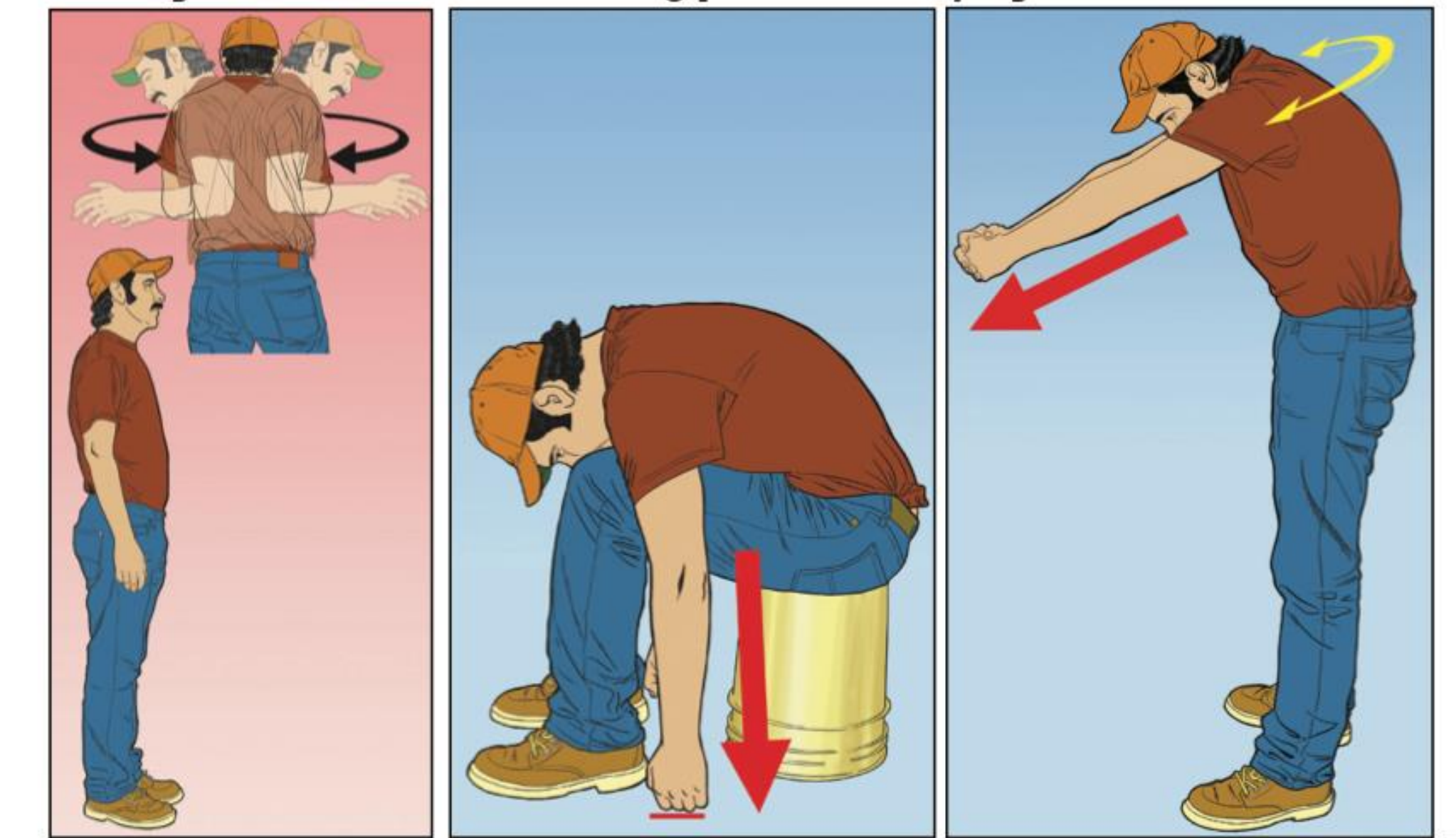


## Now What?

If you sit or bend forward for long periods of time, try these stretches:



If you twist and stand for long period of time, try these stretches:



- Develop a training program that teaches various stretching exercises and posturing/lifting techniques to individuals who interact with farm workers regularly.
- These “trainers” can lead pre-work stretching and posture education sessions that will hopefully reduce musculoskeletal injuries among agricultural workers.
- Record the number of ¡CUÍDATE!<sup>2</sup> training comics given as a guide to educate agricultural workers about safe and effective ways that they can reduce work-related muscular injuries.

### References:

1. McHugh, M P, and C H Cosgrave. “To stretch or not to stretch: the role of stretching in injury prevention and performance.” *Scandinavian journal of medicine & science in sports* vol. 20,2 (2010): 169-81. doi:10.1111/j.1600-0838.2009.01058.x
2. Saenz, Salvador, et al. “¡CUÍDATE! A Simple Guide For Preventing Muscle Injuries at Work.” *Migrant Clinicians Network and the Northeast Center for Occupational Health and Safety*, 14 Aug. 2019. Accessed 20 July 2022.
3. The National Institute for Occupational Safety and Health. “Agricultural Safety.” *Centers for Disease Control and Prevention*, 21 Sept. 2021, <https://www.cdc.gov/niosh/topics/aginjury/default.html>. Accessed 20 July 2022.