

こう しゅ のう ぎょう しょく しゅ じゅう じ がい こく じん ぎ のう じっしゅう せい
耕種農業職種に従事する外国人技能実習生の
あん ぜん けん こう かく ほ む
安全と健康確保に向けて

Ensuring the Safety and Health of Technical Intern Trainees Involved in Cultivation Agriculture



The first step to making sure that technical intern trainees who come to Japan complete their training without injury or illness is for all involved parties to work together to create a conducive environment.

JITCO

Understand the basics of safety and hygiene

- 作業手順確認
- 健康診断受診
- 作業指示の遵守
- 規則正しい生活
(食事・睡眠・適度な運動)
- 不安全行動をしない
- 技能等を修得
- 職務に専念
- 日本語修得



- Review work procedures
- Follow instructions
- Exercise caution at all times
- Concentrate on duties
- Get medical checkups
- Follow a healthy routine (get enough sleep and exercise, eat a healthy diet)
- Acquire skills and knowledge
- Learn Japanese



つらくぼうし きつ
墜落防止に気を付ける！

Take precautions to prevent falling.



ふ あんぜんこうどう
不安全行動をしない！

Exercise caution at all times.



Complete forklift operator's training.

ひつよう しかく しゅとく
必要な資格を取得！

Get all necessary certification.

Wear proper clothing and safety gear to protect yourself

ふくそ う きけん もと
(だらしない服装は危険の元)

(Clothing worn loose and open can create dangerous situations.)



Correct



Wrong



き ほ ご く かなら ちゃくよう
● 決められた保護具は必ず着用する

さぎょうてしゅん まも
・ 作業手順を守ろう

てんけん わす
・ いつも点検を忘れずに

● Always wear prescribed safety gear.

・ Follow all operational procedures.

・ Do not forget to review checklist.



Follow four basic steps for safety at work (organize/put away/clear/clean)

Clean farming equipment and tools in designated cleaning areas.

Cover all blades.



Remember and follow the four basic steps, which are key to the Japanese culture of safety.

Proper planning makes the day's work go smoothly

Review work plans.



Be sure to perform self-check of your clothing and protective gear before starting work.

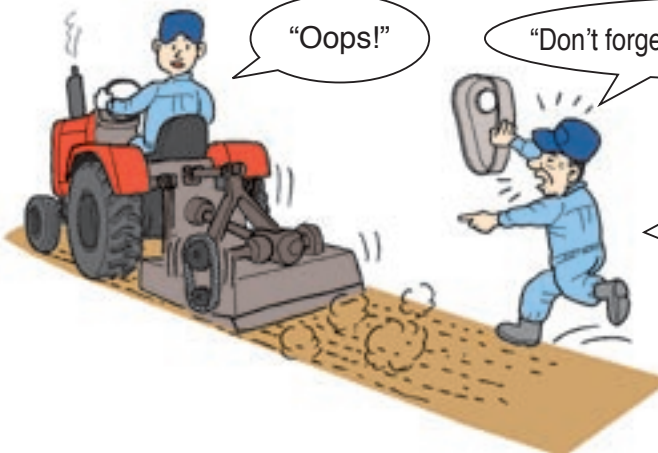
"Wheeeet!"



When working with others, be sure to carefully follow the signals you are given.

"Oops!"

"Don't forget to put the cover back on!"



Never forget to put safety covers that have been removed back in place before operating machinery.

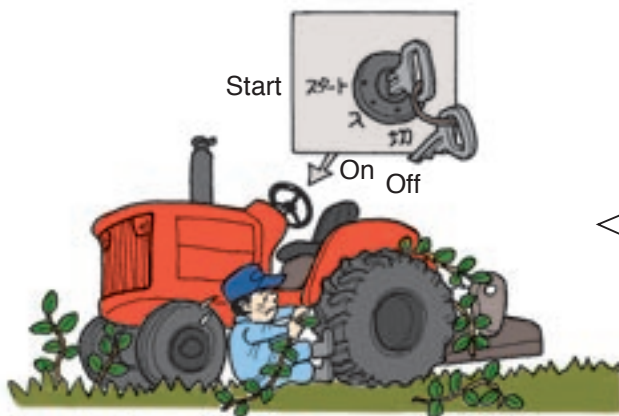
Exercise extreme caution when operating farm equipment

If you need to speak with a driver, call to him from in front of the vehicle.



When tractors and manual or power tillers are being used for the building of rice field ridges or transplantation of seedlings, do not approach moving equipment or conveyors.

Only designated persons may operate equipment.



If equipment is clogged, wait until the engine comes to a stop before touching the machine.



When pulling manually operated farm equipment, be sure to check behind you.

Take precautions to prevent falling off truck beds



Do not jump onto or off of the truck bed. This can cause injury.

On rainy days and in inclement conditions, long boots can become slippery when coated in mud. Take precautions while working to not slip off of the truck bed.

When engaged in loading work, be careful to keep your hands clear of the machinery and your feet and legs clear of the conveyor belt.



Handle brush cutters with extreme caution



Wear appropriate clothing and protective gear while operating brush cutters.



Clear away empty cans and other foreign objects before cutting brush.



Stand in front of anyone operating a brush cutter, and use only safe methods to get their attention.

Take precautions to prevent getting caught by moving parts

Do not remove safety devices (covers, etc.) unless instructed.

✗
Wrong



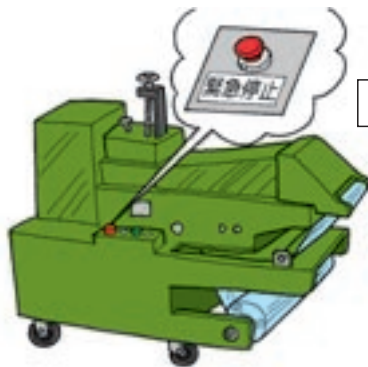
Do not touch the switches while the equipment is stopped for inspection/repair.

✗
Wrong

Under Repair.
Do Not Touch.



Examples of English switch labels
(Automatic wrapping machine)



Emergency stop

If the equipment stops due to a malfunction, turn off the power.



Be sure that electric cords and other cables are not obstructing pathways.

Easy-to-use equipment can also cause injury



Correct

When placing a ladder, set it on flat ground at a safe angle.



Wrong



Correct

Properly engage locking spreader bar.



Wrong



Always engage the ladder locking spreader bar.
Never stand on the top rung of the ladder while working.
Pack soft ground down firmly before stepping on ladders.

Take precautions to prevent self-inflicted poisoning when spraying pesticide

さんぶじ そうび
散布時の装備

Protective gear for pesticide spraying



Take precautions to prevent heatstroke when working under sun or in a greenhouse

Preventing heatstroke

The most important ways to prevent heatstroke are to stay hydrated and to avoid the heat.



Dress to protect against the heat

- Wear a hat.
- Wear clothing that breathes well.



Hydrate and replenish lost salts.

- Drink liquids and replenish lost salts as often as possible.
- Avoid working when the temperature is high.
- Take frequent breaks.

Create a heatstroke-resistant environment

- Use ventilation in greenhouses, barns and other facilities.
- Keep temperature from rising by adding shades and insulation.



Treating heatstroke when it occurs



1. Evacuate to a cool area
2. Remove clothing and cool body down
3. Hydrate and replenish lost salts
4. Call ambulance immediately if victim cannot drink liquid on his or her own or has lost consciousness.



Take precautions to protect your back muscles when moving heavy objects or working in an unnatural position

ひく に も
ヒザより低い荷を持ち
あ とき こし おと
上げる時は腰を落して

Lower your back when
lifting objects lower than
knee level.



に からだ ちか
荷を体を近づける

Stand close to objects
when lifting.



うんばんだいしゃ りょう
運搬台車があれば利用する

Use dolly whenever
available.



て きぎょう くふう ひつよう
手作業の工夫も必要

Find the best way to
carry loads manually.



いちど はこ こわ
一度に運ばず小分けして
はこ
運ぶことも

Divide single large loads
into multiple small loads
to be carried.



Take extra precautions when riding bicycles in the dark

Bicyclists should, as a rule, ride in the street or, in certain cases only, on sidewalks.

The Road Traffic Law of Japan designate bicycles as light vehicles. Bicyclists are therefore required, as a general principle, to ride with car traffic on roads that are divided into vehicle and pedestrian lanes.



Bicycles and cars drive on the left side of the road.



Bicyclists must ride on the left side of the road and pass other vehicles on the left.

Pedestrians have the right of way on sidewalks and in pedestrian lanes. All vehicles must yield to pedestrians.

On sidewalks bicyclists must ride at a speed slow enough to stop immediately and must come to a stop if they might interfere with pedestrian movement.



Follow Safety Rules

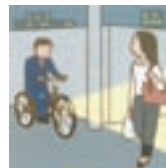
Do not ride after drinking

As with cars, riding a bicycle under the influence of alcohol is also prohibited.



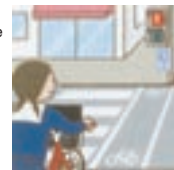
Bicyclists must use a light when riding at night. Wear reflective clothing.

When riding at night, bicyclists must use a front light and back light (or light reflectors). Also be sure to wear reflective clothing that allows others on the road to see you.



Obey all traffic signals.

Bicyclists must obey all traffic signals. When there is a separate traffic signal for pedestrians and bicyclists, bicyclists must obey this designated signal.



Stop at all intersections and check oncoming traffic.

Obey stop signs, and stop whenever a narrow road opens up on to a large road. Always check for oncoming traffic before proceeding.



Do not ride while using cell phones.

Stop!

Do not ride while holding an umbrella.



When walking or riding a bicycle at night on a road or other dark place, be sure to wear reflective clothing that allows others to notice you easily.

Bridge language and cultural barriers for a more enjoyable training experience

Try to acclimate yourself to Japanese customs and learn the Japanese approach to work as quickly as possible.

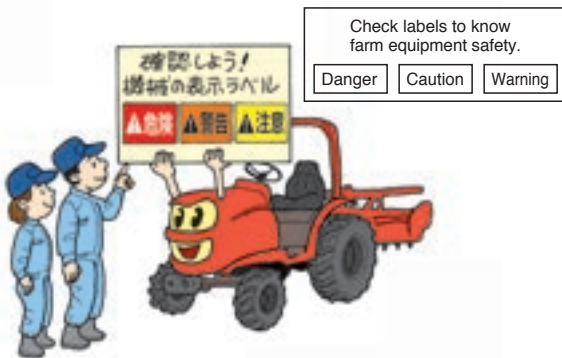
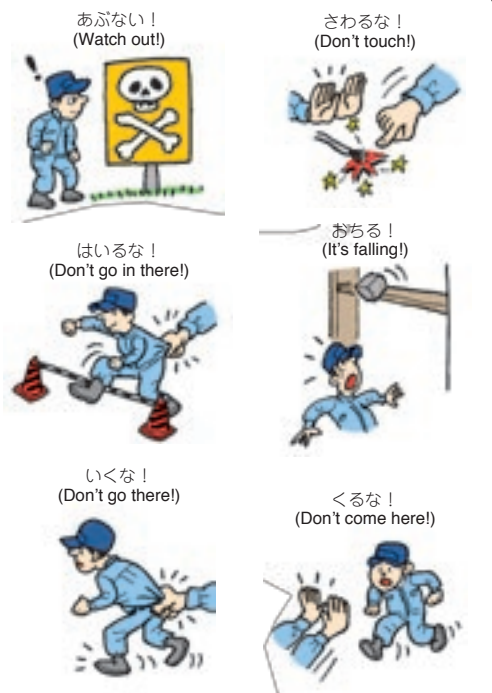
"Watch me first. This is how you do it."

"I see!"



If you do not fully understand the instructions you are given, do not leave them. Ask as many questions as necessary until you completely understand.

Do not become complacent once you are used to a job. Always concentrate on performing your job safely by following the proper procedures.



Work on improving your Japanese language skills every day so that you can understand instructions and explanations in Japanese.

(1) Make a self-check concerning your physical and mental health conditions

Let's CHECK!

Physical and Mental Health Check Sheet

Check items that apply to you within the past month.

1. Feel irritable	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
2. Feel anxious	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
3. Feel restless	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
4. Feel depressed	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
5. Cannot sleep	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
6. Feel unwell	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
7. Cannot concentrate	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
8. Make many mistakes	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
9. Feel extremely sleepy during work	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
10. Feel unmotivated	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
11. Feel exhausted (excluding following exercise)	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
12. Feel exhausted upon waking in the morning	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)
13. Get tired more easily than before	<input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> Often (3)

Add up the numbers in parentheses.

Total: _____ **points**



Diagnosis Your degree of fatigue is...

0-4 points Level 1	5-10 points Level 2	11-20 points Level 3	21 points or more Level 4
Low	Slightly High	High	Extremely high!

➔ People at levels 3 and 4 need to be especially careful.

(2) Be prepared for emergencies

● Call an ambulance by dialing 119 on a telephone.

1. Give the operator your location information (address).
2. Explain the situation (what happened to who, when, where, and how are they doing now).



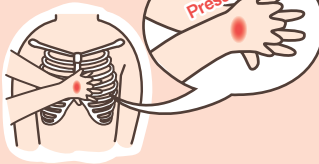
● Apply Chest Compressions

If the person does not respond when you call him or her in a loud voice while tapping on a shoulder and is either not breathing or breathing irregularly as if sobbing convulsively, apply chest compressions repeatedly until an ambulance arrives.

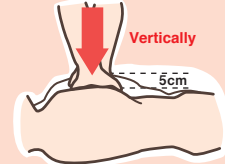
- 1** Lay the patient face up. Then kneel to the side of the patient's chest.



- 2** The point to apply compressions is the lower half of the sternum (the bone in the middle of the chest).



- 3** Apply adequate pressure to depress the chest at least 5 cm vertically. Then release the pressure so that the chest wall returns to its original position.



- 4** Repeat the application and release of pressure at a fast tempo of at least 100 repetitions per minute.



More than 100 times!

- 5** Do not stop the chest compressions. If there is more than one rescuer, switch every 1-2 minutes and keep going.



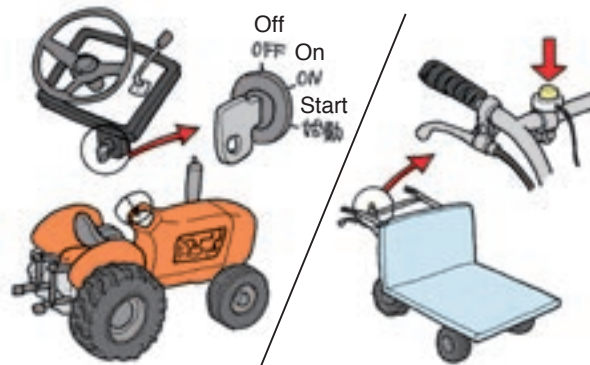
Note!

Starting chest compressions as soon as possible is very important in cardiopulmonary resuscitation. Every minute and second counts.

● Master the procedures for shutting equipment down in emergency situations.

Each machine has a different mechanism for shutting down depending on the piece of equipment and when it was manufactured. Be sure to master the specific method for shut down before using any piece of equipment.

● Engine shutdown mechanism and operating procedure



(3) Take precautions to prevent fire at home

ぼうか　こころえ
◎防火の心得

Fire prevention rules



Be sure to dispose of your cigarette butts properly.

ね　ぜったい
寝たばこは絶対にやめる

Never smoke in bed.

かき　しょうばしょ　せいりせいとん
火気使用場所の整理整頓

Keep areas where you use lighters, gas and electricity neat and clean.



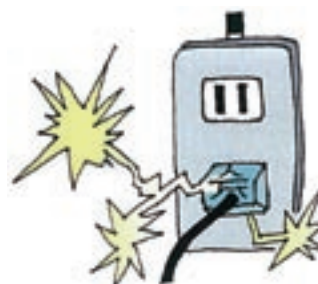
まわ　もの　お
ストーブの周りには物を置かない

Keep area around heater clear.



ちょうり　ちゅう　はな
調理中はこんろから離れな
いようにする

Do not leave stove unattended when cooking.



そうじ　こころ
コンセントの掃除を心がけタコ
あしはいせん
足配線はしない

Be sure to clean around electrical outlets, and do not plug more than one cord into a single outlet.



"Stay calm."

しょうかき　つか
消火器の使い
かた　おぼ
方を覚える

Learn how to use the fire extinguisher.



まん　いち　そな
万が一に備え
ひなんけいろ
て避難経路を
かくにん
確認しておく

Know where the emergency exits are in case of fire.

JITCO