



WORK SAFE IN AGRICULTURE AND IN REMOTE AREAS

PREVENTION, SELF-RESCUE AND EMERGENCY MANAGEMENT

1 PREPARE BEFORE STARTING WORK



- Be aware of the risks associated with working in the countryside and in remote areas.
- Consider that an emergency can happen at any time.
- Assess weather conditions (meteorological, heat, cold, and dehydration).
- Take care of your physical condition and follow a healthy lifestyle.

2 TRAINING AND DRILLS



- Attend first aid training courses.
- Learn self-rescue techniques and reciprocal rescue.
- Learn how to perform:
 - control of severe bleeding
 - airway clearance
 - cardiopulmonary resuscitation (CPR)
 - use of the defibrillator (AED)

3 DO NOT WORK "INVISIBLE"



- Always inform someone of your location and activities.
- Keep in regular contact with your colleagues or employer.
- Use alert systems or "man down" devices whenever possible.
- Regularly check mobile phone coverage in the area.

4 COMMUNICATION AND REQUEST FOR HELP



- Always keep your charged mobile phone and accessible.
- Install geolocation-enabled emergency apps.
- Know the emergency numbers and calling procedures.
- In case of emergency, provide a precise location or use geolocation.

5 PAY ATTENTION TO PERSONAL CONDITIONS



- Report to the occupational physician any pathologies, allergies or particular conditions.
- Inform colleagues about situations that may require urgent intervention.
- Always carry any personal medications prescribed.

6 RECOMMENDED EQUIPMENT BEYOND THE MANDATORY KIT



- Thermal blanket.
- Material for controlling bleeding.
- Compressive bandages.
- Devices for protection from cold and heat.
- Additional first aid kit suited to the specific risks of the activity.

7 PROTECTION FROM COLD AND HEAT



- Protect yourself quickly from unfavorable weather conditions.
- Replace wet clothing promptly and if possible, ensure rewarming.
- Remember that hypothermia can worsen quickly in cold conditions.

8 THE MOST SERIOUS INCIDENTS TO PREVENT



- Serious bleeding.
- Cardiac arrest.
- Airway obstruction.
- Overturn of vehicles.
- Accidents with agricultural machines, knives and cutting tools.
- Tractor and agricultural machinery rollovers.

THE 4 KEY MESSAGES FROM THE EXPERT

1 PHYSICAL PREPARATION AND PAYING ATTENTION TO HEALTH



2 ALWAYS HAVE ADEQUATE MATERIALS AND EQUIPMENT



3 TRAIN AND PREPARE TO MANAGE FORESEEN EVENTS



4 NEVER UNDERESTIMATE THE RISK AND PLAN FOR THE EMERGENCY



SAFETY IS BUILT BEFORE THE EMERGENCY.



SCAN THE QR CODE AND LISTEN TO THE FULL EPISODE OF THE PODCAST "RITORNO AL SICURO" - Agriculture and first aid



Agriculture and first aid

RITORNO AL SICURO - Salute e Sicurezza sul Lavoro - Appunti a portata di mano