

# The Essential Worker

## Part 1: Centered on Safety



**Featuring:** Dr. Ashley Mcleod-Morin

### Main Ideas

- The agriculture industry has high rates of injuries and fatalities in the workplace.
- Centers for Disease Control and Prevention: National Institute for Occupational Safety and Health (CDC NIOSH) – Develops research and prevention programs to prioritize agricultural safety and health.
- Southeastern Coastal Center for Agricultural Health and Safety (SCCAHS) – Serves regional states by delivering programs that meet the needs of the working population.
- Migrant workers, fishery workers, forestry workers, and farmers are the target audience for SCCAHS.
- SCCAHS brings together experts from multiple disciplines and organizations to provide impactful, research-based programs to their stakeholders.

### Discussion Questions

1. What types of safety hazards are present in rural communities and farming operations?
2. Why are agricultural workers more at risk for health issues?
3. What are some obstacles to communicating health science and prevention programs to rural communities?
4. What disciplines and organizations collaborate with SCCAHS?
5. What are some long-term impacts from education and prevention programs created by the CDC NIOSH Centers for Agricultural Safety and Health, such as SCCAHS?
6. How can you advocate for agricultural health and safety in your community?

### Tips from the Speaker

1. It takes time and effort to make a difference.
2. Focus on how you can effectively deliver information to those who need it most.

### Other Resources

[SCCAHS.org](https://SCCAHS.org)

[PIECENTER.COM/MEDIA/PODCAST](https://PIECENTER.COM/MEDIA/PODCAST)



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## Part 2: My How, My Why, My Work:

Pacific Northwest

**Featuring:** Sarah Fish

### Main Ideas

- Sarah Fish communicates occupational health and safety issues through her work at the Pacific Northwest Agricultural Safety and Health Center (PNASH).
- Fishing, farming, and forestry are prominent industries PNASH works with.
- Logos and marketing materials serve as tools to connect with target audiences.
- Visuals play a significant role in storytelling.
- The use of diverse visuals allows for audiences to feel represented and connected with media.
- Communicators are emphasizing accessibility by creating media in multiple languages and adapting existing materials to better suit the visually and hearing impaired.

### Discussion Questions

1. What elements of the PNASH logo stick out to you? Why do you think the designer included these visuals?
2. What should a communicator be thinking about when delivering information to a diverse audience?
3. How can media be adapted to become more accessible?



### Tips from the Speaker

1. Adapt to your audience to effectively deliver information.
2. A good team and strong partnerships are essential in accomplishing goals.

### Other Resources

[deohs.washington.edu/pnash/](https://deohs.washington.edu/pnash/)

[PIECENTER.COM/MEDIA/PODCAST](https://piecenter.com/media/podcast)



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## Part 3: The Invisible Ones



**Featuring:** Nezahualcoyotl "Neza" Xiuhtecutli

### Main Ideas

- The Farmworker Association of Florida has offices across the state that serve rural communities by offering resources like identification cards, job trainings, and safety education.
- The Civic Engagement Program educates members on issues within the industry and hosts forums for participants to voice concern.
- The association's mission is to empower farmworkers through advocacy education.
- Educational programs cover health issues like heat exposure and workplace hazards.
- Many farmworkers live in poverty and struggle with accessing healthcare, transportation, and food.

### Discussion Questions

1. Why is an identification card a valuable resource to farmworkers?
2. Why is it important to educate farmworkers on self-advocacy?
3. What are some workplace hazards that might threaten the health of farmworkers?
4. How has legislation on farmworker health positively impacted the industry?
5. What do you know about the ways that food is harvested and the workers who harvest it?

### Tips from the Speaker

Self-advocacy is a powerful tool and valuable trait.

### Other Resources

[floridafarmworkers.org](http://floridafarmworkers.org)

[PIECENTER.COM/MEDIA/PODCAST](http://PIECENTER.COM/MEDIA/PODCAST)



# The Essential Worker



## Part 4: My How, My Why, My Work:

Great Plains

**Featuring:** Whitney Pennington

### Main Ideas

- Whitney Pennington promotes best practices for farm safety by creating real-world applications from research-based findings.
- The High Plains Intermountain Center for Agricultural Health and Safety (HICAHS) conducts research, education, and prevention/intervention programs to improve the health and safety of those working in agriculture, forestry and fishing in the High Plains and Intermountain Region.
- HICAHS uses YouTube videos as a tool to educate their target audience on safety issues.
- HICAHS plans to regionalize their social media platforms to encourage engagement and meet their target audience.

### Discussion Questions

1. What do the different elements of the HICAHS logo mean to you?
2. What tools or platforms can be used to deliver information to the public?
3. Who is included in the HICAHS network of intermediaries?
4. What do think are the most efficient ways to outreach information? What factors do you have to consider before outreach?



### Tips from the Speaker

1. Working with intermediaries allows for effective and efficient distribution of information.
2. It's going to take all of us to make a change.

### Other Resources

[vetmedbiosci.colostate.edu/hicahs/](http://vetmedbiosci.colostate.edu/hicahs/)

**[PIECENTER.COM/MEDIA/PODCAST](http://PIECENTER.COM/MEDIA/PODCAST)**



# The Essential Worker

## Part 5: Of Unknown Etiology: Understanding



### Kidney Disease in the Workforce

**Featuring:** Dr. Chris Vulpe

#### Main Ideas

- Chronic kidney disease of unknown etiology (CKDu) is common in agricultural workers in different geographic regions throughout the world and its causes are still a mystery.
- Kidneys are responsible for filtering toxins and waste from the body and secrete hormones that aid in keeping the body functioning.
- Researchers collect data through trials with rats that expose them to certain chemicals and heat to learn more about the impacts on the body.
- The animal model provides researchers with a controlled environment to test different factors that may contribute to the development of disease.
- Animal models are often used when there are no human or cell-based methods available. The use of animals is a last resort and leads to scientific discoveries that improve human health.

#### Discussion Questions

1. What are the three chemicals researchers are looking into that may play a role in the development of CKDu?
2. What are the limitations of studies on human populations and why is it difficult to make a causal connection to disease?
3. Why are animals used in research on human health?
4. Why is finding the cause of CKDu important? Who could benefit from this research?

#### Tips from the Speaker

Researching complex problems can lead to groundbreaking discoveries.

#### Other Resources

<http://www.vulpelab.net/>  
<http://www.sccaahs.org/index.php/research/heat-and-pesticide-stress-in-the-kidney/>

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# The Essential Worker

## Part 6: My How, My Why, My Work:



Southwest

**Featuring:** Amanda Wickman

### Main Ideas

- Amanda Wickman is the program director for the Southwest Center for Agricultural Health, Injury Prevention and Education, serving Texas, Arkansas, Oklahoma, Louisiana, and New Mexico.
- This center works with several industries, including agriculture, forestry, logging, and commercial fishing.
- Wickman's team focuses on meeting the needs of special populations. Their research initiatives work to overcome language and cultural barriers to provide enriching educational materials.
- Wickman works with intermediaries like agriculture teachers, extension agents, and industry leaders to make an impact in the five states her team serves.
- The center is forming connections with other organizations like the Texas Department of Agriculture and Farm Bureau to reach broader audiences.

### Discussion Questions

1. What does the Southwest Center for Agricultural Health, Injury Prevention and Education do? What populations do they serve?
2. How can the center work to meet the needs of diverse audiences?
3. What are intermediaries? How can they help push new initiatives?
4. How can collaboration with different organizations further the center's mission?

### Tips from the Speaker

Think about the intermediaries who can help you make an impact.

### Other Resources

<https://www.uthct.edu/southwest-center-for-agricultural-health-injury-prevention-and-education-2/>

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