



**AGUA. SOMBRA. DESCANSOS.**

*Sin ellos no se puede trabajar.*



## Stay Safe While Working Outdoors

Do you work outdoors?

You have rights—regardless of legal status!

Your employer must provide the following:

### Water

Free, potable and fresh



- Shade and cool down rests (minimum 5 minutes)
- At 95° F (32.22 C) or above, farmworkers are entitled to 10 minute cool down breaks every 2 hours.

### Training



Access to first aid or emergency medical services

Have questions or need

to file a workplace safety report ?

Contact the UFW by text message: text CALOR to 877877

Call the UFW Foundation toll-free at 1-877-881-8281

Call Cal/OSHA toll-free at 1-877-99-CALOR (1-877-992-2567)