



Riverside County

AGRICULTURE

The official publication of Riverside County Farm Bureau, Inc.

A private, nonprofit organization serving farmers throughout Riverside County since 1917

Statewide Farm Worker Heat Stress Training Revisions

Once again we are in the month of May and that means another long hot summer in Riverside County is rapidly approaching.

Working outside during hot summer days can have serious consequences for outdoor workers. That is exactly why the Division of Occupational Safety and Health (DOSH) revised its guidance on how it will enforce the heat-illness prevention standard for outdoor employees.

Farm employers and farm labor contractors must train their employees about the hazards of working outside during hot summer conditions prior to placing the employee in a specific outdoor job. In addition to everything that DOSH requires in the standard training for employees, employers must now cover the revised standards including new water and shade requirements.

Water

- The employer must provide enough pure, fresh and cool water to allow every employee to drink at least one quart per hour until such time that the water supply is replenished.
- Water must be placed in readily accessible locations, as close to employees as is practicable.
- The employer may give each employee a small beverage container to be carried and used by the employee while working. The employee must be encouraged to refill the container from the employer's drinking -water supply and clean and maintain it as needed.
- When the air temperature exceeds 90 degrees F, ice should be on hand to cool the water.

Shade

- The employer must always be able to provide shade promptly upon an employee's request.
- Shade must be provided throughout a shift when the prior day's 5 pm National Weather Service forecast called for a high temperature of more than 85 degrees F.
- Even if forecasted high is 85 degrees F or less, shade must be present if the air temperature exceeds 90 degrees F.
- Alternative to the above: monitor the air temperature hourly, in which case shade must be present if temperature exceeds 85 degrees F.
- Shade must be present for at least 25% of a crew's employees so they may sit without touching each other.
- Where shade is sufficient for all of a crew's employees is not present, an employer must have a written procedure explaining how it will comply with the standard in case more than 25% want shade. For example, set-up more shade structures or rotate employees in and out of the shade at 5-minute intervals. Employers may also stagger rest and meal periods.
- Soil barrier (chairs and sheets) are needed for areas shaded by artificial means (pop-up canopy).
- No soil barrier is needed for a lawn, no matter how it's shaded.
- Shade must be as close as practicable; usually within a 2.5 minute walk but always within the shorter of a quarter-mile walk or 5 minutes from the employees.

If you employ outside workers, you must incorporate these new revisions into your companies written Heat-Illness Prevention Guide. You must also retrain each and every employee yearly or as new employees are hired about heat-illness prior to allowing them to work outside. Be sure to keep accurate written training records showing every employee has been trained on the hazards of working outside in extreme heat.

For additional information, go to the Cal-OSHA website at www.dir.ca.gov or download the questions and answer form from Farm Employers Labor Service (FELS) at www.FELS.org.

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Welcome New Members

**We would like to "Thank You" for becoming part
of the Farm Bureau Family.**

Did You Know.....

Green Greek Goddess

- The name asparagus comes from the Greek language and means "sprout" or "shoot."
- Asparagus is a member of the Lily family.
- Asparagus is related to onions, leeks, and garlic.
- One of the most popular varieties of green asparagus is named after Martha Washington, the wife of George Washington.
- California grows about 70% of all the asparagus grown in the United States.
- More than 50,000 tons of asparagus are grown in California every year.

IMPORTANT INFORMATION FOR OWNERS AND OPERATORS OF STATIONARY DIESEL AGRICULTURAL ENGINES GREATER THAN 50 HORSEPOWER

This is to notify owners and operators of agricultural engines located within the South Coast Air Quality Management District's (AQMD) jurisdiction of registration requirements mandated by the California Air Resources Board Airborne Toxic Control Measure (ATCM) for Stationary Compression Ignition Engines.

To comply with this ATCM, the South Coast Air Quality management District (AQMD) is required to have owners/operators of new and existing stationary agricultural diesel engines rated at greater than 50 horsepower register their engines with the AQMD. Portable agricultural engines with greater than 50 horsepower rating owned or operated by the agricultural source owner/operator are considered stationary and hence subject to registration requirements. This form must be completed for all agricultural diesel engines, except those used to power wind machines and mobile farm equipment such as trucks and tractors, and portable engines owned by a rental/leasing company.

Form 222-Ag is also available at the AQMD's website <http://www.aqmd.gov/prdas/docs/400E-222Ag.doc> A registration fee in the amount of \$163.71 is required

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for each engine. Registration forms submitted on or after July 1, 2009 may be subject to higher fees pursuant to AQMD's Rule 301.

Completed forms (Form 222-Ag) must be submitted by June 4, 2009 along with the filing fee (payable to SCAQMD) to the AQMD at:

SCAQMD
21865 Copley Drive
Diamond Bar, CA 91765
Attn: Raman C. Patel
Planning, Rule Development & Area Sources

For questions regarding the AQMD's registration program, contact Raman Patel, rpatel@aqmd.gov, (909) 396-2466 or Winnie Cho, wcho@aqmd.gov, (909) 396-2547

Walnuts linked to a healthier heart

Walnuts and fish products in the diet reduce the risk of coronary heart disease, according to a new study funded by the California Walnut Commission. The Loma Linda University authors say that including walnuts and fatty fish in a healthy diet lowered serum cholesterol and triglyceride concentrations. That reduces the chance for coronary heart disease. The study confirms previous findings by researchers at Pennsylvania State University and the University of Guelph.

Strawberries may lower cholesterol

A diet rich in strawberries can help reduce cholesterol, according to a 2 1/2-year study by the University of Toronto. Men and women were divided into two groups. Those who

United States Department of Agriculture



Funds are available for off-road agriculture equipment and conservation management practices

Ag Air Quality Workshops

Wednesday, 5/27

9 am: Thomason Tractor,
985 12th St, Firebaugh
2 pm: Fresno County Farm Bureau,
1274 W. Hedges Ave, Fresno
6 pm: Madera County Fairgrounds,
Van Alen Hall,
1850 W. Cleveland Ave, Madera

Friday, 5/29

9 am: Kern Ag Pavilion,
3300 E. Belle Terrace, Bakersfield
2 pm: Tulare County Ag Commissioner/UCCE Auditorium,
4437 S. Laspina, Tulare

Tuesday, 6/2

10 am: San Mateo County Fairgrounds EXPO Cafe,
2495 S. Delaware St, San Mateo
3 pm: Sonoma County Farm Bureau,
970 Piner Rd, Santa Rosa

Wednesday, 6/3

8 am: Yuba-Sutter County Fairgrounds, Franklin Hall,
442 Franklin Ave, Yuba City

Thursday, 6/4

2 pm: El Dorado County Ag Building,
311 Fair Lane, Placerville

Monday, 6/8

1 pm: U.C. Coop Extension, Ventura,
669 County Square Dr, Ste. 100, Ventura

Tuesday, 6/9

1:30 pm: Riverside County Farm Bureau,
21160 Box Springs Rd, Ste.102, Moreno Valley

Wednesday, 6/10

8 am: Imperial County Farm Bureau,
1000 Broadway, El Centro

Tuesday, 6/16

8 am: Merced County Farm Bureau,
646 S. Highway 59, Merced
1 pm: Stanislaus County Farm Bureau,
1201 L St, Modesto
5:30 pm: San Joaquin County Farm Bureau,
3290 N. Ad Art Rd, Stockton

Eligible Combustion Engines may include:

Tractors • Harvesters • Spray rigs • Portable & stationary irrigation pumps • Off-road vehicles; and other conservation management practices

Funds are available to farmers and ranchers interested in reducing air quality emissions from off-road mobile or stationary agricultural sources. The USDA-Natural Resources Conservation Service (NRCS) is now taking applications to provide cost-share funds to replace, repower, or retrofit existing engines under a new air quality provision of the 2008 Federal Farm Bill, provided through the Environmental Quality Incentives Program (EQIP). The deadline to apply is June 26, 2009.

Producers in 36 counties are eligible to use the funds to help reduce ozone and particulate matter emissions. Priority will be given to replacing older, higher-polluting engines with newer, reduced-emission technology engines that meet or exceed current emission standards. Stationary, portable and heavy-duty off-road mobile systems are eligible.

Other eligible practices to reduce fugitive dust (particulate matter) include conservation tillage, harvest activities, precision pest control and manure injection. Up to \$22 million is available for this program. In addition, certain regional Air Pollution Control Districts may provide co-funding opportunities.

A series of workshops is being held throughout California to provide detailed information on the program and to help prepare applications. Representatives from the USDA's NRCS and Farm Services Agencies (FSA), Regional Air Districts, agricultural associations and farm equipment dealers will be at each workshop to answer questions and to help producers determine if they are eligible for the program.



For complete details: <http://www.ca.nrcs.usda.gov/programs/eqip/2009/>.
For workshop details, contact your local ag organization.

ate about 3 cups of strawberries per day lowered their blood cholesterol and triglyceride levels. Earlier studies have shown strawberries to be rich in antioxidants and vitamin C. California strawberries are available year-round.

Wine may reduce risk of esophageal cancer

A recent study shows that people who drink a glass of red or white

wine daily have a 56 percent less chance of developing cancer of the esophagus. The Kaiser Permanente study looked at 953 men and women in Northern California between 2002 and 2005 to reach their conclusions. Researchers think that wine drinkers typically consume food with their wine, which reduces the potentially damaging effect of alcohol on esophageal tissue.

Take care to protect your back from injuries

By Mike Klimenko, Farm Bureau Group Manager

Did you know that back injuries are the leading cause of work-related disabilities? Four out of every five adults in America experiences back pain at one time or another. Some injuries are minor; others are chronic and long lasting.

But that doesn't mean a person should just give in to the inevitable. On the contrary, most of the pain and lost time from back injuries can be prevented if a person is aware of how the back functions and how to lift safely. Back pain is a warning that something is wrong. Recognize this warning and take steps to prevent a back problem from getting worse.

One sure way to risk injuring the back is to lift heavy or bulky loads improperly or unassisted. So don't be afraid to ask for help if a load is too heavy or awkward to be lifted easily. If the load is light, it is still important to use a proper lifting technique. Here are some suggestions for proper lifting:

- Move in so that your feet are close to the base of the object to be lifted.
- Face the object squarely. Bend your knees and squat over the item to be lifted. In this position, the back gets added lifting strength and power from the legs and arms.
- Move up close to the item, because the backbone must act as a supporting column, and it takes the least strain close in.
- Tilt the item on edge with its long axis straight up so that the center of the weight is as high as possible above the ground.
- Still squatting, the feet should be set with legs pointed right at the load, with the back straightened, the worker may then grasp the load with both arms and slowly stand up with it, pushing up with the leg muscles. If you can't lift slowly, you can't lift safely.

Proper lifting is an important step in prevention of back injuries, but it doesn't stop there. It is still possible to injure your back in the process of carrying the load from one location to another. Carry loads close to your body. When carrying a load, avoid bending or lifting upward unnecessarily. Keep as much of the load as possible at waist level.

A good way to help workers learn the right from the wrong way to lift is to have them practice lifting correctly a few times. They will notice that the correct way to lift is the easiest way to lift the load, with the least strain and awkwardness. To lift the wrong way will, over time, cause injury and pain.

There are also some general lifestyle choices that can reduce stress on your back. Sleep on a firm mattress, control your weight, get some exercise, and for men, take that bulging wallet out of your back pocket when you sit.

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LABELING WATER AS 'HUMAN USE' IS NONSENSE

By Mike Wade, Executive Director, California Farm Water Coalition

The label of "human use" has recently been applied to water used by the agricultural and urban sectors of our state in an attempt to distant this supply of water from the environment. It's almost to say that humans can only use a limited supply of water and any water that flows to the environment is off-limits.

It is true that water used on our farms is correctly labeled as "human use." Farmers are simply transferring that water into food and fiber products that are ultimately consumed by the public. The benefits of this water application and its resulting products are easily seen three times a day for most of us as we sit down for a meal. These benefits are also realized as we pull on those clothes made with cotton as we start each day.

In a worldwide view, the food and fiber produced on California farms find a way into markets in foreign countries. Too often the number of jobs created in the warehousing, trucking and shipping industries that feed this international market as a result of our farm production is overlooked.

Water used in the urban sector is certainly appropriate to be labeled as "human use." Take a look around your home and how many uses of water exist? Drinking, food preparation, indoor/outdoor water, swimming pools and more are certainly "human use" of water. Even the manufacturing industries use "human" water in their processes.

But to argue that environmental water is off-limits to "human use" ignores the reality of California water. Some folks consider environmental water as any water not used by the farming and urban sectors. If you want to take it to extremes, there are some who would claim that all water is environmental water and that ag and urban interest have raided the supply. Yet, there are other uses for this water that is ignored.

We are rapidly approaching the warm months of summer and many people will soon be hooking up their boats for a quick trip to a local lake or reservoir for a day of boating and skiing by family members and friends. Because some of this water may flow either to or from a body of water that has a wild and scenic river designation does it mean that it can't be used? Should we also eliminate fishermen along the banks of the Sacramento River or from the levees in the Delta because they are intruding on environmental water?

My point is that all water in California has multiple uses and to label a portion of it as "human use" is pure nonsense.

Water is a very valuable resource in California and we must work together to protect it for future generations. Advocating the "human use" doctrine is contrary to finding real answers to our water future.

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Farm Water Perspective is a regular feature provided by the California Farm Water Coalition. Farm Water Perspective focuses on the issues surrounding farm water in California, both statewide and regional. A photo of author Mike Wade is available upon request. Further information is available by calling the Coalition office at (916) 301-5030. The California Farm Water Coalition is a non-profit, public education organization whose membership represents more than 6 million of the 8 million irrigated acres in California.



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Spring's Arrival Brings Fresh California-Grown Avocados and Strawberries to Walmart

State and Local Entities, Business Celebrate California-Grown Produce at Walmart



Mayor McBride addresses Walmart customers about Walmart's commitment to purchasing local products and providing them to its customers.

Hemet, Calif., April 16, 2009 – Spring is in the air, which means fresh California-grown avocados and strawberries are hitting the produce aisles at Walmart supercenters throughout California, including in Hemet. In recognition of Spring's bounty, Walmart today hosted Hemet Mayor Eric McBride and Riverside County Deputy Agriculture Commissioner Ron Bray to highlight the partnership between Walmart and California farmers, as well as encourage customers to take advantage of fresh, locally-grown avocados and strawberries available at their local Walmart supercenter.

“Hemet is proud of our rich farming and agricultural tradition,” said Hemet Mayor Eric McBride. “We are also very pleased to have stores like Walmart that serve the local community, not only as a retailer, but by purchasing local products and providing them to our residents.”

“Partnerships such as this between Walmart and local Riverside County growers are a vital boost to the local economy,” said Riverside County Deputy Agricultural Commissioner Ron Bray. “Sourcing local agriculture creates jobs and provides fresh and nutritious California-grown products to consumers, and that's important for our health, local businesses and the environment.”

“Walmart's commitment to locally-grown produce allows customers to access affordable, high-quality fruits and vegetables while supporting local economies through our partnerships with local growers,” said Kimberly Sentovich, Regional General Manager and Vice President for Walmart Stores, Inc. “Our dedication to local farmers and growers allows us to bring customers fresh produce at the prices they can afford and the quality they deserve.”

“As a local avocado producer, I appreciate companies like Walmart that focus on local products,” said Bruce Dowhan, General Manager of Avocado Division, Giumarra of Escondido. “It is through their efforts that local jobs are created and customers receive the finest, healthiest and freshest produce available.”

“As a grower of California fresh strawberries, we provide Americans a healthy and delicious product,” Hank Laubacher of Mantalvo Berry Farms. “We also appreciate organizations like Walmart that recognize the importance of fresh produce and pushing for a healthy lifestyle.”



Ron Bray, Riverside County Deputy Agricultural Commissioner, addresses Walmart customers about the importance of partnerships such as between local Riverside County growers as a vital boost to the local economy.

About Wal-Mart Stores, Inc. (NYSE: WMT)

Wal-Mart Stores, Inc. operates Walmart discount stores, supercenters, Neighborhood Markets and Sam's Club locations in the United States. The company also operates in Argentina, Brazil, Canada, Chile, China, Costa Rica, El Salvador, Guatemala, Honduras, India, Japan, Mexico, Nicaragua, Puerto Rico and the United Kingdom. The company's common stock is listed on the New York Stock Exchange under the symbol WMT. More information about Wal-Mart can be found by visiting www.walmartstores.com. Online merchandise sales are available at www.walmart.com and www.samsclub.com



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2009 CALENDAR OF EVENTS

- ✦ June 9th – Ag Air Quality Workshop at the RCFB office – 1:30 pm.
- ✦ June 10th – RCFB Board meeting at the Farmhouse Restaurant – 5:30 pm.
- ✦ July 3rd – RCFB's office will be closed in observance of the Fourth of July.
- ✦ July 8th – RCFB Board meeting at the Farmhouse Restaurant – 5:30 pm.

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