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# Best Practices for Growing, Harvesting, and Handling Produce in the Field and the Packinghouse

*Mejores Prácticas de  
Cultivo, Cosecha y  
Manejo de Productos  
Agrícolas en el Campo y  
en la Empacadora*

A Training Guide  
*Guía de Entrenamiento*





Don't smoke, chew gum or tobacco, or wear jewelry when you work with produce in the field or the packing shed. You may have germs in your saliva or "spit," and when you put your hand to your mouth, your hands may get contaminated with germs. Then when you touch produce or containers, you can spread germs to the produce. Jewelry can also have germs on it, and if it gets into the produce you are working with, it can spread germs to the produce. It can also cause injury if someone eats it.

No fume, ni mastique chicle o tabaco, ni use joyas cuando trabaje con productos agrícolas en el campo o en el área de empaque. Es posible que tenga microbios (gérmenes) en su saliva o al escupir; y cuando se toca la boca, sus manos pueden contaminarse con microbios (gérmenes). Luego, cuando toca los productos o recipientes, puede propagar microbios (gérmenes) al producto. Las joyas también pueden tener microbios (gérmenes) y si caen en el producto agrícola con el que está trabajando, pueden propagar microbios (gérmenes) al producto. De igual manera, las joyas pueden causar lesiones si alguien se las come.



A



B



C



D



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7



8

- Follow directions carefully when using detergents, sanitizers or other chemicals.
- If you are working in the packinghouse and need to go to the toilet, hang your apron outside the toilet.
- Wear clean clothes, shoes, aprons, and hair coverings when working in the packinghouse.
- Tell your supervisor when you see a problem.
- When you clean surfaces, be sure to rinse, scrub with detergent, rinse detergent and debris away and spray with sanitizer. Always follow label directions to be sure detergents and sanitizers are effective.
- Eat only in the break area.
- Always wash your hands after going to the toilet, after taking a break, after changing tasks, and always before working with produce.

- Siga las instrucciones cuidadosamente al usar detergentes, desinfectantes u otros productos químicos.
- Si está trabajando en el área de empaque y necesita ir al baño, cuelgue su delantal fuera del baño.
- Cuando trabaje en el área de empaque, use ropa, zapatos, delantales limpios y una cofia o malla para cubrir el cabello.
- Cuando vea un problema avísele a su supervisor.
- Cuando limpie las superficies, asegúrese de enjuagar, tallar con detergente, enjuagar el detergente, y los residuos y rociar con desinfectante. Siempre siga las instrucciones de la etiqueta para asegurarse de que los detergentes y desinfectantes sean efectivos.
- Coma solamente en el área designada para el descanso.
- Siempre lávese las manos después de ir al baño, después de tomar un descanso, después de cambiar de tarea, y siempre antes de trabajar con los productos de cosecha.