



Hired Latinx Child Farmworkers: INJURIES TO MUSCLES AND JOINTS

Over time, farmworkers can develop injuries to muscles and joints. These are due to working in awkward postures, lifting heavy loads, and repeating the same motions over and over. In hired child farmworkers, such injuries can become chronic problems and lead to health issues in the future.

Researchers in North Carolina interviewed over 230 hired Latinx child farmworkers ages 10-17. Children reported pain with heavy labor. Children reported work stresses that may eventually cause significant health problems.

CHILDREN SAY THEIR LONG HOURS IN THE FIELDS CAUSE MUSCLE PAIN

My feet hurt from standing all day.

You bend over all day. At night it hurts.

With sweet potatoes, you gotta bend down. You can't even sit down afterwards.

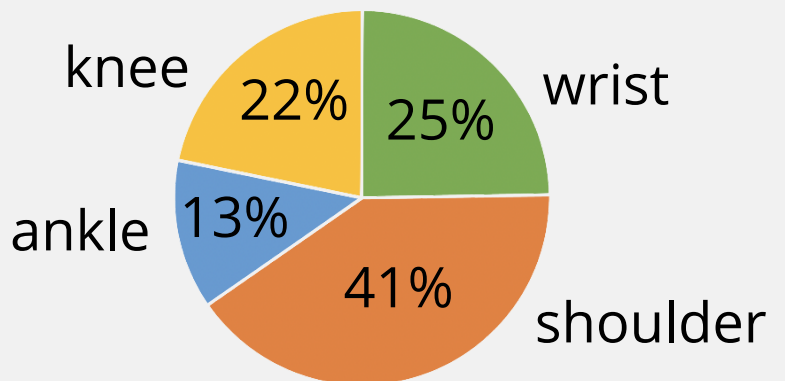


Your hands hurt from picking tomatoes—and your back.

Your back is bending over and over. It is non-stop. You bend down all day. When you stand up—oh my god, your back is going to break.

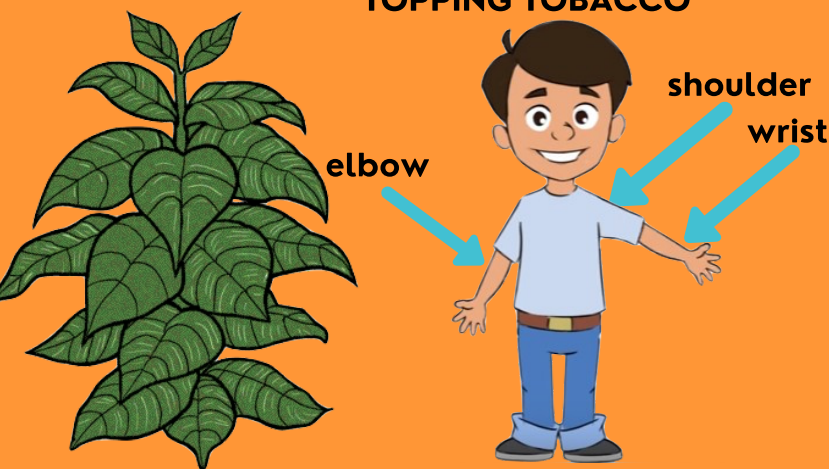
ALMOST HALF OF CHILDREN REPORTED MUSCLE OR JOINT PAIN FROM FARM WORK IN THE PAST YEAR

LOCATION OF PAIN

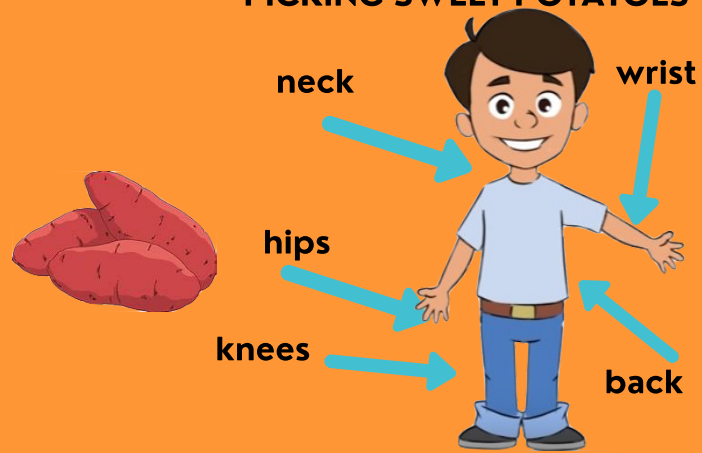


OVER TIME, CHILDREN'S MOST COMMON TASKS MAY CAUSE CHRONIC INJURIES

TOPPING TOBACCO



PICKING SWEET POTATOES



RECOMMENDATIONS TO PROTECT CHILDREN



Change laws that allow child labor in agriculture.



Support parents with better pay and year-round employment so children do not need to do farm work.

Require that children vary tasks and take breaks during a work day.



Limit the number of hours children can work in agriculture.



WHAT CAN YOU DO?

Advocate

For policies that protect children and support farmworkers

Educate

Your friends and family about child farmworkers

Get involved

With organizations that support farmworker safety