

## Story #3: Sadness, Loneliness and Hope

### Lesson plan

|                          |  |
|--------------------------|--|
|                          | <b>This is a new method that we're using, where forest workers tell their own stories.</b>   |
| <b>Story Description</b> | <ul style="list-style-type: none"> <li>■ The story you are about to watch is about the wife of a forest worker who experienced a lot of sadness and loneliness when she arrived to Oregon because her husband worked in the woods and she was all alone with her daughter. She didn't know anyone in the valley, she didn't have friends or family, and was home worrying about all the hazards her husband was exposed to while he worked in the forest. He told her that there were times when the drivers would drink beer while they drove. Today, she works as a community health worker at the Northwest Forest Worker Center. She feels motivated by this work because she helps forest workers by giving them information on how to work more safely and how to defend themselves against the different kinds of abuse they face. This helps protect their families.</li> </ul> <p>Key points that are illustrated in this story:</p> <p><u>Unsafe conditions</u></p> <ul style="list-style-type: none"> <li>● Working and sleeping outdoors in hot, cold and rainy weather.</li> <li>● Workers pressured to work too fast.</li> <li>● Workers traveling in vans where the drivers are unsafe, drinking beer.</li> </ul> <p><u>Workplace conditions can impact the family:</u></p> <ul style="list-style-type: none"> <li>● Families of forest workers fact constant worry about what may happen.</li> <li>● They must be away from their families a lot.</li> </ul> |
| <b>Objectives</b>        | <p>After viewing or discussing this digital story, the workers will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe workers' rights and other protections.</li> <li>2. Describe ways to prevent driving accidents on the job.</li> <li>3. Describe the importance of family for the workers.</li> </ol>   |
| <b>Time</b>              | 15 min – 30 min depending on location or conversation  |
| <b>Audience</b>          | <p>SHORT: Small group of workers (1-4) on the street or in public places</p> <p>LONGER: Group of workers (+4) with an established appointment</p>  |
| <b>Materials</b>         | <ul style="list-style-type: none"> <li>● iPad/tablet.</li> <li>● Speakers/ Headphones and appropriate adapter.</li> <li>● Cards with talking points (optional).</li> </ul>   |

## Steps/Notes

1. Show the story first. Before proceeding, give the participants a moment to take in the content.
2. Ask the participants to share how the story makes them feel and describe the parts of the story that they relate to.
3. Use the questions and discussion points below to guide a conversation about the story. If you have more time, you can cover the “Additional Points” in the last column.

| Questions  | Discussion Points   | Additional Points (If you have more time)  |
|--|---|--|
| What do you think of the story?                                      | <p>How did it make you feel?</p> <ul style="list-style-type: none"> <li>• Sad, lonely, hopeful?</li> </ul>  |  |
| Do you know anybody that has experienced something like this story?  | <ul style="list-style-type: none"> <li>• Lonely for family (worker or family members)</li> <li>• Worried about what might happen (wife or worker)</li> <li>• Experience with driving accident at work?</li> </ul>   |  |
| What’s got your attention in this story?                             | <p>What did you notice? What did she talk about?</p> <ul style="list-style-type: none"> <li>• Concern about driving accidents/drinking</li> <li>• The impact of workplace on the entire family</li> <li>• Working together to prevent abuses</li> </ul>   |  |
| What do you think about the drivers drinking while they are driving? | <ul style="list-style-type: none"> <li>• <b>What should the contractor do?</b> <ul style="list-style-type: none"> <li>○ Make sure that drivers follow safe driving rules</li> <li>○ Don’t allow anyone who is under the influence of drugs and/or alcohol to drive</li> </ul> </li> <li>• <b>What could you do?</b> <ul style="list-style-type: none"> <li>○ Buckle-up</li> <li>○ Stay focused and awake</li> <li>○ Don’t drink and drive</li> <li>○ Be aware of the road conditions</li> <li>○ Do not use cell phones while driving</li> <li>○ Be aware of road conditions</li> <li>○ Make sure your vehicle is in good condition</li> </ul> </li> <li>• <b>Reinforce that workers can:</b> <ul style="list-style-type: none"> <li>○ Work together and speak with their supervisor to</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• The leading cause of death among forest workers is driving accidents. Driving requires focus and energy.</li> <li>• Tips for passengers: <ul style="list-style-type: none"> <li>○ Buckle-up</li> <li>○ Don’t distract the driver with loud music or excessive conversation</li> <li>○ Be a Co-pilot: help change radio channels, talk to the driver enough to help them stay awake</li> </ul> </li> <li>• If your car skids, do not brake, but instead take your foot off the accelerator and gently use the steering wheel to turn your car in the direction you want the front wheels to go.</li> <li>• Contractors should require everyone to stay focused and aware.</li> <li>• Do not drive if you have been drinking</li> </ul> |

|  |   |  |
|--|---|--|
|  | improve working conditions and the way they are treated.  | <p>alcohol or are high on drugs. Coffee will not sober you up; it will make you wide-awake drunk.</p> <ul style="list-style-type: none"> <li>• Be aware of road conditions. Slow down on slick roads and in construction zones.</li> <li>• Make sure your vehicle is in good conditions (tire threads, lights, signals).</li> </ul>  |
| What roles do you think your family plays in your life as a worker?        | <ul style="list-style-type: none"> <li>• Motivation and inspiration</li> <li>• Mental and physical support</li> <li>• The work you do can also impact your family</li> </ul>  |  |
| What are the contractor's responsibilities? (Regarding working conditions) | <ul style="list-style-type: none"> <li>• Provide Personal Protective Equipment.</li> <li>• Provide a safe work environment.</li> <li>• Provide training and information about workplace hazards in a language that workers understand.</li> <li>• Have an emergency plan and first aid kit.</li> <li>• Provide workers compensation. This covers medical expenses for work-related injuries and payment if you lose wages for more than 3 days.</li> <li>• Provide safe transportation.</li> <li>• Provide clean water and provide breaks.</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Personal Protective Equipment (PPE)</u> must be in good condition and the contractor should make sure it is used.</li> <li>• Encourage communication with coworkers.</li> <li>• <u>Breaks</u>: Oregon law says workers have the right to: <ul style="list-style-type: none"> <li>○ Paid breaks (10 minutes) for every 4 hours worked.</li> <li>○ Lunch: 30 minutes (without pay)</li> </ul> </li> </ul>  |
| What are other protections that workers have?                              | <ul style="list-style-type: none"> <li>• Right to take action to improve working conditions.</li> <li>• Right to report defective equipment and tools.</li> <li>• Right to report harassment even if it's hard to prove.</li> <li>• Protection from retaliation.</li> <li>• Right to ask for an OSHA inspection and speak to the inspector in private.</li> </ul>   | <ul style="list-style-type: none"> <li>• Speak up if you think a task or idea is dangerous.</li> <li>• If you make a complaint to OSHA, you have to say you want to be anonymous.</li> <li>• There are protections against retaliation.</li> <li>• The contractor is not allowed to fire you for exercising your rights, but if it happens, seek help from legal aid organizations.</li> <li>• Workers can file a complaint with the Oregon Bureau of Labor and Industries (BOLI)</li> </ul> |

*Additional Questions if time allows (30-60 minutes)*

## Closure

As previously mentioned, this is a new method that we are using and we would like to ask you some questions about the method.

**If you have a short amount of time (10-30 min). Make sure to discuss the following Questions:**

**1. What did you like about the video?**

**2. Is there something you didn't like about the video? Why?**

**3. What did you like or dislike during the rest of the workshop and discussion?**

**4. Did you learn something that was new to you? What did you learn?**



# STORY #3

“SADNESS, LONELINESS  
AND HOPE”

12/2017

# Story Objectives

- Describe **workers' rights and other protections.**
- Describe **ways to prevent driving accidents** on the job.
- Describe the **importance of family** for the workers

12/2017

- This is a new method that we're using, where forest workers tell their own stories.
- The story you are about to watch is about the wife of a forest worker who experienced a lot of sadness and loneliness when she arrived in Oregon because her husband worked in the woods and she was all alone with her daughter. She didn't know anyone in the valley, she didn't have friends or family, and was home worrying about all the hazards her husband was exposed to while he worked in the forest. He told her that there were times when the drivers would drink beer while they drove. Today, she works as a community health worker at the Northwest Forest Worker Center. She feels motivated by this work because she helps forest workers by giving them information on how to work more safely and how to defend themselves against the different kinds of abuse they face. This helps protect their families.
- Let's watch the story....

12/2017



**WHAT DO YOU THINK OF THE  
STORY?**

Listen to their opinions



12/2017





**DO YOU KNOW ANYBODY THAT  
HAS EXPERIENCED SOMETHING  
LIKE THIS STORY?**

Listen to their opinions

12/2017



**WHAT GOT YOUR ATTENTION IN  
THIS STORY?**

Listen to their opinions



12/2017

## WHAT DO YOU THINK ABOUT THE DRIVERS DRINKING WHILE THEY ARE DRIVING ?

### What should the contractor do?

- Make sure that drivers follow safe driving rules
- Don't allow anyone who is under the influence of drugs and/or alcohol to drive

### Reinforce that workers can:

Work together and speak with their supervisor to improve working conditions and the way they are treated.

12/2017



### What could you do?

- Buckle-up
- Stay focused and awake
- Don't drink and drive
- Be aware of the road conditions
- Do not use cell phones while driving
- Make sure your vehicle is in good condition

# WHAT ROLE DO YOU THINK YOUR FAMILY PLAYS IN YOUR LIFE AS A WORKER?



**Motivation and  
inspiration**



**Mental and  
physical support**

**The work you do can also  
impact your family**

12/2017

# WHAT ARE THE CONTRACTOR'S RESPONSIBILITIES?

(REGARDING WORKING CONDITIONS)



✔ Provide Personal Protective equipment

✔ Safe work environment

✔ Provide training and information about workplace hazards

- In a language that workers understand



✔ Have an emergency plan and first aid kit.



✔ Provide Medical Compensation

- Medical expenses
- Possible pay for some lost wages



✔ Provide safe transportation



✔ Provide clean water and provide breaks

- Fatigue and dehydration increase likelihood of accidents

12/2017

## WHAT ARE OTHER PROTECTIONS THAT WORKERS HAVE?

### RIGHT TO....

**Take action to improve working conditions.**

- Talk with each other if something feels unsafe.

**Right to report defective equipment and tools**



- Without fear of retaliation

**Right to report harassment**

- Hard to prove



**Ask for an OSHA inspection and speak to the inspector in private**

- Can ask to be anonymous



**Protection against retaliation**

- Cannot be fired for exercising their rights or asking for breaks
- If they get fired, workers can file a complaint with BOLI

12/2017

**As previously mentioned, this is a new method that we are using and we would like to ask you some questions about the method.**

1. What did you like about the video?
2. Is there something you didn't like about the video? Why?
3. What did you like or dislike during the rest of the workshop and discussion?
4. Did you learn something that was new to you? What did you learn?

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