USE OF ANIMAL MANURE

- Use composted manure
- Check the quality of your fodder
- Use antibiotics only when it is needed and reduce the use of hormones
- Properly compost manure

USE OF AGRO-CHEMICALS

- Use eco-friendly inputs
- Use soil tests to determine input needs
- Change unsustainable practices such as chemical and management practices
- Integrated pest management

PREVENTATIVE MEASURES

- Use personal protective gear (gloves, eyewear and masks) can also help protect your health
- Preserve the quality of water bodies by applying manure at the right time, using the right rate and at the right place

WASTE MANAGEMENT

- Proper waste disposal including treatments and acceptable manures
- Properly compost organic waste to reduce pathogens and promote nutrient recycling
- Keep waste out of farm

LAND USE AND AGRICULTURAL PRACTICES

- Base your agricultural decisions, including crop rotations, on soil analyses
- Minimize the risk of pollution as much as possible
- Use plant barriers and other measures to protect your field from potentially polluting activities nearby

PROMOTING FACTORS

- Inappropriate use of agro-chemicals
- Unmanaged machinery use

Waste

- Plastics
- Uncomposted organic matter

Antibiotics and hormones for disease prevention and growth promotion

Cultivating fields exposed to sewage from urban areas, factories and other waste

Plastic mulch

Obsolete pesticides and packaging

USING PERSONAL PROTECTIVE GEAR (GLOVES, EYEWEAR AND MASKS) CAN ALSO HELP PROTECT YOUR HEALTH

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