

Summer Rites

All right you guys, you win!
Here's one more
Hell of a hot day and you all
Have bare chests and
Once too often you've asked
That stunningly witty question,
When will you take off your T-shirt, Kate?

So here I go! Open your eyes and look!
No T-shirt now, just me
And my skin feels great
In the cool tingle of breeze
at last drying sweat.
Already I feel brown all over.
Why haven't I done this
sooner?

What?
It embarrasses you to see
my biceps flash
When I swing the hammer?
You never knew it was muscle
beneath all these curves?

You want what?
No brother. When the shirt comes off
It's off.
You'll simply have
To lower your eyes
when the woman walks by.

By Kate Braid

Perusing the Blue-Collar Mentality Promotes Women's Health in the Field

The alarm blares and shakes my eardrums commanding my attention. It is telling me to “wake up”, but I do not want to listen. My body responds by slamming on the snooze button and rolling over, but it is too late my conscience has already begun to take charge. I have trained her to attack my weaknesses, my laziness, and so she does. Although I want to lie in bed a few more hours, my conscience reminds me that I have many things to do and I must get up now. She is right. Now that I am awake, I remember how important my goals are to me, and the commitment that is needed to succeed. You see, I am overweight. I did not mean to get fat, but I stopped paying attention to what I ate and how much I ate. Maybe it was all the food I munched on during my down time as a Field Technician, I work in the field in NYC and I smell delicious food all day. The temptation is great, all kinds of good food: Mediterranean, Spanish, Peruvian, Italian, Greek, Indian, Chinese, Japanese, Korean cuisine.

When I started my job as a Field Technician, I was 135 lbs and physically fit, but now I am nearly 200 lbs. Before I knew it, I was teetering on two hundred pounds. It did not help that I injured my ankle, and was laid up in bed for four months or that I have several other injuries. I have herniated discs with spinal stenosis in the cervical spine, 2 herniated discs in the thoracic spine, and one herniated disc in the lumbar spine, which sends a pain from my buttocks down the back of my leg on a bad day. I also have a slight rotary cuff tear in my left

shoulder, arthritis in both shoulders, and I have a meniscus tear in the left knee and patella-femoral in both knees. Going to bed and waking up are major chores for me because of my injuries. I have six pillows on my bed: three to elevate my legs, one down the middle of my spine, another under my neck and the other under my arm. I sleep this way because it relieves the tension and pain created in my back from the day's activities. Sometimes, it does not work and I wake up with my whole body in pain. So living a healthy life is a necessity for me.

Most people are shocked when they hear how many injuries I have at my age, I just turned 40 years old. They usually want to know what I did to get all of my injuries. Honestly, when I began my job over ten years ago, I was in very good shape and most of my life I was physically active. As a teen, I was on the gymnastic team. When we moved and I could no longer practice the sport I loved, so I started body building just to keep physically active. When you are athletic early in life you tend to have more energy and develop a constant drive to keep as active through life. So I always maintained some kind of workout and it paid off. My friends always praised me for keeping in shape and often asked me to give them tips to keep up with their physical health. But, as I spent more and more years as a Field Technician I watched my body deteriorate at an unnerving rate. I was injuring myself faster than I could heal, and with life's general chaos, I found less and less time to take care of my health. Before I knew it, five years passed, when I looked up again ten years had gone by, and at forty years old it hit me hard.

This is probably my last chance to get my health in control. Although, I move slower now and have trouble climbing stairs on a bad day, it is possible for me to succeed at living a healthy life again. These are my battle scars from working as a Field Technician, but I am making no excuses. If I want to live a healthy life that means I must lower my health risks. When I say healthy, I mean physically, mentally and emotionally. But the factors on my job threaten my goal for a healthy life because there are health risks in my workplace.

My work as a Field Technician can be strenuous and is often exacerbated by unnecessary safety risks that could cause new injuries or simply cause my current injuries to retrogress. I am a blue-collar worker in the nontraditional sector working as a Field Technician. There are several types of Field Technicians, most of which perform the same type of duties, although, the type of systems they maintain may vary. The similarities in their job descriptions are as follows:

- Install, remove, rearrange, program, test, troubleshoot and maintain network services.
- May install appropriate inside wire/cable.
Install, maintain and repair outside and inside fiber and/or cable equipment/facilities including inside wiring and jumpers at the distribution hub.

- Utilize various test equipment to analyze equipment trouble and take appropriate maintenance action.
- Climbing poles and ladders; lifting 75-100 pounds on a regular basis; pushing, reaching, bending and stooping; manual dexterity; good sense of balance; and good color vision.
- Must have a current/valid California Drivers License and a clean driving record. (Tradeswomen)

The list of job demands listed above, are physically strenuous activities. Installing, maintaining and repairing cable lines can be considerably difficult because of the weight of the copper the Technician is moving. When the cable is being installed off of a large reel straight into the manhole maneuvering the cable to get it into place can severely injury a worker. Often, a Technician must go into a cramped manhole to repair a cable which is at the bottom of the hole underneath several other cables. In order for him to repair the cable he must first move all the other cables out of his way, most of which have very little range of motion. Pulling 150 lbs of copper that can barely move can also cause serious injury, if not performed correctly. Other Field Technicians must climb up to roofs to repair or run new cable for customers. Many of these roofs have not been maintained for the safety of the Field Technician or the previous cable was illegally run by a tenant and the Technician is responsible for creating new service. When Technicians go into customer's backyards to work on their phone lines, they run the risk of facing a dog or another little friendly, such as, rats and

raccoons that carry rabies. A backyard that has not been cleaned by the owner can present unseen dangers for the worker too. In the length of the blue-collar worker’s career, it is very likely he will have suffered several injuries, hopefully, they will not be permanent. In suburban areas, workers have to climb utility poles which also run electrical lines that can electrocute them if they do not use caution while conducting their



job.

As Field Technicians, we all drag ourselves out of our warm beds to meet up in our dispatch room to congregate and tell stories, the usual bonding ritual, until our Foreman strolls in with our assignments. I have, by now, adjusted to this type of socialization. I can barely remember the days when I sat behind a

desk wearing pencil skirts, crisp white shirts, red lipstick and my fancy high heels, chatting away with my office buddies about diets, shopping, and boyfriends while multi-tasking the day's work and brewing the coffee. It wasn't that working in white collar was a bad memory, it is just very different from the social rituals I have grown accustomed to as a Technician. Meeting in our dispatch room and the weather set the tone for our day. Some days are easier than others based on the job.

There are assorted departments you can work in as a Field Technician. In Construction, you install new cables lines ranging from 50 pair - 3600 pair cable. Construction demands a huge amount of physical strength to manipulate the cables into places like building stairways, basements, manholes and other areas. Even with the sturdy equipment they provide, there is still a great deal of labor involved for the workers and they must be cautious performing their duties.



In

Maintenance, a Technician's responsibility is to maintain the existing cable lines placed by the construction team. If the cables get wet due to heavy rain, the Maintenance teams are responsible for repairing them. When a NY manhole owned by Con Edison exploded from a steam condition on 41st and Lexington Avenue last year, our maintenance team worked alongside of Con Edison to repair the failure. Our manholes usually run nearby to Con Edison manholes and we suffered damages to our phone lines.

Our last department, the Pressure group is responsible for establishing pressurized air to the cables that run from the Central Office to the customer's premise. This process prevents failures and loss of service to the customers. For

example, the cables without air buried under water will eventually take in water causing grounds, which cause loss of service to the customer, but a cable with pressurized air under water will keep the water out of the cable. CXM, Maintenance, and Pressure handle hundreds of customer's lines at one point creating a higher risk for a failure *. There is no limit to the amount of manholes that can be opened in a day and I personally have opened 8 of them in one day. We also have a fiber department and they are responsible for installing and repairing the fiber lines, which are must lighter than the old copper lines we still maintain.

The Field Technicians are responsible for lifting, carrying and removing these copper cables from the manholes which also entails pulling pieces of the cable weighing 70-100 lbs of dead weight out of the hole. It is apparent the level of injury that can occur on the job and it is very important to use preventative methods to avoid serious accidents.

About a year ago, our Chief Steward came in to tell us that we lost a Technician in Long Island. It appears that the two men were working right off of the exit to the highway, when a driver that was speeding exited the highway and hit one of the Technicians and dragged his body about 60 feet. Manholes can also have gas or other leaks that can kill workers. In June 2009, three NYC sewer workers died when they inhaled a toxic gas called Hydrogen Sulfide that is created from a combination of decomposing garbage and water. (The Associated

Press) I remember a coworker named Mike who fell through the open railing of the manhole and was lucky he did not break his neck. He broke his leg instead.

We also face ergonomic hazards opening manhole covers, which is also a part of a Field Technicians job not included in the job descriptions listed above. The League of Minnesota Cities Insurance Trust recommends a “weight limit of 51 lbs infrequently and only under the most ideal conditions” because “lifting in excess of 51 lbs, even under ideal conditions, puts them at increased risk. (Cheryl Brennan 1) The LMCIT has paid out nearly \$54 million dollars in worker's compensation cases for approximately 18,000 ergonomic related injuries between 2002 and 2005, and emphasize that these ergonomic hazards are very likely to cause trauma disorders to the spinal discs. (Cheryl Brennan 1)

Trauma disorders result from small traumas to the tissue, which heal themselves by building scar tissue around the area. Repeated trauma builds more scar tissue, until pain, swelling and bulging develop in the spine and create herniated or bulging discs. Over a period, the injury can deteriorate and lead to surgery. In an article, *Addressing Ergonomic and Workplace Safety issues in Manhole Cover Design* it reiterates the point:

“only 60% of the male population (and 10% percent of the female population) can lift and drag an 85-lb (40-kg) manhole cover more than once every four hours without significant risk of overexertion...with

typical manhole covers weighing anywhere between 70 and 300lbs” (30 and 140 kg), the potential for injury is clear.” (Andy Buchan 52)

Field Technicians face other impairments, such as, knee injuries from the repetitive lifting, climbing that they their work demands. After conducting a study of five female and five male Technicians, I found that eighty percent of the Technicians I interviewed suffered some kind of knee injury, out of the ten only one woman and one man were without accident. But the one man that did not have a knee injury suffered from Varicose Veins from working in tight spaces where it was necessary for him to squat to troubleshoot the problem he was trying to fix. Another Interviewee developed problems in his knees from squatting down in positions that, after a period, caused his knee to lock. Four of the women suffered from some form of Arthritis, or Patella-femoral. Within the knee joint is a very smooth fibrous connective tissue which allows for smooth movement and shock absorption while the synovial membrane lubricates the joint, it is called the articular cartilage.



Osteoarthritis is the deterioration of this articular cartilage. (The Sports Injury Clinic) It can develop by carrying or moving excessive weight, repetitive overuse, previous injuries, crystal deposits and even heredity can make an individual more exposed to the disease. (The Sports Injury Clinic)

Based on a study conducted by the Arthritis and Glucosamine Resource Center, they warn that our knees are already under tremendous pressure. It reveals that your “knees carry about three times your body weight with every step you take.



In other words, if you weigh 150 pounds, your knees are accepting a 450-pound weight load with every step. The hips are also seriously at risk here too.”(J.R. Rogers) When I consider that fact, I feel anxious to drop my excess weight. Osteoarthritis causes stiffness, serious pain, and a crunching and grinding noise from the knees. (The Sports Injury Clinic)

Another man suffers from Chondromalacia Patellae. It is similar to Osteoarthritis because it also affects the articular cartilage, but in the posterior facet of the patella, which is the knee cap. (The Sports Injury Clinic) This impairment is usually caused by a hard impact to the area, like a fall or a hit.

Overall, there was an 80% consistency of knee trauma among the men and women. A claim that “female athletes are more vulnerable to sport injuries of lower extremity than their male counterparts” resonates in my mind. Although female Technicians are not actually athletes, we are required to be athletic and the activities of our job can be considered athletic work. Therefore, if we are athletic workers, it would be easy to see the correlation with this claim. And the claim continues “commonly they have a higher risk of knee injuries including meniscal and cartilaginous tears, patellafemoral syndromes and Anterior Cruciate Ligament (ACL) injuries. (Dugan 2005) (Demirbuken) Our higher Q angle promotes more knee injuries in women. A different study administered by The Globe and Mail, *Hormones, Knee Injuries linked; New Research Finds Joint Laxity is influenced by phases of the Menstrual Cycles* provides these facts:

“Women have wider hips, affecting the angle at which the femur and tibia meet...the ACL in women is also more slender. Women also rely more heavily on their quadriceps than men.” Whether or not hormones have a great impact was inconclusive, but “the average person is going to be more lax during ovulation.” (The Globe and Mail)

Another condition that blue-collar workers have to contend with is Carpal Tunnel Syndrome. It is the “compression of the median nerve in the wrist” which supplies the hand and runs from past the wrist in a narrow passage called the carpal tunnel. The symptoms include dull ache in the hand, radiating pain in the thumb, weakness in the hands and a tingling feeling. The Proquest study

reveals that everyone can develop Carpal Tunnel Syndrome, but male and female blue-collar workers suffer “approximately three to sevenfold higher age-specific rate compared to their white collar counterparts.” (Mattioli 2)

After reviewing my study and Field Technicians injuries, it is clear women are at greater risk for injury working in the blue-collar field because they have physical disadvantage in comparison to men. Joe Hewgley, DPT, PT, CSCS, an Executive Council Member of the National Strength and Conditioning Association, shares his opinion why women are not as physically strong as men, “this is mostly due to a lack of testosterone and their capability of gaining muscle mass.” He explores the idea further by suggesting “if you were to randomly select 100 men and women, and have them complete max lifts, then you would see men to be significantly stronger than the female group.” Even with the physical disadvantages and hazards of blue-collar work women are succeeding at competing in the field, but at what price to their health? For women having to deal with physical disadvantages in the nontraditional sector can be a copious mental weight, but gender discrimination is another obstacle that is preconditioned to women in blue-collar jobs.

In the 1940's, a woman's traditional role was to be a housewife and mother, while a man labored to take care of his families. Nonetheless, in the 1960's, the Feminist Movement pushed for equal rights for women and in the 1970's government made efforts to open availability for women to attain blue-collar jobs. Women have spent the last 30 years coalescing themselves into the industry, yet

make up only 18 percent of workers leaving them still hugely segregated by sex within the field. (Brigid O'Farrell 701) They are actively chipping away at the wall of discrimination that stands between the two sexes, but the wall is not easily shattered.

When I interviewed the five female Technicians, which have all been on the job for at least ten years and worked in several departments, all but one shared experiences of gender discrimination. Lisa's interview was the most relatable for me. She has worked in CXM, Pressure, Cable Maintenance, Fiber and I/R, in comparison to myself, I've worked in CXM, Pressure, Cable Maintenance and I/R. Lisa and I worked together for several years in Cable Maintenance and I was able to witness first hand her skills as a Technician. She has remained in Cable Maintenance, a fast-paced department, for the past 7 years and has had several different partners. She is described by her male coworkers as a "down to earth chick." Even though Lisa is well liked by some of the guys, she is not immune to the discrimination. For Lisa, she found that it depends on the individual she is working with on a given day.

As she describes it, some guys will make the job difficult for a woman, like one coworker who left her at the job alone. It was the end of the day and she wanted to get back to the garage, instead of waiting any longer, so she closed two 350-400 lb. manholes and broke down the set up by herself. She finished her work and headed back to the garage, but ended up hurting her back and stayed out of work for 8 weeks to heal. She has also experienced Carpal Tunnel

Syndrome and suffers from pain in the knees which she has not sought treatment for as of today.

You may hear her story and think she is crazy for not seeing a doctor and well, she should see one. But, I understand her mentality. It is part of the rhythm and beat of our secret society with the men, in a way we have assumed the mentality of many of them. We don't want to be labeled weak, so some of us develop a tough exterior, if we didn't already have one. We have developed much of the same mentality that they have, which is to be tough and endure the pain but this frame of mind possibly harms us more than it helps us. Why do we care what they think?

Perhaps, we have a desire to fit into a group that spends a great deal of time resisting most of us or we want their respect to define ourselves. Maybe it is as simple as, we are morphing into them day by day adopting their reasoning and patterns. I have no good answer, but I smile at the thought of this quote from *Limbo: Blue Collar Roots, White Collar Dreams*:

"I will always love aspects of blue-collar culture that live on in me-the whatever-it-takes work ethic, the lack of pretense, people's forthright manner...."
(Gregory 14)

I can only laugh because for me that sounds about right. It may sound ridiculous to some of you, but others may understand. In general, some women seek the approval of their male counterparts in an effort to be a part of the group, but we end up agitating them as Thomas, a male Technician explains “some women come out to the job and want to be superwoman and end up annoying the hell out of us by undermining our guidance. They need to learn to relax a bit and realize they don't know it all.” It sounds like a lack of communication between the sexes to me.

Through my study, I discovered there is more than one issue looming over the heads of both male and female technicians. Many men feel that women just hold them back and slow them down because they can't handle the physical demands of the job. And a Technician named Robert, who has 26 years in the company and an easy going personality says “working with a woman is like working with your wife on the job.” So what's wrong with that? In an article, *Women's Survival in Nontraditional Blue-Collar Occupations*, states “that women entering predominantly male work settings pose a threat to male co-workers by threatening to disrupt social processes.” Robert's statement supports this claim. Our presence makes them feel uncomfortable. A good example of this might be, having your Mom stand over you while you hang with your friends. It is not a comfortable situation for them, but what about the women that are working to take care of their families? Should they cater to men's need to be comfortable, and disregard their need to provide for their family? No.

Joe, a patient man with a different outlook, has been in the company for over fifteen years and has worked in assorted departments: CXM Fiber, Maintenance, I/R, has had the opportunity to meet many women. He explains his opinion:

“I know two women with more than twenty years in the company and neither of them knows how to use a meter. There are definitely women that should not be in the field. They earn the same pay as we do, but do not do the work and that is not right. If a woman is going to work in the blue-collar field, then do the work. I don't have a problem with them as long as they do the work.”

I asked Joe if he knew any women that he thought were capable of doing the job and he told me “out of the ten women I knew personally and watched work, only 3 of them were qualified, in my opinion, to do the work.” Joe admitted to me, “some men are lazy too and that isn't right either. Neither one of them should be on the job.” Joe has a justified reason for being concerned about what kind of woman he is forced to work with on the job. No one should have to carry another person's load. These women get paid the same exact salary as the men and only create animosity and delay the walls of discrimination from falling.

One last aspect, I would like to discuss is the attitude of some male Technicians. Over 13 times in 7 months, I worked with one or two men who consistently let go of the manhole cover or do not use the correct procedure in opening the manhole and put my health in danger. My partner letting go of that manhole cover evoked provocative thoughts inside me similar to Ishmael Kidder of *The Water Cure*, like his slow calculating anger toward his daughter's perpetrator and life:

"I come from a nation of stupid fucks and by association, at least, if not genetic inevitability, a sobering and sickening thought, I must be a stupid fuck as well," for working with you. (Everett 12)

Of course, when my anger subsided, I let it go, but not before thinking "I will get even with you... shall I cut your little penis off now and send it to your miserable wife." Yes, even the victim has aggression. It's not a good thing to let go of a manhole cover when you are opening it with someone else.

These kinds of acts should not be tolerated. Whether it is gender discrimination or carelessness, it can not be allowed to become a habit. As Thomas, explains it, "men have been feeling threatened by women in the blue-collar field for the last 30 years and before women came to the job, men were feeling threatened and discriminating against other men. In May 2009, World News with Charles Gibson reported on the *New Gender Rules: Role Reversal*. They

discussed the “indelible mark” the recession is leaving on the “gender roles in America.” (Gibson) They analyzed the statistics which revealed “more men are losing their jobs in this recession than women... and more than 5 million jobs in all have been lost, 78% of them held by men.” (Gibson) With this kind of issue, it is understandable why men would feel threatened in a male-dominated workplace, but it is not an excuse to subject women to their outrage.

A better attitude and caution need to be practiced by men, so that these kinds of unnecessary health hazards are not imposed on anyone in the field, men or women. This takes communication and understanding, not just slapping a lawsuit on every man that offends you. But, there is a strong resistance in our society where traditional values are constantly sparring with modern values, and a real tension lies on the divide of the two views. This discrimination against modern concepts often pops its ugly head out of the darkness and reveals itself in the workplace of a male dominated company, taking women as its victims. In an article, *Women's Survival in Nontraditional Blue-Collar Occupations* in *Frontiers: A Journal of Women's Studies*, Rosabeth Moss Kanter states “that women entering predominantly male work settings pose a threat to male co-workers by threatening to disrupt normal social processes.” She further expresses that these women become token members creating higher awareness of their own similarities and the “woman as an ‘outsider’ ...[which] makes it easy for male co-workers to view them in terms of their preconceived stereotypes about women

and to distort the characteristics of the token(s) to fit the stereotype.”

(Judith S McIlwee 31)

If necessary, a woman may need to use the law to protect herself because she should not have to deal with considerable issues of unsolicited harassment. In an article *Power, Status, and Abuse at Work: General and Sexual Harassment Compared in The Sociological Quarterly*, they argue that men use “sexual harassment to maintain their own power at work, they will see women as sexual objects and diminish their roles as colleagues.” (Steven H Lopez 5) And *Women and Workplace Discrimination* states:

“The law judges a sexual harassment case based on “frequency, severity, the degree of pervasiveness of the harassing conduct... [and] other factors as well.” (Gregory 133)

“The EEOC guidelines state that sexual harassment that “has the purpose or effect of substantially interfering with an individual’s work performance or creates an intimidating, hostile, or offensive working environment” constitutes a violation of Title VII.” (Gregory 133)

It is easy for a woman to respond to harassment differently than a man because they are “far more often victims” of it, so they will have a different perspective than men. (Gregory 136) Lisa and I had a long discussion about this

and we both agreed, discrimination does exist, but there are some really good men in our field too. Like Thomas, who says "I judge each person I work with on an individual basis. It doesn't matter if they are male or female, it only matters what their attitude and work ethics are." When Lisa and I were faced with our issues of discrimination, it was other male Technicians who assisted us. Whether we needed information on how to do the job, or how to handle a situation they were there and we could not have moved forward in our careers without their help. I know a great group of guys that I have the utmost respect for professionally. They are the men I ask for advice and direction and they have not failed me, I have been well-informed by them.

At the end of the day, we all want to go home to our families the same way we left them in the morning. Women can slap men with harassment cases everyday, but it will be the same type of domineering attitude that many men have been subjecting them to for thirty years. Demanding that gender discrimination be completely removed is like asking America to let go of their feelings of racism, it is probably going to take a couple of lifetimes before we see that happen. I'm not saying to stop striving for it. I am merely saying we need to be realistic. We can aim to amalgamate women into the blue-collar field safely by perusing the blue-collar mentality which will help protect us physically, mentally and emotionally. When we are better informed we make better decisions on what is best for our health, whether that is how to handle a person that is harassing us, or just taking preventative methods to perform our duties

and prevent injury. Our world will probably never be without men, so we need to master dealing with all types of them in every area of our lives and vice versa. When we can learn to be forbearing we will have a better situation to work with and prevent impairments, but we still need to individually take responsibility for our health in another way.

To address the situation of injuries to blue-collar workers and to save money spent on worker's compensation cases, companies should incorporate plans that encourage physical health for their workers. A workout facility in companies which employ blue-collar workers would be feasible and encourage workers to incorporate the suggested instructions for stretching before they begin work. Lisa Limper, MS, CSCS, from the National Strength and Conditioning association recommends "core strengthening to anyone who lifts heavy weights, regardless of gender, to prevent injury." She also emphasizes "a proper training program will go a long way to prevent injuries in either gender."

For workers with existing injuries, it is best to consult your doctor for a proper training program or for approval to participate in another type of fitness program. Treatment used for Osteoarthritis encourages a specific exercise program and: knee braces, NSAID's, muscle relaxants, weight loss, heat and cold treatments, viscosupplementations, and a last resort is knee replacement. (The Sports Injury Clinic) For Chondromalacia Patellae surgery is arthroscopic, but not common and treatment is similar to the Patellafemoral disease. They use anti-

inflammatory drugs, massage, strengthening exercises for the Vastus Medialis Obliques, and if needed, orthotic foot supports.

I was always a white collar kind of girl. I only stumbled into blue-collar work by chance. My transformation has been challenging for me because you can't lift 70 lbs acting like a girl, you have to spread your legs wide and stand strong like a man with your chest out and lift. After working like a man for years, I lost some of my womanly qualities and I found myself hating it. It took time for me to figure out how to be a woman and work like a man, and now my feelings are best described by Alfred Lubrano in *Limbo: Blue Collar Roots, White Collar Dreams*:

“Ideally, a straddler becomes bicultural: Understand what made you who you are, then learn to navigate the new setting. If you were to leave your family and completely give yourself over to the new mainstream, disavowing your background in the process, you'd risk distancing yourself from yourself. It's a form of self-hatred.”

If you seek to journey into blue-collar work know that you can do it, women have been doing it for years, just learn as much as you can about what the field entails so that you can protect yourself.

By Mizzer Lee

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