

Farm Safety Newsletter

Canadian Agricultural Farm Safety Week, March 9-16th 2005

Get ready for the safety event of the year - **Farm Safety Week 2005!** An action packed week is planned from **March 9 to 16** including displays, press releases, contests, children's activities and the launching of new farm safety resources including the newsletter you are holding in your hands!

Farm Safety Week is the launching point for an entire year of activities designed to motivate Alberta farmers to practice farm safety all year round. Keep reading to find Farm Safety Week activities and events happening in your community and across Alberta. Additional information can be found on Alberta Agriculture's Ropin' The Web at www.agric.gov.ab.ca/farmsafety.

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The national theme for farm safety week this year is "**Safety is in the Details**", emphasizing the physical considerations of farm work with a special focus on seniors. Did you know that one-third of all tractor related fatalities are operators aged 60 or older and one-half of farm fatalities happen while the victim is working alone? Focusing on simple details, for example letting someone know where you are and when you will be back, can increase the level of safety on your farm.

We'd also like to know, who's your **Farm Safety Idol**? Make sure you nominate that special someone who taught you everything you know about farm safety. Selected entries will be published on Ropin' The Web and in the Farm Safety Newsletter.

And don't forget to **EXPOSE YOURSELF...to Farm Safety!** If you're between the ages of 13 to 18, love photography and want to challenge yourself to think creatively about farm safety, then this contest is for you!

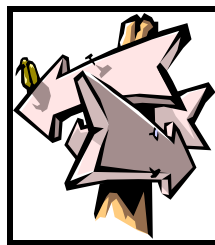
The first ever **Farm Safety Kids Club** for kids under 12 years old will be launched during Farm Safety Week. The club will involve a free subscription to a kids only newsletter filled with games, coloring, contests and prizes.

Safety starts with you—so get involved. Make safety a priority in your family, on your farm and in your community. After all, **A Safe Farm is a Great Place to Grow!!**

Upcoming Events

Look for the Farm Safety Program Display in your community at the following upcoming events:

- ◆ Peace Country Classic (March 10-12), Grande Prairie
- ◆ Alberta Pork Congress (March 16-17), Red Deer
- ◆ Smoky River Trade Show (March 17-20), Fahler
- ◆ Farm & Ranch Show (Mar 30– Apr 2), Edmonton



Visit our booth & participate in an activity

◆ Example of a planned activity:

Children's station to make Earplug crafts. Kids will be provided with all the craft supplies needed to make a key chain that holds a set of earplugs. The children will have the opportunity to decorate a label with a safety message reminding others to wear ear plugs when working on the farm. The container will be attached to a key ring so they can be attached to tractor keys for later use.

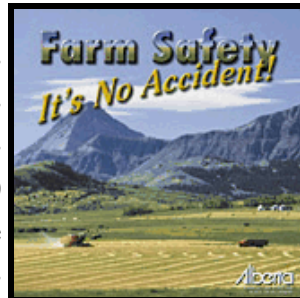


Launch of *Farm Safety—It's No Accident!* CD-ROM a huge success!

The Farm Safety—It's No Accident CD ROM was launched last March (2004) during the National Farm Safety week.

The CD-ROM has been distributed to numerous organizations across the province including 450 4-H clubs, 750 students and trainers of the Green Certificate farm apprenticeship - style training program, and 235 students enrolled in Alberta Agriculture's Summer Farm Employment Program. An additional 500 CD ROMs were given out to youth and their families in the eight *Safety Rules!* farm safety day camps that were held across the province this past summer.

The CD-ROM is divided into sections featuring video clips, printable checklists and topic information. Topics include everything from child safety to animal safety to farm yard safety. Use the information on this



Free CD-ROM

CD-ROM to assess your current situation and develop a safety plan that involves everyone on your farm. Communicate this plan to family members and others who work on your farm, and commit to it—because safety and success go hand in hand. The production and distribution of this CD is made possible thanks in part to our sponsors Agricore United, AdFarm, Bayer Crop Science, RBC and AAFRD. Feedback on the CD-ROM has been very positive with comments like, “This had so much information! I’m going to be sharing the CD with other friends because we sometimes forget about safety and need to be reminded. Thank you!” and “Our whole family watched the CD and it was good for kids to hear safety from another source as well as mom and dad.” If you would like a copy of the Farm Safety—It's No Accident CD-ROM, please call Julie Splawinski at (780) 427-4187 to order a free copy.

“This had so much information! I’m going to be sharing the CD with other friends because we sometimes forget about safety and need to be reminded. Thank you!” - happy customer

Safety Rules! Day Camps

Rural *Safety Rules!* Day Camp is a hands on day camp promoting safety on the farm. Rural kids aged 6-15 years participate in several different interactive training stations where they learn about safety around large/small machinery, animals, environmental concerns, health issues, as well as how to recognize hazards and avoid injury. The program includes personal stories from individuals who have experienced a farm related injury, demonstrations and interactive activities. In 2004, there were eight UFA *Safety Rules!* day camps held across Alberta, with up to 120 kids per camp .

For more information on this year's camps, please call UFA's Calgary Support Office at (403) 258-4570.



Farm kids learning about personal safety at UFA *Safety Rules!* Day Camp in Grimshaw, Alberta

Falls on the Farm

Although not usually fatal, falls are a significant cause of injury to farmers aged 60 and over. Falls from machines is the third leading cause of injuries, and falls from non-machines is the fifth leading cause of injuries to senior farmers in Canada.

A consistent finding in studies is that age and gender are important issues in relation to falling. Women 65 years of age or older fall twice as often as their male counterparts. The gender gap, however, decreases in progressively older age groups.

“Farmers live and work in what is basically an industrial workplace,” said Bob Freisen, President of the Canadian Federation of Agriculture. “This makes it imperative for safety to be top of mind for everyone who lives and works on a farm.”

Health Canada studies indicate that falls and fall-related injuries are often the result of a combination of factors reflecting physical and behavioural conditions as well as environmental conditions or hazards.

It is well documented that medication use increases with advancing age due to the greater prevalence and severity of health problems among seniors. In addition to taking more medications, older people also develop a heightened sensitivity to drug effects. Drug interactions and side effects are often associated with increased risk of falling and injury among older persons.

The health benefits of staying active and exercising are well known. However, an additional challenge to promoting exercise among seniors is overcoming self-imposed activity limitations commonly found among those who have already experienced a fall, and fear falling again.

Environmental factors account for one-third to one-half of all falls among seniors. If you have seniors working or living within an agricultural workplace, make sure the walkways are clear and the footing is solid.

Falls can have a grave impact on seniors and their independence, and are responsible for about 84 per cent of

injury-related hospital admissions and 40 per cent of admissions to nursing homes. Injured seniors often face an irreversible decline in function, which can lead to institutionalization and sometimes even death.

The Canadian Federation of Agriculture, the Canadian Agricultural Safety Association, Farm Credit Canada, and Agriculture and Agri-Food Canada, urge farmers to maintain clear walking areas with non-slip footing and take the necessary time to do things safely.



Slips and Falls

C	I	E	C	S	T	E	P	S	T	R	A	C	T	R	I	C	L
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H	N	S	A	C	O	T	N	O	Y	L	C	S	S	D	I	E	E
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E	C	R	A	O	P	D	K	Y	P	S	S	E	E	O	C	F	R

Balance
Care
Caution
Chance
Concern
Descend
Drop

Footing
Grip
Go down
Injury
Misfortune
Mishap
Mistake
Plunge

Risk
Safety
Skid
Steps
Tractor
Tumble
Upset
Watchfulness

Older Farmers Must Consider Hazards

Although people aged 60 and older comprise just 13 per cent of Canada's total farm population, they account for over 33 per cent of traumatic farm related fatalities, according to a 2002 report released by Agriculture and Agri-Food Canada.

"The unfortunate part is that investigations show that most of these incidents were preventable," explains Glen Blahey, who chaired the 'Making Farming Safe for Senior Farmers' study by the Canadian Agricultural Safety Association supported by Agriculture and Agri-Food Canada in 2002. "What's needed are more awareness, education, and process changes."

For farmers 60 years and older, the report identifies tractor and equipment rollovers (23%) as the leading cause of death, followed by being pinned or struck by a machine (12%).



In order to reduce hazards, the report suggests older farmers be mindful of the changes occurring in their bodies as they age. The effects of physical conditions, medications and lifestyle can put them at greater risk of injury or death. Other factors such as glasses and medica-

tions can affect balance, and physical conditions such as arthritis and shortness of breath also have the potential to place older individuals at greater risk of injury.

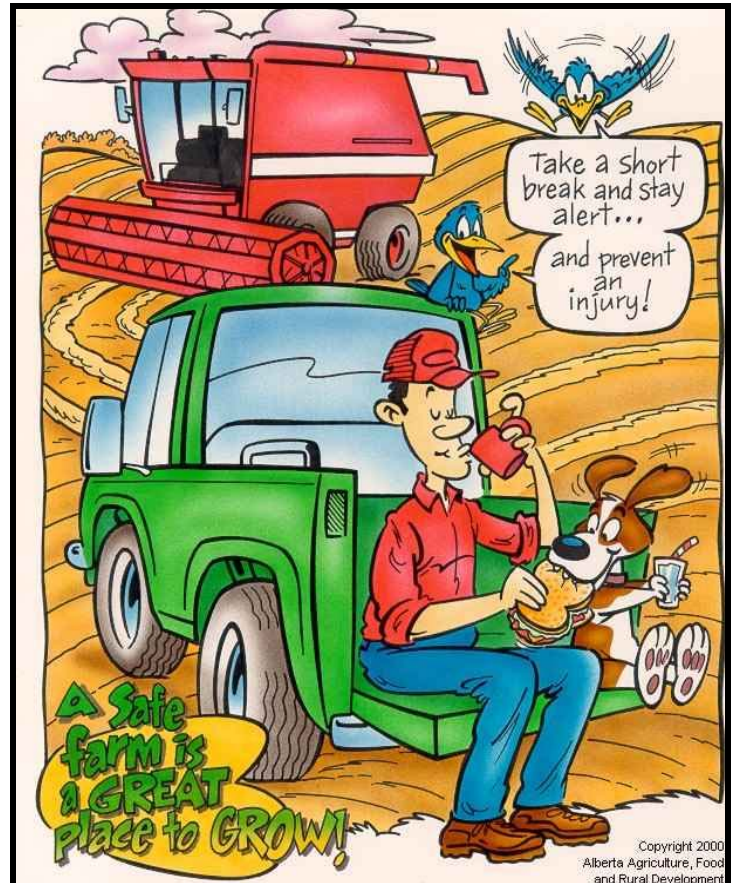
"By being mindful of these conditions, we hope older farmers can plan work activities to safely accommodate any personal limitation resulting from the aging process, medical conditions or other factors," explains Blahey.

To help senior farmers gauge some of the hidden dangers of farm work, the study suggests examining the risks and physical requirements of various jobs. For example, in the process of feeding a large round bale of hay to a pen of cattle, the worker may have to get off the tractor and remove the twine from the bale. The most recognizable hazards include cattle crowding to eat, a slippery uneven walking surface, bulky winter clothing and noise. To perform this job safely, the

worker will need the balance, physical strength, and dexterity to move among animals, as well as peripheral vision.

One of the most tragic aspects of the injury or death of older farmers is that the hazards can almost always be controlled to reduce or eliminate the risks. "Perhaps one of the easiest ways that older farmers can avoid injury or death is by acknowledging their physical limitations and the inherent hazards of their workplaces," explains Blahey. He suggests older farmers continually analyze the risks of their working conditions to ensure the work is still safe for someone of their age and condition. "There is no reason for farmers of any age to get hurt through the course of working," explains Blahey.

The Canadian Federation of Agriculture, along with the Farm Credit Canada, Canadian Agricultural Safety Association, and Agriculture and Agri-Food Canada want to remind producers that most farm-related risks can be reduced by assessing the hazards and planning to work around them.



Expose Yourself !!

Between the
ages of 13-18?



Want to see
your photos
up in lights?

Let farm safety get you 'snappin'!

'Expose' your safety know how!

'Zoom in' on great photos!

Enter the 2005 Farm Safety Photo Contest and
"Expose yourself to farm safety"
to win great prizes!!

Deadline for entries is **September 30, 2005**. For full contest details and entry forms visit www.agric.gov.ab.ca and search farm safety or call Julie Splawinski at (780) 427-4187

Youth Safety Conference - What's In It 4 U?

Did you know if you are between the ages of 15 and 24 you are 1/3 more likely to be injured on the job than those 25 and older! How safe is your job site???

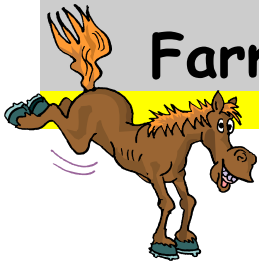
Don't miss the first annual **What's In It 4 U? – Youth Safety Conference**, at the Red Deer College on **Saturday April 23, 2005**.

Meet peers whose lives have been changed forever by a workplace incident. Get the inside scoop on how to identify hazards in your workplace, what a safety orientation should be, and what are your rights and responsibilities as an employee. Participants will receive a **Certificate of Participation** to include with their resumes.

And it's all **free**; lunch, refreshments and door prizes!

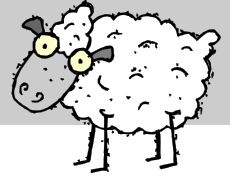
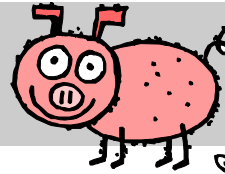
Register now! Contact Theresa Huber, Coordinator, Safe Communities Coalition of Central Alberta at (403) 346-8101 or sccca@telus.net.





Farm Safety Kids Club

HEY KIDS
THIS CLUB'S FOR YOU!



Be first to join the Farm Safety Kids Club for kids 12 and under. As a member of this kickin', moovin' club you will have a squealin' good time. Membership includes your own personal newsletter packed with activities, games, coloring pages and cool contests. Learn great safety tips that will help keep you and your family safe on the farm. Send us your farm safety stories and pictures to share with other farm safety kids across the province.

To sign up for the first ever Farm Safety Kids Club you can:

- Fax the entry form to 780-422-7755
- Write Farm Safety Kids Club, Room 200, J.G. O'Donoghue Building, 7000-113 St, Edmonton, AB T6H 5T6
- E-mail julie.splawinski@gov.ab.ca



Name: _____ Age: _____

Address: _____ Town: _____

Province: _____ Postal Code: _____ Male or Female _____

Type of farm you live on: _____

Farm Safety Idol



Do you know someone who is a leader in farm safety? Someone that takes the time to pay attention to details, puts safety first and leads by example? Nominate him/her as your Farm Safety Idol. This contest is part of this year's Farm Safety Week theme "Safety is in the details" with a special focus on seniors.

Send us your nominations. Tell us why this person deserves the award and how they have been influential or instrumental in putting safety first. Selected entries will be featured in upcoming newsletters and on Ropin' The Web. Make sure to include your name, address and telephone number, nominee name, address, telephone number, and a description of

why your nominee is your farm safety idol. All entries are eligible for a random draw. To use a pre-made entry form go to www.agric.gov.ab.ca and search farm safety.

Deadline for entries is: **September 30, 2005**

Fax entries to (780) 422-7755 or e-mail to julie.splawinski@gov.ab.ca or mail to J.G. O'Donoghue Building, Rm 200, 7000-113 St, Edmonton, AB, T6H 5T6.

Alberta Farm Safety Program

J.G. O'Donoghue Building
200, 7000-113 Street
Edmonton, Alberta T6H 5T6

Laurel Aitken, Farm Safety Coordinator
Phone: (780) 427-4231
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E-mail: laurel.aitken@gov.ab.ca

Please help us stay current. If you would like to be added or removed from the mailing list, please fax (780) 422-7755 (attn Julie) or e-mail julie.splawinski@gov.ab.ca

We're on the web
www.agric.gov.ab.ca/farmsafety

