

MISSION

To improve health and safety on the farm through education, service and evaluation research

GOAL

To reduce injury and illness related to agriculture production

22,000

SK farmer families

196

RM members

STRONGER TOGETHER

LET'S REACH 223 RMS IN 2023

- RURAL HEALTH AND SAFETY OUTREACH
- CLINICS OFFERED IN RMs
- PROGRAMS DELIVERED IN SCHOOLS
- PARTNERSHIPS

- SASKATCHEWAN FARM FAMILIES AND AG WORKERS
- RESOURCES DEVELOPED
- ACTIVE ON SOCIAL MEDIA

HAVE YOU HAD ANY POSITIVE EXPERIENCES WITH THE NETWORK?

Encourage new membership in the Network by sharing your good experiences with your peers, neighbours, Councillors and other non-Network member RMs in your Division.

HAVE YOU OR YOUR RM BEEN HELPED BY OUR PROGRAMS?

Share your views of the programs you and your RM receive directly or indirectly by the Network with non-Network member RMs in your Division.

MEET OUR NEW DIRECTOR



"If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea." Antoine de Saint-Exupery On November 1st, 2022 I took on the role of Interim Director of CCHSA. Prior to agreeing to take on this role I spent time walking and talking with trusted mentors. These mentors are very knowledgeable about CCHSA and the University of Saskatchewan administrative roles and structures. These discussions were very important to my decision. I want to thank them for their time, advice, and support.

Prior to taking on this role I also took some time to vision. If I were to take on the role I needed to understand why. I asked myself "If I were to take on this leadership role, what are my plans?

What do I want to achieve? How can it be achieved? What are the immediate, mid-term, and long-term steps to achieving the vision?" I documented my thoughts and therein began a vision plan. Importantly, I was excited and eager to bring my vision to life!

He who has a "why" can endure any "how." Friedrich Nietzsche

The premise is positive movement, sparked by what works now and what makes success possible. The book "The Surprising Power of Liberating Structures – Simple Rules to Unleash a Culture of Innovation" (2014) outlines a foundation for this process:

- Include and unleash everyone
- Practice deep respect for people and local solutions
- Build trust as you go
- Learn by falling forward
- Practice self-discovery
- Amplify freedom and responsibility
- Emphasize possibilities: believe before you see
- Invite creative destruction to enable innovation
- Engage in seriously playful curiosity
- Never start without a clear purpose

These principles are a guiding framework for my vision and leadership. Some amazing staff are working to bring some of the visioning steps to action, starting with the launch of this first edition of the Boots on the Ground newsletter.

My next few months will be spent appreciatively inquiring with CCHSA faculty and staff, partners, collaborators, UofS leadership, and the CCHSA Boards, to understand and amplify the strengths-filled, opportunity-rich, possibilities for CCHSA. My door is always open. Feel free to reach out.

My boots are on the ground! I look forward to the journey.

Shelley

DELIVERED TO THE FARM GATE:



SPRING 2022 Edition #51 Focus:

- Asthma on the Farm
- Farm ATV Safety
- Spotlight on Ergonomics
- Long COVID Research
- Mental Wellness Short Videos
- Road & Railway Crossing Safety
- Kids Activity Page
- Scholarship Winners 2022



WINTER 2023 Edition #52 Focus:

- Musculoskeletal Resource
- · Working in cold Weather
- The Winter Blues
- Take a Break from the Shake
- SK Work-related Fatal Farm Injuries
- National survey: Farmers Mental Health
- Kids Activity Page
- High Blood Pressure & Stroke

2022 SPRING AND WINTER 2023 MAIL-OUTS

- Delivered to the 196 Network Member RMs
- Reaching approximately 22,000 Farm Families



ANNUAL NEW RESOURCES:

Musculoskeletal Health and Safety in Agriculture

This resource provides many benefits to farmers and rural workers by:

- Increasing awareness of hazards on the farm that can impact farmer musculoskeletal health
- Educates in ergonomic best practices and exercises
- Musculoskeletal Disorder (MSD) prevention tips
- Managing MSDs through decreased pain and increased strength
- Additional resources and treatments available

Extra Tools for Farmers

 An extended version of this resource will soon be available on the Network website which will include: practical checklists, MSD prevention policies, and incident investigation reports to use on your farm.













What is a MSD Policy?

Outlines the farms
commitment to preventing
MSD injuries including
definitions, roles,
responsibilities, risk factors,
hazard identification and
control, training and
education, monitoring and
evaluation as well as
contractor involvement.



Thanks to Chiropractors Association of Saskatchewan for supporting the printing and distribution of this resource to the Network membership in our March mailout

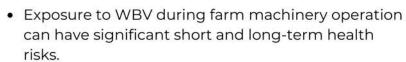
ADDITIONAL RESOURCE DEVELOPMENT

Take a Breake from the Shake



With funding from a CASA Provincial AgSafe Partner Program grant, the Network was able to undertake an initiative to empower farmers and workers with feasible and practical tools and strategies to mitigate the health risks associated with extended whole body vibration (WBV) exposure from farm machinery operation. An informational pamphlet was developed in both official languages and combined with reminder stickers to help pique the interest of farm machinery operators and increase uptake of the key messages:





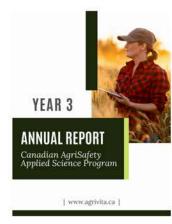


 Take a break once in a while! Although it is not possible to eliminate the hazard of WBV in agriculture, simple solutions such as rest breaks can significantly reduce the associated health risks.

Knowledge Translation for Agrivita



KT activities were directed toward the continued development, production, and publication of bulletins



AgriSafety Annual Program Report



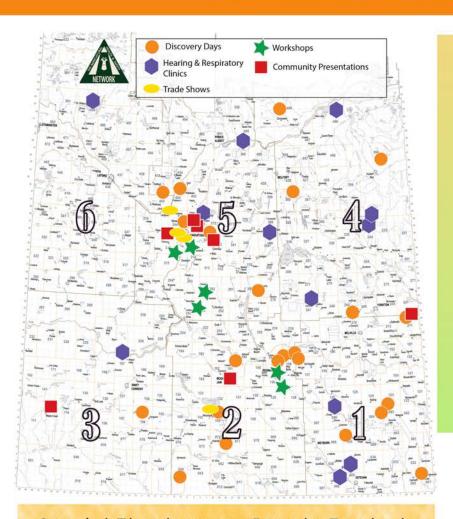
Production of a video for each project. The videos will capture the entirety of the project from purpose to output and can be used to promote the project in a variety of settings.

2022- 2023 NETWORK ACTIVITIES

Networking Funding

- Each member RM pays a base membership fee of \$200 plus \$4.60 per active farm family to benefit from Network resources and services.
- The Saskatchewan Ministry of Agriculture
- The Canadian Centre for Health and Safety in Agriculture
- Grants and sponsorship for specific projects

RM members partnership is the foundation of the Network, allowing us to attract additional resources and partnerships to better serve SK Farmers, their families and their workers



Special Thank you to Brenda Zemluck, Elfros RM #307, who served on the Network Steering Committee for 19years representing Division #4!

Network Steering Committee

Thank you to our Network Steering Committee members who provide valuable grassroots feedback to the Network representing RM membership, farmers and ranchers in each division of Saskatchewan. We encourage you to reach out and introduce your RM to your respective Division Steering Committee member.

Current Members:

Divisions #1, #2, #4, #6: TBD at SARM March Convention 2023

Division #3: Mark Hughes, Reeve for the RM of Miry Creek #229

Division #5: Darin Pederson, Reeve for the RM of Prairie Rose #309





HEARING & RESPIRATORY clinics held in the following RMs

RM of Frenchman Butte #501

RM of Preeceville #334

Town of Preeceville #334

RM of Mervin #499

RM of Aberdeen #373

RM of Fillmore #96

RM of Birch Hills #460

RM of Kellross #247

RM of Cambria #6

RM of Leroy #339

RM of Sask. Landing #167

RM of Moose Range #486

Paradise Hill, SK Preeceville, SK

Preeceville, SK

Turtleford, SK Aberdeen, SK

Fillmore, SK

Birch Hills, SK

Leross, SK

Torquay, SK

Lerov. SK

Stewart Valley, SK

Carrot River, SK

April 19, 2022

April 27, 2022

April 27, 2022

June 13, 2022

November 1 & 2, 2022

November 22, 2022

January 25, 2023

Re-scheduled-TBD

February 28, 2023

March 22, 2023

April 25, 2023

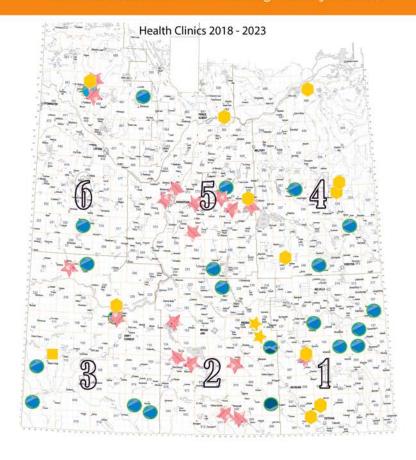
April 19, 2023

If your RM is interested in hosting a Hearing Clinic or Respiratory Clinic for your farm families please contact (306) 966-6643.

If your RM is interested in offering the Hearing Loss Prevention Clinic for RM employees please reach out!

Many RMs request to hold the clinic for RM employees and farmers on the same day.

We look forward to working with your RM!



In the Know Mental Health Literacy Workshops



JANUARY 27, 2023

FEBRUARY 23, 2023

> MARCH 9, 2023

- · Identify the signs and symptoms of those in distress
- · Have the confidence to start a conversation about mental health
- Learn to support other farmers and yourself at this mental health literacy program for farmers and the agricultural community



KIM MOFFAT COUNSELING

Other Community Presentations & Conference Participation:

MARCH 11, 2022 Nutrien for Life Ag Days: Churchbridge

NOVEMBER 30, 2022 Gear Up For Ag Program: SK Polytechnic, Moose Jaw

NOVEMBER 3-4, 2022 Saskatchewan Women in Agriculture Conference: Saskatoon

NOVEMBER 16, 17, 2022 SARM-Mid-Term Convention: Saskatoon

DECEMBER, 8, 2022 Council Meeting Network Presentation: RM of Vanscoy

FEBRUARY 2-3, 2023 Rural Women in Ranching: Maple Creek

FEBRUARY 7-9, 2023 Saskatchewan Industrial Safety Seminar: Saskatoon

MARCH 14-15, 2023 SARM Convention, Tradeshow and Network AGM, Saskatoon



SASKATCHEWAN FARM SAFETY PLAN PILOT TRANSFORMING INTO A PROGRAM!

Network partnered with: Saskatchewan Ministry of Agriculture, Ministry of Labour and Workplace Relations, Vital Insight (consulting) and SK Producers to develop and pilot test practical resources and online modules to assist SK Producers to start the process of creating a SK farm safety plan (2020-2022).

With the goal of creating practical, supportive and effective resources, tools, and access to consultation that will meet the needs of SK Farmers, Ranchers and Producer groups in creating and maintaining an impactful farm safety plan.



WORKSHOPS

MARCH 29, 2022

IN-PERSON SESSION: FARM HEALTH AND SAFETY COUNCIL MEETING, REGINA

APRIL 6, 2022
VIRTUAL SESSION VIA MICROSOFT
TEAMS

APRIL 11, 2022
VIRTUAL SESSION VIA MICROSOFT
TEAMS

The Network is progressing to build funding and research partnerships to further advance the pilot program into a sustainable program.

Top 5 Reasons to Build Your Farm Safety Plan

- 1. Help family and all employees/workers on the farm understand their roles &responsibilities to work toward a common goal of incident, illness and injury prevention.
- 2. Engage workers. An engaged worker is a safe worker.
- 3. Consistent method of communicating hazards and hazard control measures on the farm.
- 4. Reduce the human, livestock, material, and financial losses associated with incident, occupational illness, and injury.
- 5.Improve compliance with laws and regulations for occupational health and safety within the province.



Trade Show Booths

JULY 11, 2022 OLD WIVES LAKE FESTIVAL: MOSS BANK

JULY 19-21, 2022 AG IN MOTION: LANGHAM JANUARY 9-12, 2023 WESTERN CANADIAN CROP PRODUCTION SHOW: SASKATOON

FEBRUARY 2-3, 2023 CELEBRATING RURAL & RANCHING WOMEN: MAPLE CREEK MARCH 14-16, 2023 SARM ANNUAL CONVENTION: SASKATOON







FOLLOW US ON SOCIAL MEDIA!





@AGRICULTUREHEALTHSAFETYNETWORK

PARTNERSHIPS

Thank you to our partners that contributed to the success of the outreach activities of the Agricultural Health and Safety Network









































Radio Ads: Partnership with SARM

Along with SARM and Saskatoon Media Group CJWW the Network created a series of harvest farm safety messages that aired during September and October 2022.



RESEARCH PARTNERSHIPS

The Network works with a variety of research teams by:

- · Collaborating in grant writing,
- Bringing awareness of current research projects to SK rural population,
- Sharing knowledge at outreach events and assisting in recruiting new rural and agricultural participation for research projects.

Research Projects

- Long COVID Study
- Saskatchewan Mental Health in Agriculture
- University of Guelph In The Know Workshops
- National Survey on Farmers Mental Health
- Vibration Exposures in Ag Equipment Operation
- Shoulder Pain Study

Gear Up for Ag: Canadian Program delivered to College Students







November 2022: Delivered at Saskatchewan





Canadian Agricultural Safety Week - March 13 - March 19, 2023

Your Farm Your Family Your Success SAFETY is our Promise



In 2023, the aim of the campaign is to inspire farmers, farm families, and farming communities to commit Farm Safety Everyday."





AGRICULTURAL SAFETY DISCOVERY DAYS

DELIVERED TO RURAL SCHOOLS

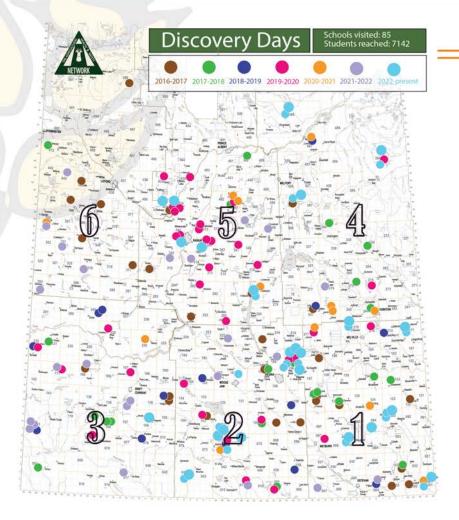
Raising awareness among Saskatchewan farm children of hazards on the farm and how to recognize and avoid risks is the goal of the Network's Agricultural Safety Discovery Days.

167

7800

2016-2023

DD Presentations Students Reached 2016-2023



Facts

- The Agricultural Health and Safety Network was able to offer 24 in-person Discovery Day presentations reaching 1837 students during the 2022/2023 school year.
- Virtual delivery is still available for booking.
- The Discovery Days program is tailored to students in grades 4 - 6 who are immersed in agriculture at home or in their communities.



WHAT HAPPENS DURING EACH PRESENTATION?

During each event, children are guided through fun and interactive farm health and safety activities. These activities include, but are not limited to, animal safety, chemical safety, hazard identification, grain safety, and machinery safety.

To learn more about Discovery Days in the Classroom watch video posted on the Network's website.



ACTIVITY BOOKLET:

 A new version of the Farm Safety Activity booklet has been produced

DEVELOPMENT OF NEW PROGRAM MODULES:

- Youth Mental Health
- Hearing
- Electrical Safety
- ATV safety presentations

PROGRAM EXPANSION UNDERWAY:

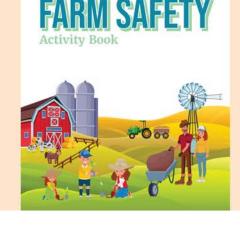
- Increasing delivery capacity
- Seeking Partnership Opportunities with Agribusiness and SK Producer Groups



SASKATCHEWAN WHEAT COMMISSION

For your support of the Discovery Days Program 2022-2023 and 2023-2024!





AGRICULTURAL SAFETY AND RURAL HEALTH

SARM 90TH ANNIVERSARY SCHOLARSHIP

In 1995, the Saskatchewan Association of Rural municipalities (SARM) auctioned off the first copy of their history book, "The Building of a Province:
Commemorating the 90th Anniversary of the 90th Anniversary of the Saskatchewan Association of Rural Municipalities and with these funds initiated the "Saskatchewan Association of Rural Municipalities 90th Anniversary \$1,000 Student Scholarship in Agricultural Safety and Rural Health. Since 1996, The Canadian Centre for Health in Agriculture (CCHSA), University of Saskatchewan through its Founding Chairs Program has maintained the Agricultural Safety and Rural Health Scholarship. In the 2013-2014 school year, CCHSA started offering two \$1,500 Student Scholarships

The winners of the 2022-2023 SARM Scholarship of \$1,500 each are Caleb Reeve of Wynyard, RM of Big Quill No. 308 and Kira Wignes of Viscount, RM of Viscount No. 341.



KIRA WIGNES

"Farming is a demanding career that involves working long hours while trying to plan around many variables that are uncontrollable. After some time, working in such a physically and mentally stressful environment can become significantly exhausting and lead to impaired decisions, unsafely handling equipment or carelessly entering pens of livestock. This not only endangers yourself, but also those around you. It is critical to take care of your mental health as an agriculture producer and reach out to resources that can offer proper support in an accessible way."



CALEB REEVE

"Safety is an absolute priority on our farm. We implement many safety measures that other farmers around our area do not. An example of this is that our yard manager has a harness system he uses on the bins to protect him from fatal falls. It only takes him a minute to get strapped in, so why wouldn't you?"

AWARDS



25-Year Award: RM of Spy Hill No. 152 RM of Chaplin No. 164 RM of Dufferin No. 190 RM of Happyland No. 231

20-Year Award:

RM of Reciprocity No. 32
RM of Moose Creek No. 33
RM of Excel No. 71
RM of Stonehenge No. 73
RM of Enterprise No. 142
Rm of Edenwold No. 158
RM of Deer Forks No. 232
RM of Insinger No. 275
RM of Prairie Rose No. 309
RM of Usborne No. 310
RM of Lakeview No. 337
RM of Kelvington No. 366
RM of Laird No 404
RM of Flett's Springs No. 429
RM of Eldon No. 471

1**5-Year Award:** RM of Marquis No. 191 RM of Kellross No. 247



10-Year Award: RM of Rocanville No. 151 RM of McCraney No. 282 RM of Preeceville No. 334 RM of Connaught No. 457



5-Year Award: RM of Maple Creek No. 111 RM of Milden No. 286



Founder RMs: 1988 RM of Aberdeen No, 343 RM of Lumsden No. 189 RM of St. Peter No. 369 RM of Fish Creek No. 402 RM of Round Valley No. 410.

NETWORK MEMBERSHIP: 2022-2023

R.M. of Argyle No. 1

R.M. of Mount Pleasant No. 2

R.M. of Enniskillen No. 3

R.M. of Coalfields No. 4

R.M. of Cambria No. 6

R.M. of Hart Butte No. 11

RM of Val Marie No 17

R.M. of Storthoaks No. 31

R.M. Of Storthoaks No. 31

R.M. of Reciprocity No. 32

R.M. of Moose Creek No. 33

R.M. of Browning No. 34

R.M. of Benson No. 35

R.M. of Cymri No. 36

R.M. of Lomond No. 37 R.M. of The Gap No. 39

R.M. of Willow Bunch No. 42

R.M. of Waverley No. 44

R.M. of Glen McPherson No. 46

R.M. of White Valley No. 49

R.M. of Brock No. 64

R.M. of Tecumseh No. 65

R.M. of Griffin No. 66

R.M. of Weyburn No. 67

R.M. of Brokenshell No. 68

R.M. of Excel No. 71

R.M. of Lake Of The Rivers No. 72

R.M. of Stonehenge No. 73

R.M. of Storierierige No. 73

R.M. of Wood River No. 74

R.M. of Auvergne No. 76

R.M. of Wise Creek No. 77

R.M. of Grassy Creek No. 78

R.M. of Wawken No. 93

R.M. of Fillmore No. 96 R.M. of Caledonia No. 99

R.M. of Elmsthorpe No. 100

R.M. of Terrell No. 101

R.M. of Sutton No. 103

R.M. of Glen Bain No. 105

R.M. of Whiska Creek No. 106

R.M. of Bone Creek No. 108

R.M. of Carmichael No. 109

R.M. of Piapot No. 110

R.M. of Maple Creek No. 111

R.M. of Moosomin No. 121

R.M. of Martin No. 122

R.M. of Silverwood No. 123

R.M. of Kingsley No. 124

R.M. of Chester No. 125

R.M. of Montmartre No. 126

R.M. of Lajord No. 128

R.M. of Bratt's Lake No. 129

R.M. of Hillsborough No. 132

R.M. of Rodgers No. 133

R.M. of Shamrock No. 134

R.M. of Swift Current No. 137

R.M. of Webb No. 138

R.M. of Gull Lake No. 139

R.M. of Enterprise No. 142

R.M. of Rocanville No. 151 R.M. of Spy Hill No. 152

R.M. of Willowdale No. 153

R.M. of Elcapo No. 154

R.M. of Wolseley No. 155

R.M. of Indian Head No. 156

R.M. of Edenwold No. 158

R.M. of Moose Jaw No. 161

R.M. of Caron No. 162

R.M. of Wheatlands No. 163

R.M. of Chaplin No. 164

R.M. of Morse No. 165

R.M. of Excelsior No. 166

R.M. of Sasklanding No. 167

R.M. of Pittville No. 169

R.M. Langenburg No. 181

R.M. of Fertile Belt No. 183

R.M. of North Qu'Appelle No. 187

R.M. of Lumsden No. 189

R.M. of Dufferin No. 190

R.M. of Marquis No. 191

R.M. of Eyebrow No. 193

R.M. of Enfield No. 194

R.M. of Churchbridge No. 211

R.M. of Charcibriage No. 211

R.M. of Saltcoats No. 213

R.M. of Cana No. 214

R.M. of Stanley No. 215

R.M. of Tullymet No. 216

R.M. of Lipton No. 217

R.M. of Cupar No. 218

R.M. of McKillop No. 220

R.M. of Sarnia no. 221

R.M. of Huron No. 223

R.M. of Victory No. 226

R.M. of Lacadena No. 228

R.M. of Miry Creek No. 229

R.M. of Happyland No. 231

R.M. of Deer Forks No. 232 R.M. of Orkney No. 244

R.M. of Garry No. 245

R.M. of Ituna Bon Accord No. 246

R.M. of Kellross No. 247

R.M. of Last Mountain Valley No.250

R.M. of Arm River No. 252

R.M. of Loreburn No. 254

R.M. of Snipe Lake No. 259

R.M. of Newcombe No. 260

R.M. of Chesterfield No. 261 R.M. of Sliding Hills No. 273

R.M. of Good Lake No. 274

R.M. of Insinger No. 275

R.M. of Foam Lake No. 276

R.M. of Mount Hope No. 279

R.M. of Wreford No. 280

R.M. of McCraney No. 282

R.M. of Rosedale No. 283

R.M. of Milden No. 286 R.M. of St. Andrews No. 287

R.M. of Pleasant Valley No. 288

R.M. of Kindersley No. 290

R.M. of Keys No. 303

R.M. of Buchanan No. 304 R.M. of Elfros No. 307

R.M. of Elfros No. 307

R.M. of Big Quill No. 308

R.M. of Prairie Rose No. 309 R.M. of Usborne No. 310

R.M. of Morris No. 312

R.M. of Lost River No. 313

R.M. of Dundurn No. 314 R.M. of Montrose No. 315

R.M. of Harris No. 316

R.M. of Marriott No. 317

R.M. of Mountain View No. 318

R.M. of Winslow No. 319

R.M. of Oakdale No. 320

R.M. of Prairiedale No. 321

R.M. of Preeceville No. 334

R.M. of Sasman No. 336

R.M. of Lakeview No. 337

R.M. of Lakeside No. 338

R.M. of LeRoy No. 339

R.M. of Wolverine No. 340

R.M. of Viscount No. 341 R.M. of Colonsay No. 342

R.M. of Blucher No. 343

R.M. of Corman Park No. 344

R.M. of Vanscoy No. 345

R.M. of Perdue No. 346

R.M. of Biggar No. 347

R.M. of Grandview No. 349

R.M. of Progress No. 351

R.M. of Heart's Hill No. 352

R.M. of Kelvington No. 366

R.M. of Spalding No. 368

R.M. of St. Peter No. 369

R.M. of Humboldt No. 370 R.M. of Bavne No. 371

R.M. of Grant No. 372

R.M. of Aberdeen No. 373

R.M. of Glenside No. 377

R.M. of Rosemount No. 378

R.M. of Reford No. 379 R.M. of Grass Lake No. 381

R.M. of Eye Hill No. 382

R.M. of Hudson Bay No. 394

R.M. of Pleasantdale No. 398 R.M. of Lake Lenore No. 399

R.M. of Hoodoo No. 401

R.M. of Fish Creek No. 402

R.M. of Laird No. 404

R.M. of Great Bend No. 405

R.M. of Round Valley No. 410 R.M. of Senlac No. 411

R.M. of Flett's Springs No. 429

R.M. of Invergordon No. 430

R.M. of Blaine Lake No. 434

R.M. of Redberry No. 435

R.M. of Douglas No. 436 R.M. of Cut Knife No. 439

R.M. of Hillsdale No. 440

R.M. of Manitou Lake No. 442

R.M. of Connaught No. 457

R.M. of Birch Hills No. 460 R.M. of Prince Albert No. 461

R.M. of Turtle River No. 469

R.M. of Paynton No. 470 R.M. of Eldon No. 471

R.M. of Wilton No. 472

R.M. of Moose Range No. 486

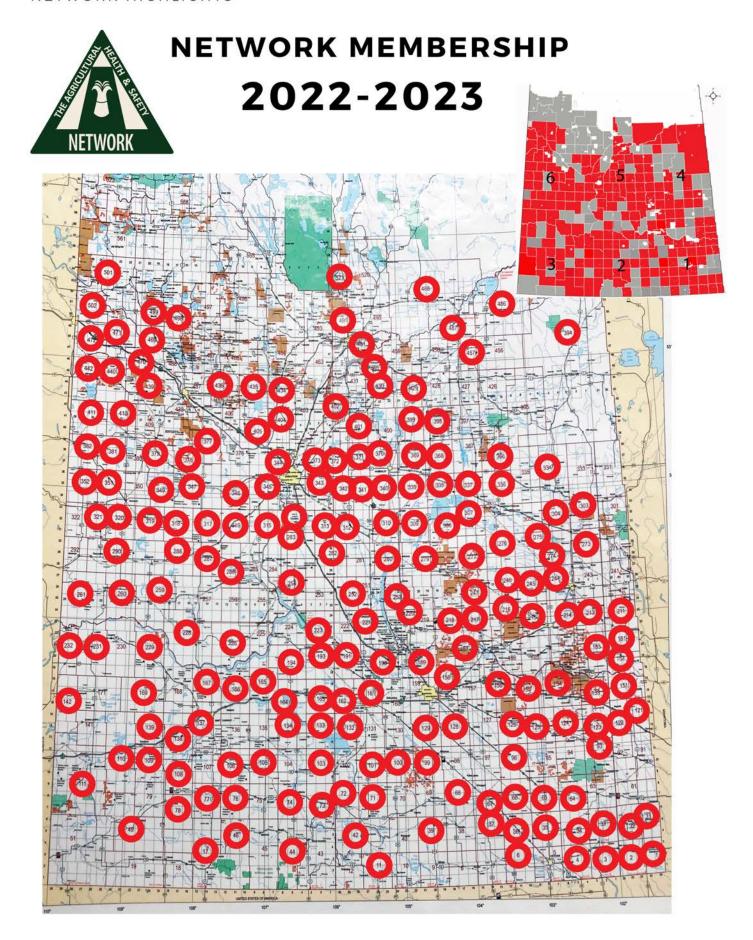
R.M. of Nipawin No. 487 R.M. of Torch River No. 488

R.M. of Buckland No. 491

R.M. of Parkdale No. 498 R.M. of Mervin No. 499

R.M. of Frenchman Butte No. 501 R.M. of Britannia No. 502

R.M. of District of the Lakelands 521







Network Highlights designed, compiled & edited by Sueli B. de Freitas & Kendra Ulmer 2023

STRONGER TOGETHER IN AGRICULTURE HEALTH AND SAFETY For any Questions related to your Network membership, programs, and resources please contact us!

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