UNIVERSITY OF SASKATCHEWAN Canadian Centre for Health and Safety in Agriculture CCHSA-CCSSMALUSASK CA



THE AGRICULTURAL HEALTH AND SAFETY NETWORK

Partnering for SuccessSUMMARY OF ACTIVITIESMAY 1, 2020 - APRIL 30, 2021



we care about farm families

April 2021

MESSAGE FROM THE DIRECTOR



The COVID-19 situation around the world has brought hardship and stress to families and workers everywhere, and agriculture is no exception. Like so many workplaces and programs, the Agricultural Health and Safety Network has had to adapt to the circumstances of the pandemic and the closure of the University of Saskatchewan campus (home to the Canadian Centre for Health and Safety in Agriculture - CCHSA) to most activities. Despite these challenges over the last year, the Network has remained actively engaged with partners in Saskatchewan and across the country and continued as much as possible to develop resources and offer programming to Saskatchewan rural residents and farm families. Last year an important electrical safety resource was distributed, through a partnership with SaskPower and funded through Canadian Agricultural Partnership (CAP). This is being followed up by another important resource about to be published and distributed on respiratory health and safety in agriculture – a very timely topic! Please stay tuned for this resource in your mailboxes in the near future. We have also been able to continue the remarkable Discovery Days program, albeit virtually over zoom for the time being because of the pandemic. The program

brings health and safety information to rural school children with many different interactive and engaging displays and discussions.

Mental health in agriculture is very important to us and remains an urgent and key topic. It has been a very challenging year for many reasons on that front, and the Network recognizes this and is working on developing new resources and programs to encourage farm families to look after both their physical and mental health. We have been thrilled to offer, in partnership with Bridges Health, the DoMoreAg Foundation, and the Ministry of Agriculture, a series of Mental Health in Agriculture Webinars that run through the month of April. To date these have been extremely well received and we hope to continue offering this important resource in the future through further partnerships.

The Network and CCHSA continue to lead the communication and knowledge translation for the next round of Applied Agrisafety Research Projects funded through <u>Agrivita</u> – updates and information on these important, nationally funded applied agriculture health and safety research projects is available in our Network News and in this report. Be sure to also check out the information online at www.agrivita.ca

It has been, and continues to be, a challenging year for everyone. As I write this, the Province continues to actively roll out the COVID vaccine in communities everywhere. Please get vaccinated as soon as you are eligible! Vaccination is one of the crucial ways we can work our way through this pandemic. It also remains very important to follow public health restrictions and wash your hands frequently, wear your mask, and maintain social distancing, especially now while we see increased variant activity in Saskatchewan. This is the best way to protect yourselves, your families, our dedicated health care workers, and others.

We are so grateful to our member RMs and the Ministry of Agriculture for their support, without which our important work would not be possible. We also thank and recognize our partners including Saskatchewan Association of Rural Municipalities (SARM), Canadian Agriculture Safety Association (CASA), and industry. Please encourage any neighboring RMs that are not members to join and help further support the Network. Your membership helps build a legacy of health and safety in rural Saskatchewan of which we can and should be very proud.

Wishing you a safe and healthy 2021!

Dr. Niels Koehncke, Director

FOCUS ON MENTAL HEALTH IN AGRICULTURE:

The Network has provided resources, workshops and health clinics to Saskatchewan farm families for over 20 years. In 1999, the Network began a Farm Stress initiative in a strategic partnership with the Farm Stress Line Unit, numerous stakeholders, and producer focus groups. This partnership identified that weather, debt, long hours of work on the farm and off-farm jobs, powerlessness over commodity prices and government policy contributed to high stress levels. The Network continues each year to expand and offer additional resources and programs directed towards promoting mental wellness for agriculture producers:

- Farm Stress Workshops
- A new electronic Farm Stress Inventory (checklist)
- The Daily Chore (2016 Stress resource)
- Farm stress is a frequent twitter topic
- Farming and Mental Health Webinars currently being offered (partnership with Bridges Health, DoMoreAg Foundation, Ministry of Ag)
- Network News articles (mailed out to 27,000 farm families) frequently focus on stress in farming as well as articles published in the Peavey Mart and Rural Councilor magazines.
- New Farm Stress content presented in "Gear Up for Ag Health and Safety Program" University of Saskatchewan College of Agriculture students

The Network takes a holistic proactive approach to mental health, physical health and safety for our producers. The Network will continue to offer resources and activities to farmers to encourage building strength and resiliency to weather the storms of agriculture production.

Other resources for 2020-2021 - see within:

- Electrical Safety Resource (2020)
- Respiratory Resource (2021)
- COVID resources (web, Network News, social media)
- Further focus on mental health in the Network News
- Increased delivery of Discovery Days Workshops remotely across Saskatchewan

What's ahead for 2021:

- Network News focus on "Taking Care of the Agriculture Producer"
- Continued delivery of mental health webinars, mental health in agriculture workshops
- Promotion of Do More Ag Foundation as a community partner
- Developing partnerships and funding options with rural community leaders to assist in breaking the stigma around mental health, and promotion of mental wellness support and learning opportunities for agriculture producers
- Facilitate partnerships, funding and capacity to develop a SK Farm Safety Plan Pilot project
- Discovery Days Expanding to include mental health and wellness, Electrical Safety and ATV Safety
- CCHSA and Network to Host Agrivita National Summit 2021: Driving Safety & Productivity in Canadian Agriculture
- AHSN Strategic Planning our 5 year strategic plan is finished and met! We are excited to develop a new strategic plan in 2021.

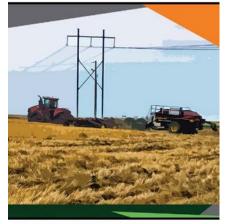


ACTIVITIES AND OUTPUTS - Resources

All resources are available on website: aghealth.usask.ca

Electrical Safety on Saskatchewan Farms

Together we can make it safer.



The Electrical Safety on Saskatchewan Farms is a new and unique resource that will increase awareness and prevent incidents when working around overhead and underground power lines. The Network is grateful to have partnered with SK Power in the development and delivery of this resource and will continue to grow this partnership in the future. In 2019, there were 326 overhead line contacts caused by machinery and while none of these incidents were fatal, each incident had the potential to be. Don't take a chance, be aware, be safe! Available on-line at www.aghealth.usask.ca

Electrical Safety on Saskatchewan Farms



Save Your Breath: Respiratory Health in Agriculture 2nd edition COMING SOON!



Through the CASA Provincial AgSafe Program, the Network has received funding to update our current "Save Your Breath: Respiratory Health in Agriculture" resource. This updated resource is developed in collaboration with the Ag Health and Safety AllianceTM and includes sections on respirator selection and fit checks, COVID-19, radon gas, sleep apnea, children's respiratory health, cannabis, vaping, and much more! Watch for this resource in the coming weeks in your mailboxes. This resource will also feature prominently in the "Gear Up For Ag program" delivered across Canada by the Ag Health and Safety AllianceTM and shared with national ag health and safety organizations.

"Walking The Talk - Mental Health in

Agriculture" webinar series presented by Do More Ag

Foundation is an element of the Fostering Mental Health Resiliency for Farmers project that the Network received funding for CAP 2020-2021.



Other Activities

Harvest Radio Campaign

The Network partnered with SARM and Saskatoon Media Group CJWW radio to create a series of farm safety messages that aired during September and October 2020. Each ad began with the phrase "The Agricultural Health and Safety Network along with The Saskatchewan Association of Rural Municipalities care about farm families and Ag workers" and ended with "Thanks for all you do. Together, we can stay safe and healthy on Saskatchewan farms". The messages were relevant to 2020 and addressed a variety of topics including harvest safety tips, farm stress, sleep, masks and proper PPE, grain bin safety, developing a safety plan, and transporting equipment safely on roads.

GEAR UP for AG HEALTH & SAFETY™

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was reported by the Canadian Gover Canadian youths use electronic cigar a researcher from the University of Sc

act of inhaling and exhaling heated used by e-sigarettes. They create vap a filled cartridges. E-sigarrettes can b

Using an e-cigarette leads to the addiction of both nicotine and traditional smoking Nicotine harms the developing brain Nicotine negatively effects memory, concentration,

Exposure to nicotine during youth can lead to behavioral and cognitive problems

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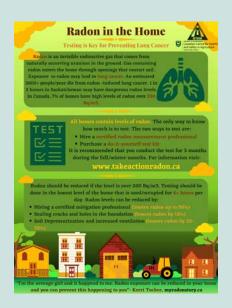
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Ag Health and Safety Alliance[™] offers a Flexible Gear Up for Ag Health and Safety[™] program for 2020 and 2021. This flexible program is in response to COVID 19 and the need to offer program options when traditional educational programs are not possible. The Network will continue to work to secure funding and new partnerships to allow delivery of this dynamic program to the next generation of Agriculture producers in Saskatchewan. The Network plans to partner with the Ag Health and Safety Alliance to bring program options to the University of Saskatchewan in the fall of 2021.

In 2020-2021, the Network has partnered with the Ag Health and Safety Alliance to modify the Network's respiratory resource, adding new content and a respirator selection guide to best meet the current needs of Agricultural Producers in Canada. This resource will be delivered to the Network's Saskatchewan membership and The Ag Health and Safety Alliance plans to utilize and promote this new resource in their national program delivery in 2021.

New Network Infographics

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PUBLICATIONS

Network Newsletters

ISSUE NO. 47 - SPRING 2020

"Taking Care of the Farmer: Wellness and Resiliency"

It is important to take time to think about your mental health, particularly during these uncertain times. By recognizing and dedication even a short time every day for your own mental health you will reap significant benefits in terms of feeling more confident

facing challenges on your farm. Maintaining mental wellness means finding a balance in all areas of our lives, including physical, social, personal, emotional, financial, and spiritual aspects. Reaching a balance of all of these aspects is an ongoing process that is unique to each individual. In this edition of the NN, we focused on Taking

Care of the Farmer with articles on mental health and

Topics:

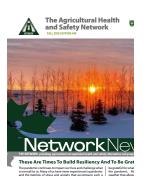
- Packing a health lunch
- COVID -19 Alert & Prevention
- COVID-19 and Your Mental Health
- **COVID-19 Building Mental** Resiliency
- Importance of Sleep
- Web Calculator Profitability Tool
- **Rural Dementia Action Research**
- **Highlighting New Electrical** Safety on SK Farms Resource
- Acknowledging our supporters and partners

COVID-19, building resiliency, nutrition, the importance of sleep, symptoms of mental illness, and tips for practicing self-care. It was our goal, that the topics presented would help the farmer take a look at their own well-being, draw on their strengths and take action!

ISSUE NO. 48 - FALL 2020

"These Are Times To Build Resiliency and To Be Grateful For Those Around Us"

- The pandemic continues to impact our lives and challenges that is normal for us. It is normal to fell anxiety and stress as we adjust to how to go about our daily lives in a changed world. These are also the times to build resiliency in ourselves and to be grateful to those around us. Although we may not be able to physically be close to one another it remains important to connect with people in our lives to come together for support.
- Farmers are the most important asset of the farm and now more than ever the world needs healthy and safe farmers. We hoped the fall Network Newsletter provided resources to support farmers during this time.



Topics

- Helping Someone Struggling with Mental Health
- **Bridges Mental Health AVAIL** App
- Farm Work
- **Exoskeletons in Agriculture**
- **COVID-19** Resources
- Kid's Activity •
- Rural Access to Dementia Care •
- Canadian AgriSafety Applied Science Program

Rural Councilor

SARM provides the Network with the opportunity to include a quarterly article in the "Rural Councilor Magazine" to promote the Network as well as to provide Farm Health & Safety Messages. Articles this past year included:

- Electrical Safety on Saskatchewan Farms
- Ike Thiessen: Building a Foundation Award and History of Network •
- **Network Scholarship Promotion** •



Face Coverings & Respirators for

DISCOVERY DAYS

The Agricultural Health and Safety Network offered Virtual Discovery Days during the 2021 school year. The Pandemic has changed how we are able to deliver the Discovery Days presentations, instead of having a presenter travel to the classroom, the classroom comes to us via Webex, Microsoft Teams or Zoom. Discovery Days is a farm safety presentation which is tailored for children in grades 4-6 who are immersed in agriculture at home or in their community. These presentations may include hazard identification, grain safety, avoiding chemical exposure, safety around machinery, helmet safety and animal safety. Upon completion of each event, students received an activity booklet and farm safety package to take home.



The students were asked to fill out a questionnaire before the presentation, right after the presentation and about 2 weeks after the presentation. These questionnaires serve as a tool to evaluate the effectiveness of the Discovery Days program and help guide future program development.

In March of 2020 we had to cancel 12 Discovery Days presentation due to COVID 19. We have been able to re-book most of them and do the presentations virtually. Since January of 2021 we have been able to reach 355 students in 13 schools.

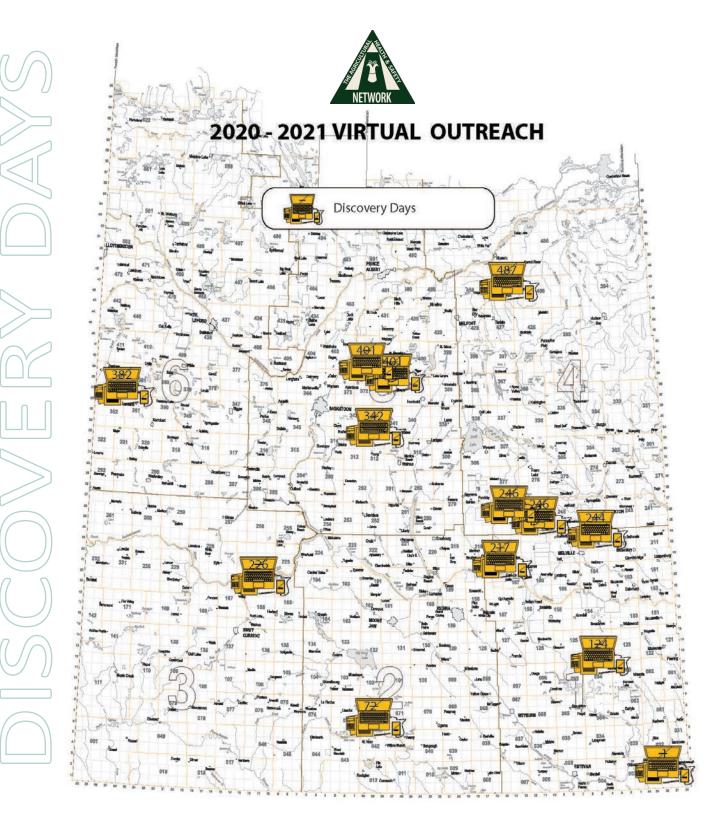
We look forward to being able to take our new presentations on Mental Health, ATV Safety and the Chemical "Look a-like" display into the schools in the upcoming year.

| SCHOOL | DATE | RM | DIVISION |
|--------------------------|-------------------|---------------------------------|----------|
| Colonsay School | January 20, 2021 | RM of Colonsay No. 342 | Div. 5 |
| Lipton School | February 1, 2021 | RM of Lipton No. 217 | Div. 6 |
| Springside School | February 3, 2021 | RM of Orkney No. 244 | Div. 4 |
| Wakaw School | February 11, 2021 | RM of Hoodoo No. 401 | Div. 5 |
| Carievale School | February 12, 2021 | RM of Argyle No. 1 | Div. 1 |
| Chaplin School | February 24, 2021 | RM of Chaplin No. 124 | Div. 2 |
| Wakaw School | March 1, 2021 | RM of Hoodoo No. 401 | Div. 5 |
| Ituna School | March 2, 2021 | RM of Ituna Bon Accord No. 246 | Div. 4 |
| Wagner Elementary School | March 3, 2021 | RM of Nipawin No. 487 | Div. 4 |
| Beechy School | March 29, 2021 | RM of Victory No. 226 | Div. 3 |
| Assiniboia School | April 1, 2021 | RM of Lake of the Rivers No. 72 | Div. 2 |
| Ituna School | April 21, 2021 | RM of Ituna Bon Accord No. 246 | Div. 4 |
| Macklin School | April 23, 2021 | RM of Eye Hill No. 382 | Div. 6 |

DISCOVERY DAYS PRESENTATIONS

SINCE JANUARY 2021, WE HAVE BEEN ABLE TO VIRTUALLY REACH 341 STUDENTS IN 13 SCHOOLS

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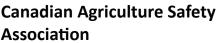
Thank you to the **Saskatchewan Wheat Development Commission** and **Saskatchewan Canola Development Commission** for the sponsorship of the Agricultural Safety Discovery Days.

PARTNE

Bridges Health and Do More Ag Foundation

Contributions of Fall Network News Partners in "Fostering Mental Health in Agriculture" CAP grant project, development and delivery of webinar materials and supporting project resources.





Development and delivery of the New-

resources that was delivered to the

Electrical Safety on Saskatchewan Farms

Network membership as part of our Spring Annual Package in 2020. SK Power will

continue to promote use of this resource through its interactions with farming

SaskPower Powering the future®

SaskPower

customers.

Provincial AgSafe Program funding to support development and delivery of the Modification of "Save Your Breathe; Respiratory Health in Agriculture" resource 2020-2021

Network has been involved in COVID-19 working group, beginning in March 2020, partnering bi-weekly, then monthly zoom meetings to share resources/collaborate on projects identified as gaps, between national farm health and safety organization across Canada to develop a library of resources available to all Canadians directed towards topics related to COVID-19 and the Agriculture community.



Agricultural Health and Safety Alliance

Contribution to Network News.

Partner in content development on new edition of "Save Your Breathe- Respiratory Health in Agriculture" resource and Respirator Selection Guide project that will be made available in 2021 for Network Membership and "Gear Up For Ag" College students across Canada.

Partners to plan and deliver "Gear Up For Ag" Program



to University of Saskatchewan College of Agriculture fall 2021. New virtual delivery options now available.

RSHIPS

Saskatchewan Association of **Rural Municipalities**

Partnership in Radio Ad Campaign Fall 2020 Promotion of webinars on SARM website and through local RM offices Network quarterly contributions to SARM **Rural Councilor Publication** Webinar delivery and Facilitation of Network AGM Spring 2021

SARM

Saskatchewan Ministry of Agriculture

Canadian Agricultural Partnership (CAP) funding

Collaborating with Ministry of Ag Regional Ag Specialists to develop a Farm Safety Pilot Grant Project proposal

Partnering with Ministry of Ag Regional Specialists to promote and facilitate the "Walk the Talk- Mental Health in Agriculture" webinar series presented by Do More Ag Foundation delivered in April 2021.



For the Network, 2020 was a year of partnerships, coming together in many new ways to increase our capacity to develop, deliver and promote new projects and initiatives to address the SK Ag community within a pandemic.

Research and Students CCHSA research to practice

Rural Dementia Action Research program to help support people living with dementia across the province. Prairie Swine Center- Technology decision tool Can Exoskeletons help reduce Back pain among farmers Agrivita Canada- 2019- 2024 Canadian AgriSafety Applied Science Program

KT activities for the 6 research projects Research participant recruitment for Tractor Survey University of Guelph

"8- Well Being Domains" during COVID-19 content in NN and website

Exploring options to bring "In The Know" Mental Health literacy program for Ag producers program to SK.

U of S Respiratory Research Centre

Research participant recruitment for Sleep Apnea project. **College of Medicine, University of Saskatchewan: Students** and Residents

Contributing to Network activities and resource development



UNIVERSITY OF SASKATCHEWAN Canadian Centre for Health and Safety in Agriculture CCHSA-CCSSMA.USASK.CA

New in 2020! Zoom, WebEx, Teams meeting

How we worked together while working apart!

PARTNERSHIPS

Walking The Talk – Mental Health in Agriculture webinar series presented by Do More Ag Foundation is an element of the "Fostering Mental Health Resiliency for Farmers Project Grant" that the Network received Canadian Agricultural Partnership (CAP) provincial funding 2020-2021.



Mental Health and Resiliency in the Agriculture Industry Webinars

Funded and facilitated by: Ministry of Agriculture Farm Safety Program *In collaboration with:* the Agricultural Health and Safety Network, Bridges Health and, Do More Ag.

Fostering mental health resiliency in agriculture is crucial, and we hope that this event will help farmers cultivate their resiliency by providing information and tools for their own mental health support and well-being. The Network understands that farmers are facing tremendous pressures in 2021 and it is essential to deliver resources especially around mental health awareness and support. It is more important than ever to have appropriate tools and supports available to producers as we continue to increase knowledge and awareness about mental health.

The "Walking The Talk- Mental Health in Agriculture" webinars are being presented by the Do More Ag Foundation with the following objectives:

- Review of mental health in Agriculture
- How to notice signs and symptoms in yourself and others
- Strategies and resources to support positive change in yourself and others.
- What to do if you or someone you know needs help.

Thank you Ministry of Agriculture Regional Offices for your help in promoting and facilitating the webinars! Thank you Bridges Health for your project contributions!

SARN





university of saskatchewan Canadian Centre for Health and Safety in Agriculture cchsa-ccssma.usask.ca







BRIDGES

HEALTH

COVID-19 Resources

COVID-19 Resources

The COVID-19 pandemic continues to change the way we operate in all areas of our lives and the agricultural sector is no exception. As an agricultural province Saskatchewan has much to offer during the pandemic and the Agricultural Health and Safety Network recognizes the need to bring together credible resources for Saskatchewan farm families and agricultural workers to stay safe and healthy during these uncertain times and beyond.

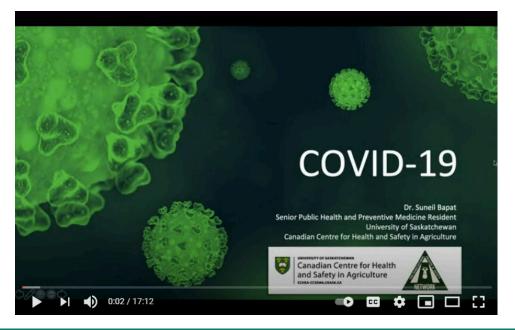
This resource page has been created with credible information to help you navigate the impacts the COVID-19 pandemic is having on you, your farm, and your community. As the COVID-19 pandemic continues to develop we will work to maintain up to date resource links and information that is most important to you and your family.



This resource page has been created on the Network website with credible information to help you navigate the impacts that COVID-19 pandemic is having on you, your farm, and your community. As the COVID-19 pandemic continues to develop we have worked to maintain up to date resource links and information that is most important to you and your family.

The Network has teamed up with the Canadian Agricultural Safety Association and provincial partners from across Canada to share, communicate and create COVID-19 resources to keep farms healthy and safe. The Network met with this group every 2 weeks for several months at the beginning of the pandemic and continues to meet monthly.

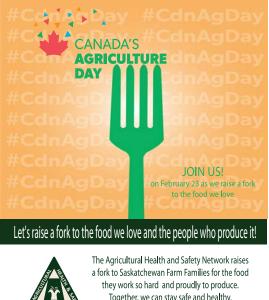
COVID-19 Webinar



Canada Agriculture Day

Canada's Agriculture Day (February 23, 2021) was a time to showcase all the amazing things happening in the industry and help consumers see the connection to where their food comes from and the people who produce it. Prior to the pandemic the Network would celebrate this day at the University of Saskatchewan with a tradeshow booth presence in the Health Sciences Building, where the Network highlighted health promotion and injury prevention programs for the people who produce our food. This year the Network participated by acknowledging the day by sending emails to all of our Network member RM's as wells as activity on social media with partners Nationally and Provincially.







they work so hard and proudly to produce. Together, we can stay safe and healthy.

Safe & Strong Farms #AgSafeCanada



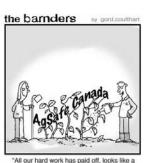
CASW is celebrated the third week of March every year, this year was March 14-21, 2021. This year's theme, Safe and Strong Farms, is a three-year campaign celebrating farm safety across Canada. The aim of the campaign is to empower farmers, farm families, and farming communities to build, grow and lead the agriculture industry in safety and sustainability. This year events were held virtually, and the Network and Centre participated through social media, highlighting health and safety tips and information every day of that week on facebook and twitter.

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Happy Canadian Ag Safety Week! Canadian farms are Safe & Strong, this year we celebrate Ag Safety Week by growing an #AgSafeCanada! Canadian Agricultural Safety Association (CASA)

agsafety #aghealth #cdnag



Il our hard work has paid off, looks like a good crop this year."

Canadian AgriSafety Applied Science Program - Agrivita Canada Inc.



The new Canadian AgriSafety Applied Science Program launched in fall 2019 and builds on the success of the 2014 - 2018 Canadian AgriSafety Applied Research Program that was funded by Agriculture and Agri-Food Canada (AAFC) under the Industry-led Development Stream of Growing Forward 2 (GF2). The 2019 - 2024 Canadian AgriSafety Program focuses on developing practical solutions to priority issues in health and safety in Canadian agriculture. There are currently six projects underway in the program which are complimented by program-wide

knowledge translation activities for each project. Agrivita Canada, a national not-for-profit organization located at the Canadian Centre for Health and Safety in Agriculture (CCHSA) is excited to be partnering with renowned organizations from across Canada to develop applied solutions to key priority areas in agricultural health and safety. To learn more about and the program please visit www.agrivita.ca.

Improving Biosecurity and Welfare of Animals During Transport

Led by Prairie Swine Institute this project builds on their previous work under the 2014 - 2018 Canadian AgriSafety Applied Research Program in which a prototype transport trailer was designed to reduce pathogen distribution and improve biosecurity during the transport of livestock. The goal of this project is to integrate new technologies into the prototype trailer to address the most recent issues in livestock transportation and improve health and safety for workers, livestock, and the public. To date the project has been working on integrating several climate control features into the prototype trailer including misters, drinkers, GPS monitoring systems, and temperature, relative humidity, and air flow sensors that trigger alerts for the truck driver.

Development and Assessment of Emerging Green Technologies to Reduce Aerosol Risks and Hazards in Livestock Production

Based out of the University of Saskatchewan's Chemical and Biological Engineering Department this project is developing technologies to utilize electrostatic precipitation (ESP) and engineered water nanostructures (EWNS) to reduce dust and airborne microbes found in the air of livestock production facilities without the use of chemicals. The innovative technologies being developed and tested under this project will help improve livestock facility air quality and improve health and safety for workers and livestock alike. Early experimental trials have demonstrated average reductions of up to 59% for odour and 69% for both culturable and total bacteria were observed in broiler chicken housing environments.

Fugitive Emissions Following Manure Spreading – Risk Assessment and Engineering Controls

Primarily based in Québec at the Research and Development Institute for the Agri-Environment (IRDA) this project is assessing the health and safety impact of spreading manure on agricultural fields. The overall goal of this project is to assess the risks associated with manure spreading and determine the best strategies to mitigate these risks. To best test the emissions following manure spreading the project team has developed a unique wind tunnel facility in Quebec which will be used to collected emissions data over a series of experimental trials using solid and liquid manure.

Developing Strategies to Minimize Health Risks in Next Generation Livestock Buildings Integrating Modern Animal Welfare Considerations

Air quality issues in conventional livestock barns affect animal welfare and put workers at an increased risk of suffering from infectious and non-infectious respiratory diseases. Livestock buildings that employ features to enhance animal welfare such as increased animal activities (freedom of movement, natural behaviours) and the addition of bedding materials may result in worse air quality than conventional barns without these features. This project will compare the air quality of conventional and alternative housing systems in poultry, dairy and pig operations to evaluate and mitigate the hazards and risks to workers and livestock. Four different management practices are being evaluated for air quality parameters: (1) decrease in litter surface area, (2) use of heated floors, (3) litter with absorbent material combined with established oil-emulsion sprinkling periods, and (4) a single oil emulsion sprinkling treatment. Early experimental results show that oil sprinkling-based strategies reduced more than 90% of particulate matter concentration.

Take a Break from the Shake: Farm Machinery Operation Interventions

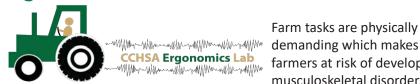
This project which is being conducted by the Canadian Centre for Health and Safety in Agriculture (CCHSA) Ergonomics Laboratory and the University of Saskatchewan's School of Rehabilitation Science is working to develop an evidencebased protocol for interspersing agricultural machinery operation with rest breaks to maximize the health and performance of workers while minimizing interruption of work that is applicable across all machinery-related agricultural tasks. Using the rotopod and vibration table in the Ergonomics Laboratory CCHSA, the effectiveness of various rest break activities in mitigating negative effects on reaction time, balance, and musculoskeletal discomfort after one-hour of exposure to WBV will be collected from agricultural producer participants.

Roll Out of Low Cost Farmer Built ROPS into National Program

Tractor rollover events are a leading cause of work-related farm fatalities in Canada and account for 17% of all farm work-related deaths. The Low Cost ROPS National Program Rollout is a continuation of a previous pilot project that was part of the 2014-2018 AgriSafety Program. In the ROPS pilot project, rollover protective structures (ROPS) were designed and tested to develop blueprint ROPS drawings that could then be provided to farmers to fabricate on-farm built ROPS for the cost of about \$250 worth of materials. Based on the success of the pilot project, the Low Cost ROPS National Program Rollout project aims to continue the ROPS project and by developing engineered drawings for a greater variety of tractors that will be available through a dedicated ROPS website – www.agropscanada.ca.

RESEARCH

Ergonomics



Farm tasks are physically farmers at risk of developing musculoskeletal disorders (MSD) particularly lower

back pain. CCHSA is home to an Ergonomics lab that is studying various aspects of MSD risks for farmers. CCHSA is in the process of recruiting new faculty member to lead the Ergonomics Lab after the departure of Dr. Catherine Trask. Due to the pandemic, and Dr. Trask's departure, activity at



the lab has been reduced but not absent: projects that are part of the Agrivita Applied Agrisafety Research Program continue. It is expected that a new faculty member will be recruited in the coming months to lead the important research in this lab.

Large Animal Veterinary Radiation Risks

Research at CCHSA has looked at radiation practices and behaviors in veterinary hospital settings as well as outdoor large animal (equine) settings. A number of projects in this area, in partnership with the Veterinary College at the University of Saskatchewan, have demonstrated that some workplace health and safety behaviors are not optimal and do not provide adequate protection against radiation (x-ray) exposures in those settings. More information about this work will be shared online and in the Network News.

Obstructive Sleep Apnea

The Network has also been working with the Obstructive Sleep Apnea Priority Setting Partnership under the direction of Donna Goodridge, from the Respiratory Research Centre, University of Saskatchewan and a multidisciplinary team to assist in the recruitment of adults 18 and over asking the question "Do you or a family member have Sleep Apnea?" The survey on obstructive sleep apnea takes 5-10 minutes and the Network staff have been encouraging participation.

Reach and Visibility

Health & Safety Clinics: Empowering Farmers to Enhance Their Health and Safety

ONE On Hold! April 2020-April 2021 No clinics were held due to the COVID-19 Pandemic restrictions. The Network is looking forward to ONE2ONE clinics in rural communities when safe to resume!

ONE2ONE Health and Safety Clinics for farmers offer the unique opportunity for farm families and farm workers to meet with a trained agricultural health and safety registered nurse in a confidential environment for health and safety checks tailored specifically to their agricultural exposures and risks. Participants receive current health and safety information and education specific to reducing agriculture workplace hazards and improving personal health. Examples of common concerns addressed include: grain safety, animal safety, farm safety audits, children safety on the farm, blood pressure, diet, exercise, farm stress, sleep, and personal protection equipment selection. Health and safety resources and suggested referrals are offered to optimize personal health and safety of the participant.

These clinics are offered to the Network RM members in the form of either a *Respiratory Health & Safety Clinic* or a *Hearing Loss Prevention Clinic* that is hosted in their local RM community. In addition, several RMs have held *Hearing Loss Prevention Clinics for RM Employees* in conjunction with Network clinics.

Farmers also have the option to book an appointment for hearing testing, lung function testing, and respirator fit testing at the ONE2ONE Network Clinic located at the Canadian Centre for Health and Safety in Agriculture (CCHSA) at the University of Saskatchewan in Saskatoon.

The Network has also offered clinic learning experiences for medical and nursing students at the ONE2ONE Health & Safety Clinic for Farmers.



IS YOUR RM INTERESTED IN A ONE2ONE HEALTH CLINIC? PLEASE CALL TO BOOK AN APPOINTMENT: (306) 966-6643

Virtual Trade Shows Participation

The Network virtual tradeshow participation this year included the Ag in Motion, SARM Annual convention, the Canadian Agricultural Safety Association (CASA) and the Midwest Rural Agricultural Safety and Health conference. Unfortunately participation was not possible at the SARM Mid-term convention and the Crop Production Show as they were cancelled due to the COVID-19 pandemic.

Efforts were made to be a visible as possible within the pandemic restriction. We look forward to continuing to explore new venues to best reach Saskatchewan farming and ranching families and agriculture workers.

| TRADE SHOWS AND CONFERENCES | | | | |
|---|---|---|--|--|
| RM #/Town/City | EVENT | DATE | | |
| RM # 344- Langham, SK | Ag in Motion | July 21-25, 2020 | | |
| Winnipeg, MB | CASA Virtual Conference | October 29, & November 5,12,19, 2020 | | |
| Iowa, USA | Midwest Rural Agricultural Safety and Health Conference | November 17-18, 2020 | | |
| RM #159 - Regina, SK | SARM Mid-term Convention (cancelled) | November 18-19, 2020 | | |
| RM #344 - Saskatoon, SK | Crop production Show (cancelled) | January 10-13, 2021 | | |
| RM # 159- Regina, SK | SARM Annual Convention Tradeshow | March 9-11, 2021 | | |
| Virtual | The Agricultural Health and Safety Network AGM facilitation by SARM | April 22, 2021 | | |
| Walk The Talk- Mental He | ealth in Agriculture Virtual Webinar Series | | | |
| MooseJaw Ministry of Ag Regional Office Facilitation | | April 7th, 2021 | | |
| Weyburn Ministry of Ag Regional Office Facilitation | | April 14th, 2021 | | |
| Yorkton Ministry of Ag Regional Office Facilitation | | April 21, 2021 | | |
| Prince Albert Ministry of Ag Regional Office Facilitation | | April 28, 2021 | | |





Canadian Centre for Health & Safety in Agriculture - CCHSA

CCHSA was founded in 1986 and is located at the University of Saskatchewan. The Network was formed 2 years later. Research guides the Network's focus on various agricultural health and safety concerns. CCHSA's researchers and extensive network of international researchers and collaborators investigate a broad range of topics that can potentially impact the health and safety of Saskatchewan farm families.

Some of the research projects at CCHSA include:

- Saskatchewan Injury Cohort examining the types of injuries and fatalities that are occurring in populations of Saskatchewan farmers
- Saskatchewan Rural Health Study respiratory health
- Low back disorder-related pain and disability experienced by Saskatchewan farmers
- Rural Dementia Research and Remote Memory Clinic
- Saskatchewan First Nations Lung Health Study
- Asthma diagnosis in Saskatchewan children
- Occupational Hygiene and Health

History of the Agricultural Health and Safety Network



The Canadian Centre for Health and Safety in Agriculture (CCHSA) partnered with the Saskatchewan Association of Rural Municipalities (SARM) and five Rural Municipalities in 1988 and founded the Agricultural Health and Safety Network with the mission to improve the health and safety on the farm through education, service, and evaluation research. This organization is now in its 32nd successful year in providing occupational health and safety services to 206 RMs that are current members of the Network, with a mailing list of approximately 27,000 farm families. The Network represents an agricultural health and safety program that is unique to Saskatchewan and Canada.

Membership, Partnership & Recruitment

The current membership of the Agricultural Health and Safety Network is 206 RMs. Each of these RMs pay an annual base membership fee of \$200 plus \$4.60 per active farm family to benefit from the Network resources and services. The partnership that member RMs provide is truly the foundation of the Network and helps to attract additional resources to better serve Saskatchewan farmers, their families and their workers.

In effort to increase Network RM membership an annual recruitment package is mailed to non-member RMs. Visits are made, by request, to RM council meetings to encourage and promote Network membership. Recruitment efforts have also been successful at SARM yearly mid-term and annual conventions.

The Network is funded through RM fees, the Saskatchewan Ministry of Agriculture, The Canadian Centre for Health and Safety in Agriculture and other grants for specific projects. This support helps us to continue a unique program that can benefit collectively all farm families and agricultural workers in Saskatchewan.

Network Team

The Network team is comprised of CCHSA faculty, staff and students. Some members of the Network team are fulltime other part-time and casual. Each member of the team brings expertise and experience from their respective disciplines and backgrounds.

The AHSN employs three core staff: one Registered Nurse (1.0 FTE), a Knowledge Translation Specialist (1.0 FTE- until Nov.2020 then 25% 2021), a casual Arts and Science, design graduate, research assistant and, a Communications Coordinator (0.25 FTE) are employed with the Network along with two CCHSA Faculty leads, one of which is the CCHSA Director, that helps direct and coordinates Network activities and plans. Faculty co-leads are not paid by the Network. Periodically, senior nursing students and medical residents join the Network for three-month blocks of time as part of their community health or public health practicums or residencies.



Niels Koehncke, Director, CCHSA



Iris Rugg, Network Finances





Dr. Donna Rennie, Professor, College of Nursing, Network & CCHSA Faculty Advisor

Shelly Sander, Network Administrative Assistant



Kendra Ulmer, Registered Nurse



Brooke Thompson Translation Specialist



Christine Holfeld, UofS 4th year student



Tess Kelly, Knowledge Translation Specialist



Joan Ulmer, Research Assistant



Sueli de Freitas, Communications Coordinator

Steering Committee

The Steering Committee is an advisory group comprised of 6 RM councilors and a Saskatchewan Ministry of Agriculture representative. These committee members represent the voices of Saskatchewan farmers, their families and their workers and the Ministry of Agriculture to provide direction/ feedback on programs delivered by the Network. Their support and input are invaluable to the Network.

Thank you to Ken Aldous, RM #153, Walter Kabaroff, RM #434, and Bonnie Mills-Midgley for your dedication and support in serving on the Agricultural Health and Safety Network Steering Committee.

| Division #1: | Ken Aldous, Reeve, RM of Willowdale No. 153 (2020) - TBA - 2021 | | |
|----------------------------|--|--|--|
| Division #2: | TBA (2021) | | |
| Division #3: | Mark Hughes, RM of Miry Creek No. 229 | | |
| Division #4: | Brenda Zemluck, Councillor, RM of Elfros No. 307 | | |
| Division #5: | Walter Kabaroff, Councillor, RM of Blaine Lake No. 434 (2020) TBA (2021 | | |
| Division #6: | Bonnie Mills-Midgley, Reeve, RM of Frenchman Butte No. 501 (2020) TBA (2021) | | |
| Ministry of Agriculture | Angela Hall | | |



In 1995, the Saskatchewan Association of Rural Municipalities (SARM) auctioned off the first copy of its history book "The Building of a Province: Commemorating the 90th Anniversary of the Saskatchewan Association of Rural Municipalities." This auction netted the sum of \$2,600 which the SARM Board of Directors contributed to the Canadian Centre for Health and Safety in Agriculture (CCHSA). These funds initiated the SARM 90th Anniversary \$1,000 Student Scholarship in Agricultural Safety and Rural Health. The Founding Chairs Program at CCHSA now maintains the scholarship.

This year two scholarships of \$1,500 each were awarded to grade 12 students, **Rochelle Wright from RM # 345, Vanscoy** and **Tyler Moore RM # 287, St. Andrews.** Students were asked to submit essays about (a) *The importance of safety and health on our farm* or (b) *Safety and health hazards on our farm*.



Rochelle Wright RM # 345, Vanscoy

"Being safe on the farm has been an important value to my family and by working together, using effective communication, and limiting health hazards we have been able to maintain our overall health and wellbeing. Our family has continually worked towards creating a safer living and work area by teaching safety precautions and identifying risks that can be avoided or removed. By recognizing possible hazards on our farm and understanding the importance of safety, my family has developed skills and techniques that preserve our health."



Tyler Moore RM # 287, St. Andrews

"When we hear about health and safety on the farm, people usually think about physical risks such as electrocution, entanglement, suffocation, fire, falls and roll overs. Or about the safety equipment that they can see farmers wear like dust masks, gloves, safety goggles and work boots. As I have become more involved in our farming operations, the more I am realizing that the biggest risk to health and safety on the modern farm is something no one ever talks about- stress! Finances, volatile markets, weather, uncertain crop yield, equipment breakdowns, workload, long hours, lack of sleep and isolation all contributing to high levels of stress and poorer mental health in farm families."

We are on Social Media!



@SaskAgSafety has reached over 500 followers and keeps on growing. Engage daily for health and safety tips, articles and links to our resources.



Stay up to date on events and what's happening by following us on Facebook @ Agricultural Health & Safety Network for Agricultural health.

Twitter Followers: 817

Posts in 2020: 167

New Followers in 2020: 71



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 Souris Valley No. 7 R.M. of Hart Butte No. 11 R.M. of Val Marie No. 17 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 Mankota No. 45 R.M. of Glen McPherson No. 46 R.M. of White Valley No. 49 R.M. of Reno No. 51 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 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 Scott No. 98 R.M. of Caledonia No. 99 R.M. of Elmsthorpe No. 100 R.M. of Terrell No. 101 R.M. of Lake Johnston No. 102 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 Pense No. 160 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 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 Craik No. 222 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 Wallace No. 243 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 Big Arm No. 251 R.M. of Arm River No. 252 R.M. of Loreburn No. 254 R.M. of Coteau No. 255 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 Emerald No. 277 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 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 Bayne 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

> WELCOME! New Network Member: RM # 244 of Orkney



In Recognition of Outstanding support to the Agricultural Health and Safety Network

Each year we celebrate years of commitment to agricultural health and safety by RMs. This year the following RMs are being recognized. *THANK YOU for your support!*



1 YEAR

RM of Wise Creek No. 77 RM of Orkney No. 244

5 YEARS

RM of St. Andrews No. 287

15 YEARS

RM of Coalfields No. 4 RM of Craik No. 222 RM of Whiska Creek No. 106 RM of Big Arm No. 251 RM of Bratt's Lake No. 129 RM of Biggar No. 347 RM of Lipton No. 217

20 YEARS

RM of Waverley No. 44 RM of Oakdale No. 320 RM of Brokenshell No. 68 RM of Viscount No. 341 RM of Cupar No. 218 RM of Progress No. 351 RM of Loreburn No. 254 RM of Hudson Bay No. 394 RM of Elfros No. 307 RM of Douglas No. 436 RM of Winslow No. 319 RM of Prince Albert No. 461

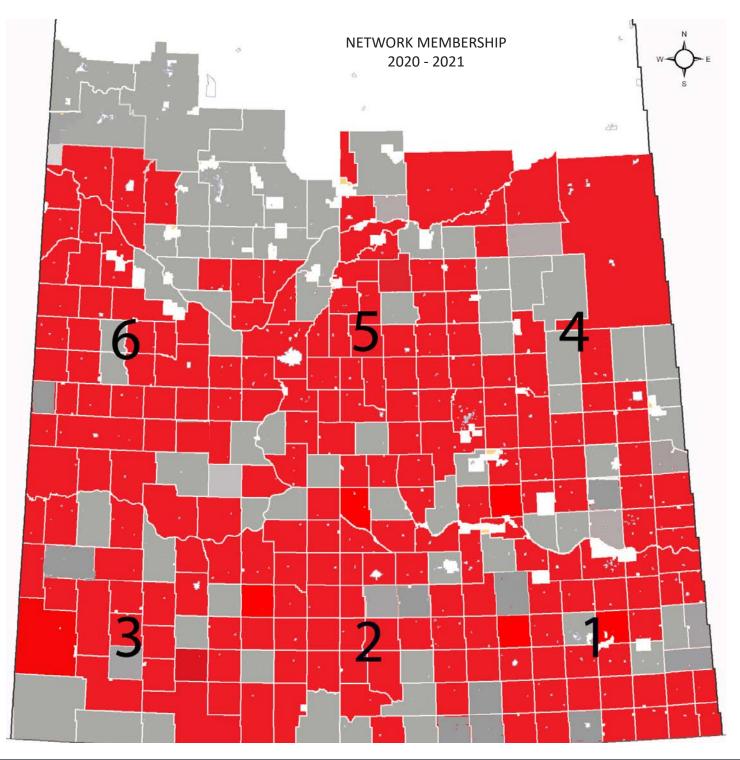
25 YEARS

RM of Eyebrow No. 193 RM of Wolverine No. 340 RM of McKillop No. 220 RM of Corman Park No. 344 RM of Buchanan No. 304 RM of Heart's Hill No. 352 RM of Dundurn No. 314 RM of Grant No. 372 RM of Prairiedale No. 321

30 YEARS

RM of Argyle No. 1 RM of Big Quill No. 308 RM of Martin No. 122 RM of LeRoy No. 339 RM of Pense No. 160 RM of Grandview No. 349 RM of Gandview No. 349 RM of Garry No. 214 RM of Bayne No. 371 RM of Garry No. 245 RM of Rosemount No. 378 RM of Sliding Hills No. 273 RM of Lake Lenore No. 399 RM of Wreford No. 280 RM of Redberry No. 435 RM of Rosedale No. 283





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by: Bízetto