



The Agricultural Health and Safety Network

SPRING 2019 EDITION #46



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



CCHSA / CCSSMA



**New! Hearing Loss
Prevention Resource
included**

NetworkNews

THE NETWORK providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988

Protecting your hearing on the farm

The farm is often pictured as an idyllic tranquil environment compared to urban living, but the farm can also be a noisy place. Farmers, families and workers are exposed to a wide variety of potentially hazardous levels of noise. Examples include: tractors, combines, augers, grain dyers, livestock and feed processors. **Hearing loss cannot be reversed, but it can be prevented!**

Preventing and protecting yourself from noise induced hearing loss (NIHL) starts with recognizing the many different hazardous noise exposures in your farm environment. Protecting yourself can include eliminating the hazard, reducing your exposure time, and using personal protective equipment.

The Agricultural Health and Safety Network has a long standing history of providing hearing loss prevention resources, workshops and health

clinics. Currently, we offer ONE2ONE Hearing Clinics for farm families and RM employees of Network members. To find out more on this topic check out the article on page 6.

Included in this spring edition, is a **NEW** resource, **WHAT DID YOU SAY? HOW TO PREVENT NOISE INDUCED HEARING LOSS IN AGRICULTURE.**

This resource was created to meet the needs of farm families and agricultural workers to better understand how to prevent noise induced hearing loss, the impacts of noise, and controls to consider to reduce the noise hazards on the farm. Check out the decibel (dB) levels on a variety of noise sources in agriculture and review what types of hearing protection could be most effective for you. **Protect your hearing! Noise induced hearing loss in 100% preventable!**

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 2Z4



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2019 SARM Annual Con

In March, the Agricultural Health and Safety Network Team was out in full force at the 2019 SARM Annual Convention. We had a tradeshow booth promoting the Network and held our AGM and Steering Committee meetings. At our AGM on March 13, 2019, Kendra Ulmer presented on the Network's activities of the past year. This included health clinics and outreach across Saskatchewan. 2018 was a year of expansion for the Network, as we increased our capacity to deliver Discovery Days through our 'train the trainer' program, as well as undertaking a pilot project in delivering health and safety webinars.

Acting Director, Dr. Shelley Kirychuk, spoke about continuing to build the Network's partnership with SARM and the Saskatchewan Ministry of Agriculture in "partnering for success" and the impact these continued relationships have in working towards safe and healthy Saskatchewan farms. The strong partnerships between CCHSA and the Saskatchewan farming community was exemplified this year by the Elkow family fund. This fund was established for CCHSA by the estate of Helen Elkow. We want to ensure we honour the intent of the Elkow family. These funds will support graduate research, agricultural health and safety programming, and training. We have also established the Ike Thiessen "Building a Foundation" award in recognition of Ike Thiessen and his contributions to the formation of the Network and the CCHSA Founding Chairs program. This award will be presented at SARM next year!

Network Foundation RM's Recognized

Dr. Kirychuk presented the Annual Membership Awards to the RMs that have been part of the Network for one, five, ten, fifteen, twenty and twenty-five years. We took special time during SARM to recognize the four foundation RMs that have been part of the Network for 30 consecutive years presenting each RM with a plaque and a rock to recognize this long term loyalty.

- RM of Lumsden No. 189
- RM of St. Peter No.369
- RM of Fish Creek No. 402
- RM of Round Valley No. 410

Thank you for your support to the Network over the past 30 years. You ROCK!



Network Membership Awards presented by Dr. Shelley Kirychuk



SARM Rock Awards: RM #189 Lumsden, RM #369 St. Peter, RM #402 Fish Creek, RM #410 Round Valley

Convention Saskatoon SK

Network Steering Committee Chair: 15 Year Award



Dr. S. Kirychuk, Floyd Thunstrom, Ray Orb & K. Ulmer

During the awards presentation we acknowledged our past Chairperson of the Network Steering Committee, Floyd Thunstrom of RM #255 for outstanding dedication as Chairperson from 2003-2018. We recognize and appreciate Floyd's 15 year contribution to the Agricultural Health and Safety Network. The new Chairperson of the Network Steering Committee is Brenda Zempluck of the RM of Elfros No. 307.

2019 Scholarship Awards



Ray Orb, Collete Kernaleguen & Dr. S. Kirychuk

The 2019 SARM Scholarships were awarded to two grade 12 students, Collete Kernaleguen from St.Brieux, RM #399 (Lake Lenore) and Dallyn Bast from Macklin RM, #382 (Eye Hill). Students were asked to submit essays on:

- (a) The importance of safety and health on the farm.
- or
- (b) Safety and health hazards on our farm.

Congratulations to both recipients and best of luck in your studies!



Ray Orb, Dallyn Bast & Dr. S. Kirychuk

Mark Hughes of RM #229, division 3 is a new representative to the Network Steering Committee. Welcome Mark. We look forward to you being a part of the continuous development and improvement of the Network.



Recognizing Addiction Behaviors

Prairie Sky Recovery Centre Inc.

Important Information for Families and Employers

Often, we cannot see the forest for the trees. What might be right under someone's nose may be obvious to others, but not to us. That is how addiction is, sneaky and manipulative, it may come across to parents as rebellion or disrespect, and to employers, as laziness or lack of attention. Often the behaviours of addictions are noticed, but linking the behaviours to addiction is difficult. Friend or family, employee or child - no matter who the person is, getting education on the matter is crucial.

What is Addiction?

Addiction is not a moral failing but is an actual, physical disease of the brain. Addiction is a complex disease, often chronic in nature, which affects the functioning of the brain and body. It also causes serious damage to families, relationships, schools, workplaces and neighborhoods. The most common symptoms of addiction are severe loss of control, continued use despite serious consequences, preoccupation with using, failed attempts to quit, tolerance and withdrawal.*

* <https://www.centeronaddiction.org/addiction>

Symptoms of Addiction

While every person and situation are unique, there are some behaviours that may lead you to believe that changes in your loved one or employee are due to addiction:

- Lethargy – sleeping for long stretches of hours and/or days
- Inability to focus or take directions, or follow through
- Hyper arousal – not sleeping during normal hours, always “keyed up”
- Financial mismanagement – abusing company resources, constant payroll advances
- Excessive absenteeism, unexplained absences – missing in action
- Constant physical ailments – unexplained aches or pains, runny nose, red eyes
- Emotional outbursts – wide emotional swings between happy and angry
- Inconsistency in work and/or performance
- Theft – money, borrowing vehicles without permission, pawning belongings

What to do?

If you suspect a substance abuse disorder, having a frank, non-judgemental conversation can do wonders, but only if you have some actions to back it up. Confronting your child, spouse, or employee without an action plan will only cause aggravation.

Who to contact to start the addictions counselling process:

- Saskatchewan Professional Health, Mental Health & Addictions 811 or 1-877-800-0002
- Addiction Services Regina Area 306-766-6600
- Community Addiction Services Saskatoon 306-655-7777
- Addiction Services Sunrise Health Region 306-786-0558 or 1-888-989-8444
- Regional Mental Health Centre Prince Albert 306-765-6053
- Mental Health & Addiction Services Cypress Health Region 1-877-329-0005

This process can be disheartening and take time as the average wait time can be a month for a treatment bed, however there are other options:

- Almost every town and community has an AA or Al-non group. You can find a full listing of meetings at www.AA.org.



- Private centres such as Prairie Sky Recovery Centre are another option, there are no wait times and can take your loved one in immediately.

As uncomfortable as it may be, you must act with compassion, empathy and knowledge, because the risk of not acting is the biggest danger of all.

Jacqueline Hoffman
 CEO, Prairie Sky Recovery Centre Inc.
 Phone: 888-519-4445
 Website: www.prairieskyrecovery.ca
 Facebook: @prairieskyrecovery



Nutrition Advice from a Registered Dietitian is Now a Call or Click Away!

Do you have a question about food and nutrition? You may wonder about:

- ***I just found out I have diabetes. Where can I go for help?***
 - ***What should I eat before and after exercise?***
 - ***What foods should I feed my baby?***
 - ***What can I eat to lower my cholesterol?***
 - ***How do I get my picky eater to eat more?***
- ... and any other nutrition and healthy eating question you may have.***

Eat Well Saskatchewan is a free provincial service providing a central hub for general nutrition information that all residents of Saskatchewan can easily access and trust. The service aims to bridge the gap for nutrition services to rural, remote and isolated communities who do not have easy access to a dietitian in their community. Eat well Saskatchewan dietitians can answer your nutrition questions, connect you with local dietitians and send you resources and information. The best part...its free!

You can access this free service by

Calling Toll Free 1-833-966-5541 to speak directly to a registered dietitian Monday to Thursday 10 AM-4 PM or by

Emailing a dietitian at eatwell@usask.ca.

For more information, please go to our

Website <https://eatwellsask.usask.ca/>

Twitter and Facebook page [@EatWellSaskatchewan](#).



Eat Well
SASKATCHEWAN

**Free nutrition advice from
a registered dietitian**

1-833-966-5541 @eatwell@usask.ca

Monday to Thursday (10 am – 4 pm)

ONE2ONE Network Hearing Clinics: Empowering Farmers to Enhance their Health and Safety

ONE2ONE Hearing Loss Prevention Clinics for Farmers offer a unique opportunity for farm families and farm workers to meet with a trained agricultural health and safety registered nurse in their local RM community to enhance their hearing health and safety. The hearing screening and tips offered at the clinics are tailored specifically to the participants' agricultural exposures, risks, and personal health concerns. Participants receive current health and safety information and education specific to reducing agricultural workplace hazards and improving their personal health and safety. Suggested referrals are offered to optimize the personal health and safety of the participant.

Clinics include:

- Confidential 1:1 appointment with a RN
- Hearing Health Questionnaire
- Visual inspection of the ear canal and ear drum
- Audiometric testing (hearing screening) with explanation of results, referrals offered.
- Instruction on proper selection, use and care of hearing protection
- Counsel on common concerns such as: hearing loss in co-worker/family member, ringing in the ears, ear wax, grain safety, farm safety audits, children safety on the farm, animal safety, farm stress, sleep, healthy active living on the farm, and cancer screening.
- A variety of resources are available at clinic focusing on: Injury Prevention and Health Promotion for agriculture producers



The clinics are offered to rural municipalities that are current members of the Agricultural Health and Safety Network and are sponsored by the Canadian Centre for Health and Safety in Agriculture and Saskatchewan Agriculture.



IF YOUR RM IS INTERESTED IN A HOSTING A ONE2ONE HEALTH CLINIC PLEASE CALL TO BOOK: 306-966-6643

Pesticide Applied Bags

Why Post Pesticide Applied Signs:

To ensure the safety of utility and municipal workers and others who may enter area where pesticides have been applied. These signs serve to notify others of the potential exposure hazard to agrochemicals.

When to Use Pesticide Applied Signs:

Post signs prior to spraying field and remove after re-entry time has passed. Be sure to wear gloves to remove sign and enclose the used sign in a garbage bag to dispose.

How to Use Pesticide Applied Signs:

The signs are printed on a yellow polyethylene bag that can be slipped over a piece of cardboard and nailed to a stake or fence post.

Where to get your signs:

Contact the Agricultural Health and Safety Network and we will send you Pesticide Applied signs for your fields!

**Contact: 306-966-6644 or
email aghealth@usask.ca**



'Look Up and Live' While Working Near Electricity

As the busy farming and construction season begins, SaskPower wants to remind its customers to take the extra time to 'Look Up and Live' while working near electricity.

"Every year, there are hundreds of completely preventable power line contacts in Saskatchewan, which can cause injury or even death. When it comes to farming, we're seeing those numbers trending upwards," said Kevin Schwing, SaskPower Director of Health and Safety. "Last year, there were more than 300 incidents involving farm equipment, which is 40 more than the year before. One of the big factors is likely the growing size of farm machinery."

The majority of farm-related line contacts occur early in the growing season as producers work to get the crop in the ground. These incidents often involve hitting an overhead line or a power pole with a large piece of equipment, such as seeders, sprayers, augers, or cultivators. Line contacts in the construction industry are more likely to involve machinery hitting underground power lines. On average, there is one fatality each year associated with coming into contact with a power line.

All power line contacts are preventable. You can take steps to protect yourself, including:

- **Take multiple breaks throughout the day and ensure you get plenty of rest before heading to work. Drinking plenty of water can also help prevent fatigue.**
- **Be aware of the power lines around you and plan your route ahead of time. Lower equipment where needed and use a spotter to prevent contact.**
- **Call 1-866-828-4888 or visit www.sask1stcall.com before you dig. They will send someone out to locate any underground lines so you can avoid them while doing your work.**

If your equipment contacts a power line and you are unable to drive away, then stay in the cab and call SaskPower at 310-2220 or 911. If your equipment catches fire and it is not safe to do so, you need to get out. After making sure there are no wires in your way, cross your arms and put your feet together. Jump as far away as you can and hop at least 10 metres away. Do not touch your vehicle and tell anyone nearby to do the same.

LOOK UP AND LIVE

If you hit a power line and your vehicle started on fire, would you know what to do? Here are the steps to stay safe.



Make sure **no wires** are in your way.



Stand in doorway or on bottom step, **cross arms**, put **feet together**.



Jump as far as possible, land with **feet together**. **Do not touch** your vehicle.



Keep arms crossed, feet together, and **hop** at least **10 metres** to safety.

 **SaskPower**
Powering the future[®]

For more information on electrical safety, including prevention and steps to take if you hit a power line, go to www.saskpower.com/safety. #skpowersafe

Photo Contest

Over the summer months (May – September) the Network will be running a “Safety on Your Farm” photo contest.



Why? We want to see you being safe on the farm this season! The winning photo will be featured on the cover of our Fall Network Newsletter and receive a gift package. If your photo is not chosen it may be used in other Network Newsletters, resources or social media.

How? Go online to aghealth.usask.ca to fill out the photo contest form and submit via email or mail to the address on the form.

Deadline: September 30, 2019, the winner will be contacted by October 15, 2019. Three photos maximum per person.

This is a great opportunity to get the whole family involved in showing off how safe your farm is!



If you're experiencing symptoms of stress, the Farm Stress Line is available 24/7 at

1-800-667-4442



Network Membership

There are currently 215 RM members in the Agricultural Health and Safety Network.

If your RM is not a member, and you would like to find out more about becoming a member, please call

306-966-6644

Moved? Retired? Not Farming?

To remove your name from our mailing list call (306) 966-6644 or contact the editor.

Need more information?

There are a variety of resources available on line at: agsafety.usask.ca

Discovery Days

If you are interested in hosting a Discovery Day in your school contact Shelly for more information or to book.

Phone: 306-966-6644

Email: shs954@mail.usask.ca



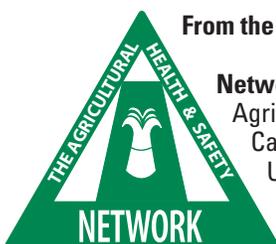
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Thank You to the Following Organizations for Supporting the Network News:



From the Editors: Send your ideas, comments and suggestions to:

Network News:

Agricultural Health and Safety Network
 Canadian Centre for Health and Safety in Agriculture
 University of Saskatchewan
 104 Clinic Place PO Box 23, Saskatoon, Saskatchewan S7N 2Z4
 Phone: 306-966-6644

Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca