



The Agricultural Health and Safety Network

SPRING 2018 EDITION #44



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Health
and Safety in Agriculture
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NetworkNews

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

The Network Farm Stress Initiative Spans Two Decades

The Agricultural Health and Safety Network (The Network) has provided stress related resources, workshops, and health clinics to Saskatchewan farm families for nearly 20 years.

Saskatchewan is a vast province with diverse farming and unique communities. Stress in agriculture can be triggered by many components that are out of our control such as flooding and drought. We need to develop positive coping skills to handle these triggers to protect our mental health.

The Network promotes a holistic approach to stress, sleep, health, and safety. The Network is committed to the Farm Stress Initiative and will continue to provide tools for coping with stress and the effect it has on the farm family. On the next page you will find a variety of workshops, clinics, resources and videos that you can bring to your community to provide more information about coping with the stresses of farm life.

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



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Agricultural Health and Safety

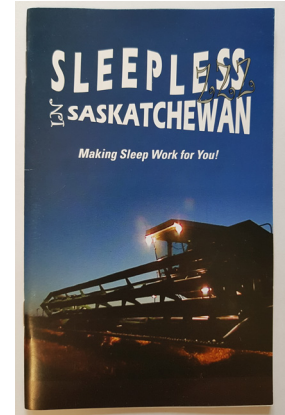
What is Health? In 1948 the World Health Organization (WHO) was created. The term Health was defined as being “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

The following is a practical collection of mental health tools.

For Sleep

Recognizing the relationship between stress and sleep prompted a partnership between the Farm Stress Line and the Network on this DVD project to bring quality information about sleep to Saskatchewan farm and ranch families. The Sleepless in Saskatchewan booklet and DVD were developed to address the impact of sleep deprivation and stress in relation to farm families. Each RM was provided with a copy of the DVD set at the time of production to be loaned out to their ratepayers.

The Sleepless in Saskatchewan video is available on our website through YouTube. Viewing is free. It can also be purchased for \$20 which includes two supplemental DVDs that have 2 ½ hours of the sleep workshop that was delivered in rural Saskatchewan by Jon Shearer. To purchase call 306-966-6644.



In Person Workshops and Clinics

The Network provides a variety of workshops on topics including sleep, stress, respiratory safety, developing a farm safety plan, older farmers and various other topics. You can organize one that suits the needs of your community.

Hearing loss prevention and respiratory health clinics are also available to Network member RMs. By hosting one in your community you are bringing a Registered Nurse to address health concerns about farm related exposures to the individual farmers in the area.

Call 306-966-6647 to book a workshop or clinic in your RM.

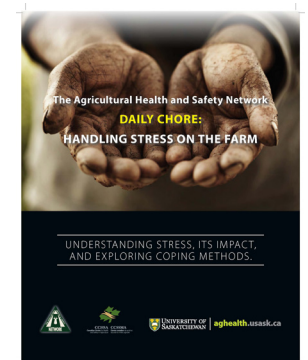


Stress Identification and Relief

Farmers who endure high levels of stress may find that it has negatively affected their health and has reduced their quality of life. High stress can compromise personal safety and affects family and community relationships. It is important for anyone in the farm community to be on the lookout for symptoms of stress.

Different methods of coping with stress work for different people, so it is important to identify when you're stressed, how and why you react to stressful situations, and what works for you to alleviate that stress.

If your RM is a new member and you didn't get our Stress Resource, call 306-966-6644 to get a copy or find it on our website: aghealth.usask.ca



Network Rural Stress Toolbox

Health and Safety Resources

Check out our various safety resources on line, or ask for hard copies to be mailed to you. Knowing your family and workers are safe will result in one less stressor.



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

1-800-667-4442

MCS
Mobile Crisis Services

Government of Saskatchewan

Mobile Crisis Services

If you are considering suicide or know someone who is, immediate help is available.

Any discussions regarding suicide must be taken seriously as this is a cry for help.

Crisis Suicide Helpline – (306)-525-5333

If you are considering suicide call and give yourself the opportunity to see what help is available.

Signs of Suicide:

- Talking about suicide
- Preoccupied with death
- Giving away belongings
- Withdrawing from family and friends
- Neglecting personal hygiene
- Risk-taking behaviour
- Hopelessness - Sharing thoughts that there is nothing to look forward to.

Farm Stress Line – Advantages for Farmers and Rural Families

Call: 1-800-667-4442

- Service is available 24 hours seven days a week.
- Farmers can access service around their unpredictable work schedules.
- Rural families can access help no matter where they are located.
- Immediate and ongoing support for callers.
- Service is available for adults and youth.
- Professional crisis counsellors with the ability to address any self-identified crisis are available.



 **30th**
Anniversary

The Agricultural Health and Safety Network is 30 years old and stronger than ever.

Be part of our 30th Anniversary year and beyond

Join Now  **Be part of the Network!**

Thank you
to the **Ministry of Agriculture** for their support!

NORTHERN STRANDS Fall Protection

A fall from a grain bin can devastate a farm family. This product on a grain bin could save a life or prevent a serious injury that has lifelong implications.

PROTECT YOUR FAMILY FROM ONE OF THE MOST COMMON ACCIDENT LOCATIONS ON A FARM

Being a locally owned Saskatchewan business, the agricultural community has been an important customer base for our company. Over the years, we have worked with the community to provide products that help to make farming tasks easier. Several years ago, we started some initial development of a grain bin fall protection system; however, without any interest from the agricultural community for that specific product, our development plans were put on hold. Two things changed in 2017 that brought this back to the top of our list: (1) the introduction of stricter OHS regulations in Alberta regarding agricultural safety which we believe will move across the country and continue to grow and (2) we had a local farmer approach our company looking for solutions that would make climbing and working on the grain bins safer for him.

We knew we didn't carry any products that would work for this situation and after some further research, soon realized that there wasn't a product out there that we could bring in to solve the issue. We also discovered some alarming statistics researching grain bin related injuries and deaths. For example, in Canada alone there were 37 deaths from 2003-2012 relating to grain bin asphyxiation and falls from grain bins. If the number is that high for deaths, we could not imagine how high the number of people seriously injured must be...

At Northern Strands we believe serious injuries are preventable and avoidable with proper planning and systems in place. It is with this belief in mind that Northern Strands accepted the challenge of developing a fall protection system that would make grain bin inspections and repairs safe. We immediately got to work and were soon on a local Saskatchewan farm putting our new engineered system through rigorous testing to ensure we would meet or exceed all CSA and OH&S standards. After design and testing we finally had a finished product. Our patent pending fall protection system is a cutting edge product designed to protect farm workers from a fall while climbing or accessing a bin for repairs or inspections.

Northern Strands launched its Grain Bin Fall Protection System at AG in Motion 2017, the fastest growing Agriculture trade show in Canada. The response was overwhelmingly positive! Farmers from across Canada stopped by our booth to learn more about our Grain Bin Fall Protection System. They were very excited at the prospect of a simple, easy to use, cost effective solution that would make climbing a grain bin safer.

Many distributors of farm equipment and grain bins were interested in carrying the system for resale. This led to our current partnership with Ag Growth International (the parent company to Westeel and other grain bin manufacturers). The Grain Bin Fall Protection system is currently featured in their product catalogue as an add on for their grain bins. We are also in the process of setting up a chain of rural distributors throughout the country and have sent grain bin fall protection units directly to farmers as far away as Prince Edward Island.



Imagine having to give up farming because of a serious injury. A farmer can't avoid going up on a grain bin. It has to be done. We have a product that makes that job safer. The longer you wait, the more you risk...How would it affect your family if your husband, wife or child fell off a grain bin? Contact Northern Strands today to purchase a fall protection system for your grain bins.

Northern Strands
306-242-7073
Toll free 1-800-242-7073
email info@northernstrands.com
Website: northernstrands.com
3235 Millar Ave, Saskatoon, SK, S7K 5Y3

The Top 10 reasons to put a fall protection system on your grain bin:

10. Allows for safe bin climbing.
9. Quick and easy to install.
8. Easy to use.
7. Cost effective.
6. OH&S, CSA & ANSI compliant.
5. Reduce the stress of working at heights by knowing you are tied off.
4. It's the law! OH&S regulations state that a fall protection system must be in place when working at heights above 10 feet.
3. Liability. You are responsible for the health and safety of the person climbing your bin.
2. Accidents happen. Work place falls are the number one reported WCB injury.
1. The number one reason to have fall protection on your grain bin... to protect your family, your worker and yourself from a fall while climbing or accessing a bin. "Be safe, not sorry."

The Network and Northern Strands Partner to Promote Fall Protection

Stay tuned on Twitter for more details about how you could be the winner of a Fall Protection System provided by Northern Strands. This contest will be held over the summer and fall seasons. You will also be able to enter at the Network Booth at two upcoming trade shows. The Farm Progress show is in Regina June 21-23 and the Ag-In-Motion trade show is in Langam July 17-19.

The Network wishes to congratulate Northern Strands for being nominated for the New Direction Award that goes to a business that identifies and pursues a new business idea. This award is presented by the North Saskatoon Business Association. Northern Strands developed a cutting edge product designed to protect farm workers while inspecting grain bins and making repairs. It's great to see such innovation for the farming industry. Congratulations!

Where Are They Now?

Ty Kehrig grew up on a family farm in the RM of Bjorkdale in north east Saskatchewan. In 2012 he received the SARM Anniversary scholarship with the intention to enter the College of Agriculture.

Ty obtained his bachelor's degree in Agribusiness at the University of Saskatchewan. He worked at a major Canadian accounting firm on the agriculture business team before joining Exceed Grain Marketing as a Farm Advisor where we can find him today. He continues to assist in the operations of the family farm.

Here is an excerpt from his 2012 winning essay:

"As Grandpa aged into his late sixties, he played less of a role on the farm and one spring, before seeding, he agreed to the idea of fully retiring due to his age and deteriorating mobility. He decided that he would retire because he was going to become a safety hazard himself if he did not. He had the knowledge of what was safe and what was not, and he passed it down through the generations. Thanks to this wisdom, everyone on the farm makes better health and safety decisions such as not letting children run machinery. We all know children cannot handle such big equipment or responsibilities."



The Canadian AgriSafety Applied Research Program

The Canadian AgriSafety Applied Research Program wrapped up March 31, 2018 with the conclusion of three applied research projects focused on the principles of occupational hygiene and engineering controls to positively influence agricultural health and safety in Canada. More information about the projects and their output can be found on Agrivita Canada Inc.'s website. Agrivita Canada will continue to build on the success of these projects and is actively working toward the next program of the Canadian AgriSafety Science Program: Today's Innovation to Tomorrow's Prevention, proposed for 2018-2023. For a summary of the projects: <https://agrivita.ca/articles/agrisafety-program-report.php>



Thank you to the following Network Discovery Days Sponsors.



Personal Protective Equipment

By Andrew Arndt, 4th year medical student

My first experience with personal protective equipment (PPE) all began during a former summer job as a herbicide applicator on oil leases in rural Saskatchewan. The job involved preparing and spraying herbicides such as Roundup, ClearView, Oracle, and 2-4D. At that point I knew little about PPE and the importance of its use when handling potentially toxic chemicals. Nor did I have an understanding of the potential negative effects it could have on my overall health. However, now coming from a medical background I can certainly verify that negative health outcomes do result from exposures to various chemical substances and that individuals need to protect themselves with the use of appropriate PPE.

So why all the hype regarding PPE? PPE is universally found in almost any occupation and is used as a primary method of preventing disease. It was developed to protect individuals from hazardous exposures to chemicals, metals, dusts, radiation, and noise, all of which have unique exposure related health effects. Negative health consequences can include diseases of the various organs of the body including cancer depending on the type and duration of exposures. That being said PPE is extremely important to wear, especially for employees in high exposure work environments. Before you remove a piece of your PPE for comfort sake, think of the potential health implications of doing so and reconsider such an action.

Points to consider:

- Protect yourself and know which chemical compounds you're working with. If unsure, review the MSDS of products you use.
- Ensure all PPE fits properly.
- Worried about a recent or past exposure or the safety of your work environment? Notify your employer and Occupational Health and Safety. Also visit your health care provider if generally concerned or experiencing any symptoms.



Senior Driving

By Jefferson Scott, 4th year medical student

Driving is a form of independence that many rural and farming citizens depend on. However, driving and operating heavy machinery is demanding and requires a minimum level of both mental and physical ability to be safe. We should ask the question – When is it time to stop driving?

Medical conditions such as epilepsy, have strict guidelines to ensure those with this condition do not drive until they are seizure free for an extensive period of time. Aging, on the other hand, doesn't have a defined set of criteria around driving. Here are some potential signs that an older driver may not be suited to drive or operate equipment:

- Accidents begin to happen, even minor damage to equipment
- They get lost or confused
- Loved ones are concerned
- They stall frequently, grind gears or forget to disengage equipment



Encourage the seniors in your operation to discuss their concerns with their doctor. The most difficult aspect in this subject is telling an elderly person they shouldn't drive. Here are some tips around having this crucial conversation:

- Provide alternative solutions – avoid using words like 'can't'. Try having solutions such as: alternative transportation, family/friends being available to assist.
- Don't attack – be mindful of how this is brought up and be sure to say things like "I'm worried about you" rather than "you are not a good driver".
- Focus on the issue – the ability to drive as opposed to simply the age. It's about the safety of others, not punishment.
- Be optimistic – and be sure to remind them that this is not the end of their independence.

Early Detection Saves Lives

With the increasing incidence of cancer, it is important for both men and women to play an active role in their health and that includes early detection of cancer through screening.

The Saskatchewan Cancer Agency operates three population based early detection programs: Screening Program for Breast Cancer, Screening Program for Cervical Cancer and the Screening Program for Colorectal Cancer. While the test and guidelines for each program are different, what is common to all three is the goal of finding and detecting early signs of cancer.

Screening is a vital part of an individual's healthcare plan because in its early stages, cancers may not present symptoms that people may notice. The earlier cancer is diagnosed, the greater the likelihood that it can be successfully treated or managed.

When and how often you participate in screening tests depend on your age, gender, risk factors like a family history or an abnormal screen, and the type of early detection program:

- Screening Program for Breast Cancer: Women aged 50 and older should get a regular mammogram every two years. Women with a family history of breast cancer should have a mammogram every year. For more information call 1-855-584-8228.
- Screening Program for Cervical Cancer: Women should have a Pap test starting at the age of 21 or three years after becoming sexually active, whichever occurs later. A Pap test should be done every two years. Once a woman has had three consecutive normal results they can have the test every three years until the age of 69. For more information call 1-800-667-0017.
- Screening Program for Colorectal Cancer: Men and women between the ages of 50 and 74 should regularly be screened using the fecal immunochemical test (FIT). The test is easy to use and requires only one stool sample. The test detects blood in the stool that is not visible to the naked eye. For more information call 1-855-292-2202.

The Cancer Agency's early detection programs have tried to make screening easy and accessible:

- For the Screening Program for Breast Cancer, women can make an appointment in Regina or Saskatoon or at one of the six satellite offices (Lloydminster, Moose Jaw, North Battleford, Prince Albert, Swift Current and Yorkton) or through the mobile bus that travels to rural areas. A schedule for the mobile locations is available at www.saskcancer.ca/spbc. More than 38,000 screening mammograms are performed annually with over 8,000 screens on the mobile bus.
- The Screening Program for Cervical Cancer invites women to participate in the program and encourages women to contact their doctor or nurse practitioner to make an appointment for a Pap test. A list of health clinics offering Pap tests is available at www.saskcancer.ca/spcc. Annually more than 90,000 Pap tests are completed in clinics throughout Saskatchewan.
- A FIT test is sent directly to eligible men and women by the Screening Program for Colorectal Cancer. Saskatchewan has one of the highest participation rates for this program at 51.1 per cent. That means that more than 160,000 people completed a FIT between April 1 2015 and March 31 2017. Visit the website at www.saskcancer.ca/spcrc.

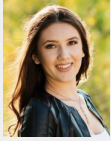
While no test is 100 per cent effective, the screening programs offer a way for men and women to stay a step ahead of their health by making cancer screening part of a healthcare plan.

Every person screened for cancer is a potential life saved and that is worth taking a few minutes to have a mammogram, a Pap test or to take the FIT.





"Personal safety precautions are very important, wearing PPE, gloves, and tying hair back are very important factors that contribute to the safety on farm, but the number one safety precaution is being trained in the farm setting and how to prevent accidents from happening. There can't be a price put on safety." **Cassidy McMunn**



"Growing up on a farm has taught me so much and I want to be able to encourage others to pay attention to safety and health hazards and use the power they have to change the future of the farming industry to ensure it is not looked at as more risk than potential. As they say a farmer has to be an optimist or he wouldn't still be a farmer." **Natasha Iluk**

SCHOLARSHIP

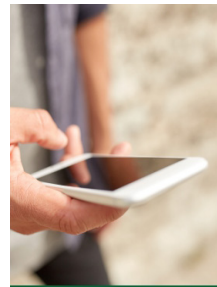
reminder

Don't Forget!!!

We have an early deadline because the winners are invited to receive their award at the SARM Convention in March, and we don't like to compete with Semester I Final Exams.

2018/19 Scholarship

If you are a grade 12 student planning on studying at a post-secondary Saskatchewan school in the fall of 2018, you should consider applying for our scholarship. This year there will be two scholarships of \$1500 available. The deadline is December 7, 2018. Your parents must own or rent land and pay taxes to a Rural Municipality. Download the application and additional information at <http://aghealth.usask.ca/scholarship/index.php>



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 217 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

306-966-6647

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

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: 306-966-6647



Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca