



# The Agricultural Health and Safety Network

WINTER 2018 EDITION #45



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



CCHSA / CCSSMA



Photo: A-Z Photography

## NetworkNews

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

### 30 Years of Caring about Saskatchewan Farm Families

The Network is grateful to partner with various organizations and safety champions throughout the province who have supported us in so many ways for 30 years. We are thankful to the farmers who put food on our tables, and want you to know that we are here for you.

Farming is a rewarding occupation but it is not always low in stressors. Since the Network began 30 years ago, Saskatchewan farmers have contended with the high interest rates of the late 80s, low commodity prices, loss of the Crow Rate, huge farm debt coming out of the 90s, major frost in 2004, BSE, flooding, and drought just to mention a few of the difficult times. These unpredictable and uncontrollable

challenges contribute to high stress levels affecting farmers and their families, from one generation to the next.

The Network developed a provincial *Stress on the Farm Initiative* in 1999 which has been a major component of the Network's programming in spite of a prevailing mental health stigma.

With the steadfast support of the Saskatchewan Association of Rural Municipalities (SARM) and the member Rural Municipalities of Saskatchewan we journey forward in our mission to promote injury prevention and mental health strategies for Saskatchewan farm families.

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

**IN**

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# Mental Health: Increasing Aw

## Letter from the Editor

As harvest 2018 winds down, it is time to begin building your mental health plan for next year to improve your overall well-being that will help you be more productive and resilient.

The Network continues to provide farm stress and mental health resources as tools for farmers and their families. We partner with like-minded organizations with the collective goal of promoting each other's work and improving the lives of rural families in Saskatchewan. We want to see families able to reach out for support before their mental health reaches a crisis.

The two organizations featured on these two pages are dedicated to increasing the awareness and reducing the stigma often associated with mental health, as well as developing positive techniques to take care of your mental health.

In case you missed our previous issue, you can find our stress related resources at [agehealth.usask.ca](http://agehealth.usask.ca). Our stress busting tools include *The Daily Chore*, the *Sleepless in Saskatchewan* video, the *Farm Stress Inventory*, as well as the Farm Stress Webinar which was funded by Farm Credit Canada. The Network also offers stress and farming workshops available to your community.

~Bonita



## Bridges Health

Mental Wellness is the largest initiative being undertaken by organizations and communities today. By increasing awareness, we can reduce stigma and foster a culture of resiliency.

Mental illness affects 1 in 5 individuals, and 1 in 4 employees report excessive stress in their jobs.

Many people are left wondering: "what do we do now?" It begins with recognizing that mental wellness is a shared responsibility between individuals, communities and the workplace.

The top mental health priorities that workplaces and communities can focus on include:

- ✓ Building awareness of mental health
- ✓ Reducing stigma
- ✓ Identify indicators and factors for psychological health and safety
- ✓ Expand support and recovery

Positive mental wellness allows people to realize their full potential, act resiliently to the stresses of life, as well as work productively and make meaningful contributions to their communities.

Bridges Health believes the phrase "there is no health without mental health" and that mental health is the cornerstone of an individual's overall well-being.

On the ground floor, immediate results are seen with the certification of individuals in Mental Health First Aid. The time and cost investment are minimal, while feedback is outstanding on the practical take-aways that could at a minimum, bring awareness to mental illness, and at best, save a life.

Bridges Health is Saskatchewan's largest locally owned multi-disciplinary workplace



## Join Us!

FOR A 4 PART WEBINAR SERIES ON FARM HEALTH & SAFETY



**Part 1: Stress: Mental Health & Farming**  
Recorded



**Part 2: Rollover Prevention Strategies**  
Recorded



**Part 3: Save your Breath - Respiratory Health & Safety**  
January 2019

**Part 4: A Good Night's Sleep: Sleep & Agriculture**  
February 2019

Hosted by the Agricultural Health & Safety Network and the Canadian Centre for Health and Safety in Agriculture.

If you are interested in participating in any of the webinars please contact [tess.kelly@usask.ca](mailto:tess.kelly@usask.ca) to register!

Funded by Farm Credit Canada



# Awareness and Reducing Stigma



wellness resource. Specializing in assisting organizations with early intervention initiatives, Bridges is dedicated to the health and wellness of all individuals. They are proud providers of Mental Health First Aid, MINDfull Manager Mental Health Training Series, facilitate public and private education sessions on mental health and assist organizations in aligning with the National Standard for Psychological Health and Safety in the Workplace.

**Adelle Stewart**  
**Director of Operations**  
**Bridges Health**

Contact information:

Email: [info@bridgeshealth.com](mailto:info@bridgeshealth.com)

Phone: 877-202-3472

Website: [www.bridgeshealth.com](http://www.bridgeshealth.com)

Facebook : @bridgeshealth

## Do More Agriculture Foundation

The *Do More Agriculture Foundation* knows that conversations about mental health and mental illness are more important than ever. Mental health is part of all of us and it impacts everyone.

### What is Do More Ag?

The Do More Agriculture Foundation is a call to action. It is a Canadian not-for-profit organization championing the mental well-being of Canadian producers. We strive to create a culture within agriculture where all Canadian producers are encouraged, supported and empowered to take care of their mental health.

### Do More Ag focuses on three areas

- 1. Creating Awareness** and building capacity through education, training and campaigns.
- 2. Building Community** where people can connect with others and find resources.
- 3. Supporting Research** to identify gaps and existing resources.

According to the World Health Organization, *'mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'* We can work together across the industry to strengthen mental health.

Do More Ag recognizes that mental health is a part of all of us, but mental disorders are not. Mental disorders include a broad range of disorders, with different symptoms. Most of these disorders can be successfully treated. We hope to break down the stigmas that stop people from seeking help early and receiving the treatment they need. We want our community to know that you are not alone. There is hope. There is help, and we are all in this together.

For a list of national and provincial resources please visit our page: <https://www.domore.ag/resources/>.

**The Do More Agriculture Foundation is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please visit your local emergency department or call 911 immediately.**

**The**  
**Do More**  
**Agriculture**  
**Foundation**

# Working Posture

## What is awkward working posture?

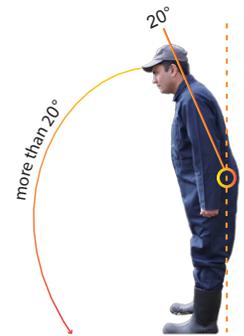
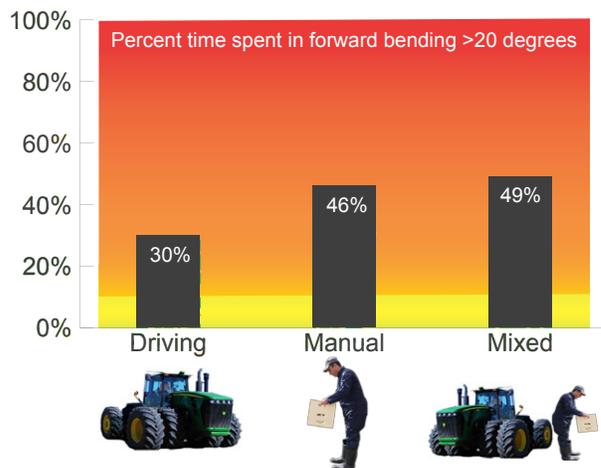
Any movement out of a neutral, upright posture can be considered to “awkward posture”. This can include stooping, bending, looking overhead, reaching above shoulder height, squatting, and kneeling. Awkward postures can force muscles to work harder and stress other body structures like ligaments and discs. Sustained and repetitive trunk bending are known to increase the risk of low back pain.

## What did we measure?

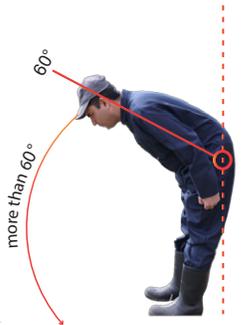
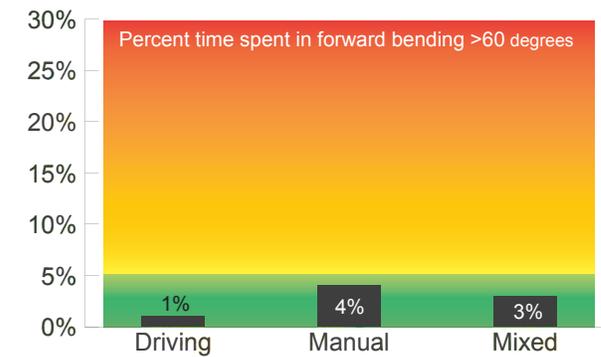
Using electronic data-loggers mounted on the chest, we measured 91 days of farm work on 49 different farmers. We separated these days into categories: 46 driving days (operating tractor, combine, sprayer, etc), 33 manual days (animal care tasks, machinery or building maintenance, etc) and 11 mixed task days (including driving and manual tasks).

## What did we find?

Forward bending posture angle was measured in degrees (°)



Spending more than 33% of the time forward bending more than 20° (shown as a ‘orange to red zone’ in graph 1) may increase risk of back pain.



Spending more than 5% of the time forward bending more than 60° (shown as a ‘orange to red zone’ in graph 2) may increase risk of back pain.

## What does this mean for your back?

- Manual tasks involve more forward bending than driving tasks.
- Driving usually doesn’t involve much forward bending, but sitting for an extended period and vibration may still increase your risk of back pain.

## Save Your Back

- Avoid bending forward for too long during maintenance or animal care. Take breaks to straighten up and rest your back.
- Take breaks from driving to stand up and move your back.
- Do you twist to see your implements? Take frequent micro-breaks to straighten out and counter-twist in the opposite direction.



# Living with MS in Rural Saskatchewan

## MS Knowledge Network

The MS Knowledge Network is the Multiple Sclerosis Society of Canada's hub of knowledge and navigators, providing consistent, quality MS information and support for anyone in Canada. MS Navigators provide trusted information on all aspects of life with MS. Whether you're living with the disease, working with or caring for someone with MS, being able to tap into current, reliable information will enable you to make informed choices.

**It's easy to connect with the MS Knowledge Network. MS Navigators are available to assist anyone in Canada from 8am to 8pm ET, Monday to Friday. Contact us today:**

**Phone:** 1-844-859-6789

**Email:** [msnavigators@mssociety.ca](mailto:msnavigators@mssociety.ca)

**Live Web Chat:** visit the [MS Information](#) or [Support & Services](#) sections of our website

Outside of the navigator service hours, or if you prefer finding information on your own, you can use our website to find reliable information & support 24/7.

## MS 1:1 Peer Support Program

<https://mssociety.ca/support-services/ms-peer-support-program>

The 1:1 Peer Support Program is a telephone and internet-based program for individuals living with MS, and for caregivers and loved ones of people with MS. You or the person you care for may be newly diagnosed, you may have a specific question, or maybe you are dealing with challenges related to MS. Sometimes the best person to talk to is someone who has had similar experiences. Volunteers from across Canada are provided with extensive training to ensure they have the skills to best support you.

### How does it work?

Contact the 1:1 Peer Support Program at [peersupportprogram@mssociety.ca](mailto:peersupportprogram@mssociety.ca) or call and leave a voicemail at 1-800-268-7582 x3149 to request more information or an application, and indicate whether you live with MS or are a caregiver.

## National Education Series Webinars



Join us live from the convenience of your home or office for in depth discussions with experts on a variety of topics related to MS. Anyone who is affected by MS or an allied condition is welcome and encouraged to participate in this webinar series.

Not able to attend one of the sessions? Visit our [Archived Webinars](#) page for recordings from past webinars in this series. Recordings are available within 1 week of the live event.

## MS Society of Canada Membership

Membership keeps people affected by MS connected. If you are interested in a membership contact Laurie at [laurie.murphy@mssociety.ca](mailto:laurie.murphy@mssociety.ca); or call (306) 522-5600 in Regina, or toll-free 1-800-268-7582 at extension 5003.

## MS Community Resources Coordinators Are Available to Help

Saskatoon & Northern SK:  
**Rachelle Phenix**  
 Phone: (306) 244-2114 ext. 5050  
[Rachelle.Phenix@mssociety.ca](mailto:Rachelle.Phenix@mssociety.ca)

Regina & Southern SK:  
**Stacey Brandt**  
 Phone: (306) 522-5600 ext. 5010  
[Stacey.Brandt@mssociety.ca](mailto:Stacey.Brandt@mssociety.ca)

SK toll-free: 1-800-268-7582

**MS Society of Canada website:** [mssociety.ca](http://mssociety.ca)



# Considering the Views of Farm Parents: A Starting Point for Bridging the Gap

Farm life is unique because families typically work and live in the same location which places children on farms at risk of traumatic injury. Parent decisions to have children present in the work area of the family farm involve numerous factors. Engaging farm parents in injury prevention efforts could benefit from what researchers have learned about the decision-making processes of Saskatchewan farm parents. It appears that **benefits and risks of bringing children into farm work areas are weighed as if on a balance scale.** Moving forward, considering the views of parents **could help bridge the gap between farm parent views and safety promotion strategies.** The goal is to create injury prevention strategies that are useful to farm parents which could reduce child injury on farms.



Photo: Kendra Ulmer

## What did we do?

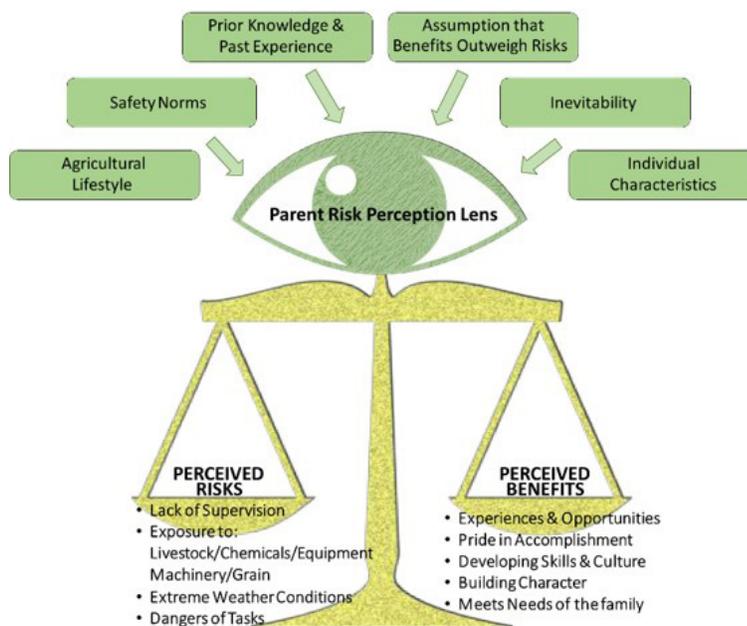
- January 2016: A **mailed question** was sent to parents participating in the larger Saskatchewan Farm Injury Child Cohort Study which asked parents to describe a specific scenario when a child was in the farm work area, and what went into that decision. **94 responses to this question were received** and thematically analyzed.
- March/April 2016: **Telephone interviews were conducted with eleven farm parents** discussing the risks and benefits of raising a family on the farm and of having children present during farm work.

## What did we learn?

- Many farm parents were born and raised on farms themselves and demonstrated awareness of and concern about existing safety issues** for both themselves and their children.
- Parents' decisions** about whether to have their children present during farm work **involved consideration of both risks and benefits** to the child and the family.
- Parents' perceptions of **the trade-off between risk and benefit were influenced by many factors**, such as: prior knowledge and past experience; farm lifestyle and culture; safety norms; individual characteristics; and needs of the farm family, the parents, and the children.

## Why is this important?

- Before this study, **evidence was lacking** about the decision-making processes of farm parents regarding children's exposure to farm hazards. This lack of evidence hampered injury prevention efforts.
- A better understanding of how farm parents make these decisions **could contribute to the development of strategies that work.**
- An **example of how these research findings could be used is re-framing the Agricultural Youth Work Guidelines\* (formerly NAGCAT - North American Guidelines for Children's Agricultural Tasks)** to reflect how families 'reap and sow' the benefits of farm life throughout a child's developmental stages while reducing risk of child injury.



## Key Messages

This balance scale model of risks, rewards, and trade-offs could be **a useful starting point in bridging the gap** between injury prevention strategies and the farm community because it considers **parents' views as a key part of the process.**

Insight into farm parents' decision-making could prove **useful when creating and implementing effective injury prevention strategies** for farm children that are both multi-faceted and deemed feasible by farm parents.

\*For more information about Ag Youth Work Guidelines visit: <http://www.marshfieldresearch.org/nccrahs/agricultural-youth-work-guidelines>

Citation for this study: Elliot V, Cammer A, Pickett W, Marlena B, Lawson J, Dosman J, Hagel L, Koehncke N, Trask C. Towards a deeper understanding of parenting on farms: A qualitative study. PLOS One. 2018 Jun 13;13(6):e0198796



# The Discovery Days program has expanded!

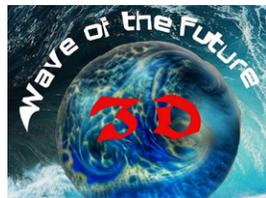
We now have six additional presenters across Saskatchewan for the Winter 2019 season of the Network Agricultural Discovery Days. Each one will be equipped with the tools necessary to present farm safety to grades 4-6. Is your RM a member of the Network? You can bring a Discovery Day to your rural school included in the RM's annual fee.

The reach of this program would not be possible without funding from Sask Wheat and Sask Canola! Thank you for your financial support for this project.



## Wave of the Future 3D Develops Gain Carts

We would also like to thank *Wave of the Future 3D* for graciously developing and donating our new grain entrapment demonstrations. Another small Saskatchewan business appreciating farmers and assisting the Network in promoting agricultural safety. Thank you!



Wave of the Future 3D has developed a seed sampler for the agriculture industry as well as other agriculture related products.

Contact:

Call: (306) 290-7034

Email: [lance.waveofthefuture3d@gmail.com](mailto:lance.waveofthefuture3d@gmail.com)

Or find them at 21-510 Circle Drive East, Saskatoon

**Please contact Kathryn for more information**

**or to book a Discovery Day**

**Phone: (306) 966-5490**

**Email: [kam999@mail.usask.ca](mailto:kam999@mail.usask.ca)**



**Saskatchewan Organization  
for Heritage Languages Inc.**

*"Our Mission is to preserve and promote languages/culture in Saskatchewan through awareness and education programs for a vibrant and diverse Saskatchewan"*

## APPLY TODAY

**FOR A MINI LANGUAGE PROGRAM IN  
YOUR COMMUNITY**

The Mini-Language Lessons Program provides opportunities for volunteer heritage language speakers to teach in the Public, Catholic, and Fransaskois school systems, and allows students to experience a new heritage language and culture. The program allows school teachers to match multicultural education with existing curriculum in a direct and meaningful way. The Mini-Language Lessons Program provides students an experience that will contribute to the elimination of misunderstanding and racism through the promotion of cultural awareness and acceptance.

**Sask** Culture

FUNDING  
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**LOTTERIES**

<https://heritagelanguages.sk.ca>

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!

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

**1-800-667-4442**

**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.

**Network Membership**

There are currently 216 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?**

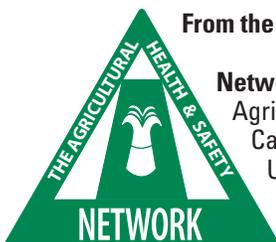
There are a variety of resources available on line at: [agsafety.usask.ca](http://agsafety.usask.ca)

**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>

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

**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](mailto:aghealthandsafety@usask.ca)**