

# Network News

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

## THE AGRICULTURE HEALTH AND SAFETY NETWORK Celebrates 20 Years of Providing Health and Safety Information to Saskatchewan Farm Families

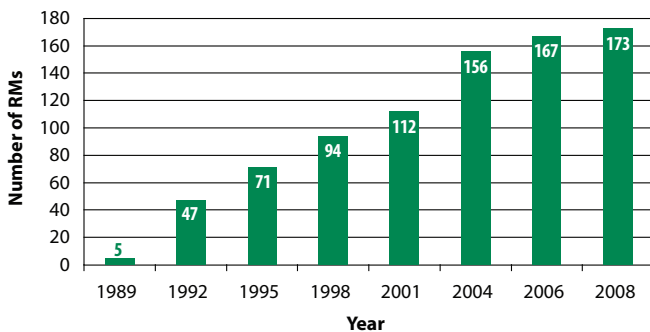
In 1988, the Agricultural Health and Safety Network (The Network) began as a joint venture between the Centre for Agricultural Medicine, Saskatchewan Association of Rural Municipalities and six RMs. The Network was founded with the mission "to improve health and safety on the farm through education, service and evaluation research". From the Network's location now at the Canadian Centre for Health and Safety in Agriculture at the University of

Saskatchewan occupational health and safety information and programs are delivered to 27,000 Saskatchewan farm families.

The Network has evolved from providing needed safety literature and newsletters to providing respiratory and hearing clinics, speakers, workshops, displays for council meetings, trade shows, and other events within the participating RMs.

The measure of the Network's success is demonstrated by growth in membership, the development of partnerships and evidence of an increased awareness of farm health and safety issues within the province. The Network developed strong partnerships both provincially and nationally with numerous organizations to collaborate and foster a unique agricultural health and safety program delivered in Saskatchewan.

### Network Growth



### Canadian Agriculture Safety Week Theme: *Manage More Than Just Your Back!*

The theme of this year's health and safety campaign is "Manage more than just your back!" The Canadian Agriculture Safety Week campaign's goal is to encourage farmers to find alternative methods of doing their work that will reduce the risk of sprains, strains and falls.

Agriculture is a high risk business. There are dangers that cannot be foreseen, therefore, it is imperative that we prevent as many of the predictable risks as we can. A good place to start is by looking at sprains and strains.

Sprains and strains are Canada's leading type of farm-related injury. Musculoskeletal disorders can be prevented by alternate methods of working in the farm environment, worker training, and redesigning tools. The CASW campaign message does two things. First it encourages farmers to protect themselves by using proper lifting techniques, good posture and other body mechanics to preserve good health. Secondly, it urges farmers to take a careful look at the dangers in their workplace. Hazards that are predictable are preventable in most cases.

The Agriculture Health and Safety Network supported the launch of the safety week at the SARM convention because it is an excellent venue to involve and recognize the support of Saskatchewan farmers to farm safety.

**The Network would like to thank participating RMs, Saskatchewan farm families, and Saskatchewan Agriculture for their partnership and support in achieving this milestone!**

Return undeliverable Canadian addresses to:  
Box 120 RUH, 103 Hospital Drive, Saskatoon, SK S7N 0W8

# Saying Goodbye



**Dr. James Dosman** recently “retired” from the directorship of the Canadian Centre for Health and Safety in Agriculture (CCHSA). Dr. Dosman leaves a legacy to agricultural health and safety worldwide.

The network is one of a kind in both Canada and worldwide, and its impact has been far reaching, largely because of the passions and efforts

of Dr. Dosman building a strong partnership with SARM (Saskatchewan Association of Rural Municipalities).

He is quoted saying, “The Agricultural Health and Safety Network is one of the most fabulous health and safety programs in Canada and may be world-wide because the local people, through their RM Councils take ownership with an attitude of working together to accomplish what it would be impossible for any one Council to do alone. My dream is that every farm family in every single RM in the province should have an opportunity to join the effort.”

Dr. Dosman obtained his M.D. at the University of Saskatchewan in 1963. Combined with his passion and commitment to agricultural health and safety issues in both the academic and practical spheres, he founded the Centre for Agricultural Medicine at the University of Saskatchewan in 1986. His vision became the Institute for Agricultural, Rural and Environmental Health (I.ARE.H) in 2001 and then CCHSA in 2006.

Dr. Dosman played a lead role in the formation of organizations as the Canadian Agricultural Injury Surveillance Program (CAISP), and the Canadian Agriculture Safety Program (CASP). His work in numerous other initiatives and programs gained him widespread recognition, including an award from the Saskatchewan Association of Rural Municipalities (SARM) for Meritorious Service to the People of Saskatchewan in 2001; the University of Saskatchewan award of Distinction in Public Service and Extension in 2003 for extending academic expertise to the larger community; the Saskatchewan Order of Merit in 2005; and the Dean Stueland Scholar Award from the National Farm Medicine Centre (Wisconsin, USA) in 2007.

What drives such a man to pour his energy into these projects and programs? Dr. Dosman truly cares for people, and has a passion for safety and health issues among rural and agricultural populations. Dr. Dosman conveyed this passion in a recent interview, stating that though he will no longer have a direct role in the management of the Network, he would still like to **“do what I like best of all: going out to speak to and listen to the farm and rural people in the municipalities.”** He strives to gain reliable information about agricultural and rural health and safety issues through research and take that information to those whose lives can benefit from it. Dr. Dosman brings research findings to a practical, useable end.

On behalf of the Ag Health and Safety Network and the Network News, we would like to thank Dr. Dosman for his passion and dedication over the years, and wish him all the best in his future endeavors.

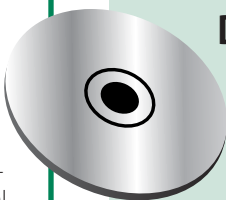
**THANK YOU SASKATCHEWAN AGRICULTURE AND FOOD FOR SUPPORTING THE PUBLICATION OF NETWORK NEWS AND SLEEPLESS IN SASKATCHEWAN.**

# Jon’s Sleep Tips

- Exercise, but avoid exercise before bedtime
- Avoid nicotine, caffeine and alcohol
- Eat the big meal of your day earlier, and have a lighter supper composed of higher carbohydrates and lower protein
- Have a bath an hour or so before bed and relax
- The darker the better for sleeping
- Sleep with the window slightly open—this will negatively charge the air which is great for good ZZZzzzs.
- Change the light bulbs in your house to broad-spectrum (Philips Natural Light, GE Reveal) light bulbs. The wider range of light mimics natural light and will perk you up during the day.

**Jon’s Book** can be downloaded at [aghealthandsafetynetwork.usask.ca](http://aghealthandsafetynetwork.usask.ca) under Sleepless in Saskatchewan. Download it, use it and pass it on to a family member or friend. You can also request a copy of the book by calling (306)966-6644.

Jon has made his book available to the people of Saskatchewan free of charge as part of the Sleepless in Saskatchewan mission to improve the quality of sleep people are getting and reduce the stress and fatigue that plagues people of rural Saskatchewan when they are trying so hard to make everything work.



## DID YOU MISS THE WORKSHOP?

Watch for the new Sleepless in Saskatchewan DVD coming out next fall with additional and up to date information on everyone’s favourite pass time – SLEEP

### Thank you to the following RMs who helped make this Sleepless in Saskatchewan tour a success:

- RM of Morris #312 in Watrous
- RM of MooseJaw #161 and RM of Pense #160 in Moose Jaw
- RM of Chesterfield #261 in Eatonia
- RM of Fox Valley #171 in Fox Valley
- RM of Viscount #341 in Plunkett
- RM of Willowdale #153 in Whitewood
- RM of McKillop #220 in Bulyea

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**POWER NAPS**

• Jon Shearer, sleep specialist, calls them *“an exquisite treat for the body.”* He encourages his listeners to take only 20 minute naps unless there is opportunity to sleep for a full 90 minute sleep cycle or you will wake to feeling lethargic.

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# Children on the Farm

*In the fourteen years from 1990-2003, 274 children and youth from one to nineteen years old were killed in agricultural injury events. This number represents 17.4% of all agricultural fatalities during the surveillance period.* The number of accidents on a farm can be reduced by a change in attitude. Children need to be explicitly taught that farm implements are not toys. Take the time to remind children frequently that the farm is not a playground.

## TEENAGERS:

- Are often asked to do more than they may be physically or mentally capable of handling.
- Lack the experience to foresee and handle hazardous situations

## THINGS TO CONSIDER:

- Make safety a goal for your family
- Communicate how important it is
- Lead by example
- Explain what can happen
- Encourage children to practice good judgment
- Correct any hazards you find on your farm
- Discuss any "close calls" that may occur and how to prevent them in the future
- Be consistent. Remember you are the role model.
- Have a pre-season safety meeting
- Have children "teach" procedures to others who may not know the rules, and as reinforcement to themselves.

## TRAINING THE BEGINNER:

Even if the novice worker sees you perform a task many times, it doesn't mean they can perform the same function:

- **Review** the process even if they tell you that they know how to do the job
- **Identify** each part of the job and why it is important
- **Demonstrate** the task
- **Watch** the beginner perform the task
- **Stay** until you are both comfortable
- **Check** on the new worker frequently

## SAFETY ON THE FARM

First, fill in the missing letters in the safety sentences, then put the circled letters on the lines below.

Stay away from hazardous c \_ e m \_ c \_ l \_ .

Don't play on m \_ c h \_ n \_ s .

Always think about \_ a \_ m safety.

Have younger children learn safety \_ u l \_ s for the farm.

Wear a sun \_ a \_ e hat.

Don't play near the pond. You might f \_ l \_ in.

The \_ a \_ d is a safe place to play.

Don't play on \_ a c \_ i \_ e s .

Fertilizer and other chemicals can be p o i \_ o \_ o \_ s .

Children need to live on \_ \_ \_ \_ \_

For answers visit our website: [aghealthandsafetynetwork.usask.ca](http://aghealthandsafetynetwork.usask.ca)

## SASKATCHEWAN PROGRESSIVE AGRICULTURE FARM SAFETY DAY CAMP

At a progressive agriculture farm day camp children learn in hands-on, interactive ways about identifying farm hazards and how to avoid them and stay safe. Camps are run by local volunteers and camp costs are covered by sponsors. To register in a camp in your area, see below.

### CAMPS SCHEDULED IN SASKATCHEWAN THIS YEAR:

Balcarres	May 23, 2008	(306) 332-3301
Canora	June 5, 2008	(306) 563-1296
Kamsack	June 12, 2008	(306) 563-1296
Leader	June 21, 2008	(306) 628-3165
Norquay	June 3, 2008	(306) 563-1296
Qu'Appelle	June 6, 2008	(306) 697-4026

*Interested in having a camp  
in your community next year?  
Give us a call, we can help.*

**"Our children are  
the most important  
resource on the farm."**

## Kid's Jokes

What is the best way to keep milk from turning sour?

*Leave it inside the cow.*

What do you call a sleeping bull?

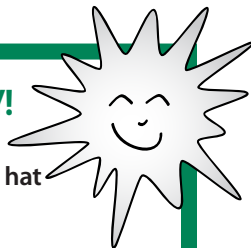
*A bull dozer.*

Why do cows wear bells?

*Because their horns don't work.*

### DON'T FORGET SUN SAFETY!

- Don't forget to make sure your children have a sun safe hat
- Sunscreen needs to be reapplied every two hours
- With every sunburn in childhood, the risk of getting skin cancer doubles!



# SPRING SAFETY



## WEST NILE VIRUS:

### Transmission

The main carriers of the West Nile Virus are active in July, August and Early September. The more you are outside, the greater the risk you have of being bitten by an infected mosquito. Early mornings and late evenings are the highest risk periods.

### Who is at risk?

Everyone is at risk who spends time outside on the farm, camping and other outdoor activities. Those who are most at risk are the elderly, and those with certain medical conditions. Whenever you are outside, take the necessary precautions

### Protecting ourselves from West Nile Virus:

- **Protect** with insect repellent with Deet (lower concentrates for children)
- **Cover up**—wear light-coloured, loose fitting clothing
- **Clean up** around your house and yard
  - Clean empty containers of standing water
  - Cover rainwater barrels with screen
  - Clear debris from eaves troughs and gutters
  - Check flat roofs for standing water
  - Cut lawn frequently
  - Turn over compost frequently
  - Ensure screens are free of holes and gaps

## ANHYDROUS AMMONIA

Anhydrous Ammonia is a very dangerous if not handled properly. Over the years a number of Saskatchewan farmers have been badly injured or killed while applying anhydrous ammonia.

### When using this fertilizer:

- Ensure there is an ample water supply

- Wear personal protective equipment
- Work up wind
- Contact lenses should not be worn
- Never fill tank over 85% of the tank's capacity
- Inspect and replace valves and hoses as needed
- Bleed off pressure in hose before disconnecting
- Stay clear of hose and valve openings
- Follow step by step procedure when using the equipment

## LAUNDERING PESTICIDE CONTAMINATED CLOTHING

- Wash Pesticide-contaminated clothing separately from other clothing
- Use the maximum water level and the hottest water
- Line dry clothing
- Clean the machine with a full wash cycle using hot water
- Treat contaminated coveralls the same way you would treat the pesticide

## CLEANING PROTECTIVE EQUIPMENT

### While wearing your gloves:

- Wash your hard hat or waterproof hat, goggles, face shield, aprons and boots with hot soapy water then rinse and dry
- Wash respirator face piece only. Before cleaning remove cartridges. Wash respirator in warm soapy water, rinse and air-dry. Check seals and valves for damage or wear. Store in sealed plastic bag.
- Wash gloves with hot soapy water, rinse and dry.

## PREVENTING HEAT STRESS

- Building up a tolerance to heat takes 1 to 2 weeks
- Take a 10-15 minute break for every 2 hours of work
- Drink one glass of water every 15-30 minutes of work depending on heat and humidity.
- Try to drink 8-10 glasses a day
- Adapt your work to the weather
- Avoid alcohol and drugs which can increase the effects of heat.
- Read medication labels to know how they cause the body to react to the sun and heat

## ARE YOU GETTING ENOUGH WATER?

There are many health benefits to staying hydrated:

- Boosts physical and mental endurance
- Improves mood and ability to work with others
- Helps prevent muscle cramps in your legs, hands and feet
- Can prevent headaches
- Helps digestive system
- Helps prevent urinary tract infections
- Keeps eyes and skin moist and healthy
- Can help asthmatics breathe more efficiently

## BUILDING A POSITIVE CULTURE OF SAFETY ON THE FARM

Building a positive culture of safety on the farm requires a commitment by everyone involved. Effective injury prevention on family farms must be the concern of all family members. Each member shares the responsibility of accepting the importance of safety. Communication between members is an essential part of the process to ensure a safe work environment.

### BUILD A POSITIVE ENVIRONMENT BY:

- Having confidence in the effectiveness of preventative measures to avoid injury and practicing safe farm practices.
- Frequently and continually reflecting on farming practices through monitoring can assist each farm family in living and working safely.
- Setting realistic rules to be used consistently will provide a safe environment for all members. The integrity of the farming operation is enhanced by the accountability of all members.
- Developing a strong safety culture that will lead to a decline of injury incidents. By eliminating risk factors, injuries can be preventable.

# Predictable Hazards are Preventable

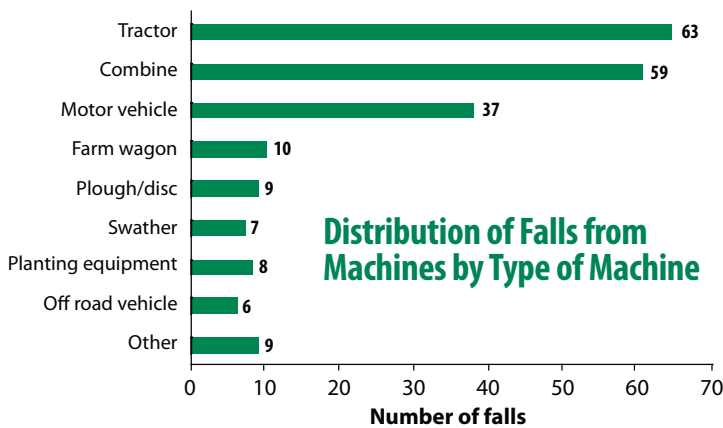
There are four types of injuries that account for 84% of the strains and sprains occurring during agriculture work. These include overextension, livestock handling, machine-related overexertion, and falls.

For more information on these injuries and how to prevent them go to [www.casa-acsa.ca](http://www.casa-acsa.ca).

According to Health Canada, falls are the second cause of injury in Canada. Agriculture workers need to look at each job with safety in mind.

It is important for agricultural workers to make sure that protective equipment is in good working order, and to use it. The following are some important tips to prevent avoidable falls.

- Wear non-slip footwear
- Clean up oil spills
- Put tools away when not in use
- Spread sand or salt on ice surfaces
- Clear walkways, aisles and work surfaces of clutter



## SASKATCHEWAN FARM INJURY PROJECT UPDATE



**PHASE 1:** This phase of the project has been successfully completed. We would like to extend our thank you to over 4000 farm families who have responded to this phase of the project and to those who have taken the time to complete the questionnaire. The information gathered has been invaluable in helping to develop a better understanding of the causes of farm injuries.

**PHASE 2:** In November 2007, we initiated the two year follow-up phase to see whether or not any farm injuries have occurred during this period. Participating farm families are being contacted four times over the next two years and we are very pleased with the response to date.

**PUBLICATIONS:** The study team is committed to delivering the new scientific knowledge gained to health and safety professionals, policy makers and farmers to help make farms a safer place to live and work. We have had one manuscript published, three manuscripts are under review for publication, and three additional manuscripts are in progress.

## WINNERS

\$300.00 draw prize winner was **Glen J. Krusky**;

\$100.00 draw prize winners were:

**Debra Mae Beare, Marilyn Hanson, Alfred Bryan, Anita Holtorf, Eugene Pflieger, Gerald Kasper and Carol Thomasgard.**

**CONGRATULATIONS TO ALL THE WINNERS!**

## 2008 – 2009 STEERING COMMITTEE MEMBERS

The steering committee is The Network's advisory group that provides direction and feedback on programs delivered in The Network. The steering committee is made up of RM councilors from each of the six SARM divisions and a Saskatchewan Agriculture and Food Representative.

## The committee members representing farmers, their families and their workers in The Network for 2008-2009 are:

Division #1: Stan Lainton, RM of Coalfields No. 4  
 Division #2: Joan Seierstad, RM of Eyebrow No. 193  
 Division #3: Floyd Thunstrom, RM of Coateau No. 25  
 Division #4: Brenda Zemluk, RM of Elfros No. 307  
 Division #5: Charmaine Bergman, RM of Prince Albert No. 461  
 Division #6: Garry Hoppe, RM of Glenside No. 377  
 Sask. Ag. & Food Representative: Ken Imhoff Farm Stress Unit

*The Agricultural Health and Safety Network Annual Meeting was held at SARM Annual Convention in Saskatoon on March 12, 2008.*

## WELCOME NEW NETWORK MEMBERS!

The Network continues to grow as RMs recognize safe and healthy ratepayers are their most valuable asset. We welcome the RM of Biggar No. 347, the RM of Bengough No. 40, and the RM of Reford No. 379.

# Preventing back aches, pains and strains: Use your brains not your back!

Whether it's dull and annoying or screaming for attention, back pain can make it hard to concentrate on your job. You can often avoid back pain and injuries by understanding what causes them and focusing on the prevention. Farmers do awkward reaching, twisting, bending and difficult movements that can be hard on their backs. According to Statistics Canada, about 15% of agricultural-related injuries are back injuries.

## Four work-related factors that are associated with increased risk of back pain and injury:

- **FORCE.** Exerting too much force on your back may cause injury. If your job is physical in nature, you might face injury if you frequently lift or move heavy objects.
- **REPETITION.** Repetition refers to the number of times you perform a certain movement. Repetitious tasks can lead to muscle fatigue or injury, especially if they involve stretching to the end of your range of motion or awkward body positioning.
- **POSTURE.** Posture refers to your position when sitting, standing or performing a task. If you spend time sitting in the same position on a tractor or combine you may experience occasional aches and pains from sitting still for extended periods of time. Your body can tolerate being in one position for about 20 minutes before you feel the need to adjust.
- **STRESS.** Pressures at work or at home can increase your stress level and lead to muscle tension and tightness, which may in turn lead to back pain.

## How to avoid the injuries:

The best way to prevent back pain and injuries is to be physically fit and work towards creating a work environment that is as safe as possible.

### Physical fitness:

Regular exercise is your best bet in maintaining a healthy back. Carrying around a healthy weight for your body's frame minimizes stress on your back. Get in the routine of doing specific strengthening and stretching exercises that target your back muscles. This core strengthening works both your abdominal and back muscles. Strong and flexible muscles will help keep your back in shape.

### Note your posture:

Poor posture stresses your back. When you slouch or stand with a swayback, you exaggerate your back's natural curves. Such posture can lead to muscle fatigue and injury. Good posture relaxes your muscles and requires minimal effort to balance your body.

- **Standing posture.** If you stand for long periods, rest one foot on a stool or small box from time to time. While you stand, hold reading material at eye level. Don't bend forward to do desk work or handwork.
- **Sitting posture.** To promote comfort and good posture while sitting, choose a chair that supports your back. Adjust the chair so that your feet stay flat on the floor. If the chair doesn't support your lower back's curve, place a rolled towel or small pillow behind your lower back. Remove bulky objects, such as a wallet, from your back pockets when you sit because they can disrupt balance in your lower back.

### Adjust your work space

Look at the setup of your work area. Think about how you could modify repetitive job tasks to reduce physical demands. Remember that you're trying to decrease force and repetition and maintain healthy, safe postures. You might use lifting devices or adjustable equipment to help you lift loads. If you are sitting in a tractor or combine make sure that your chair is positioned properly.

### Adopt healthy work habits

Pay attention to your surroundings and abilities on the job. Take these steps to prevent back pain:

- **Plan your moves.** Reorganize your work to eliminate high-risk, repetitive movements. Avoid unnecessary bending, twisting and reaching. Limit the time you spend carrying heavy briefcases, purses and bags. If you're carrying something heavy, know exactly where you intend to put it and whether that space is free from clutter.
- **Listen to your body.** If you must sit or stand for a prolonged period, change your position often. Take a 30-second timeout every 15 minutes or so to stretch, move or relax. Try standing up when you answer the phone, to stretch and change positions. If your back hurts, stop activities that aggravate it.
- **Minimize hazards.** Falls can seriously injure your back. Use low-heeled shoes with nonslip sole boots. Remove anything from your work space that might cause you to trip.
- **Work on coordination and balance.** Just walking regularly for exercise can help you maintain your coordination and balance. You can also perform balance exercises to keep you steady on your feet.

### Reduce stress

Being under stress causes your muscles to tense, and this can make you more prone to injury. The more stress you feel, the lower your tolerance for pain. Try to minimize your sources of stress both on the job and at home. Develop coping mechanisms for times when you feel especially stressed. For instance, perform deep-breathing exercises, take a brisk walk around the farm or talk about your frustrations with a trusted friend or family member.



### Key tips for lifting the "Right" way:

- Make loads as compact and light as possible.
- Only lift loads that can be handled safely. Ask for help when you need it!
- When lifting and lowering, get a good grip on the object and keep it close to the body. Place your feet close to the load and lift slowly, smoothly, and mostly by straightening the legs. Let your legs do the work!
- While lifting, always rotate the body by moving the feet, rather than twisting or bending the trunk. Keep objects close to your body.
- Use mechanical assistance- lift tables, hoists, conveyors- when possible.
- Use motor vehicles with good seat position and lumbar support.

Check out the website: [www.thinkback.ca](http://www.thinkback.ca)

offers personal back injury risk profiles and specific information on ergonomics and exercises for back health.

# Marjorie Labrash's Story

The variety of work experienced each day is part of the lure of farm life. However, the ever changing demands of farming creates risks that can change your life in a heart beat – as happened to Marjorie LaBrash, a spokesperson for this year's CASW campaign.

Marjorie has been a life long cattlegirl. She was raised on a dairy farm and then married a farmer and became a partner in mixed farm with commercial cattle near Bruno, Saskatchewan.

The afternoon of August 16th, 2006, was going well for Marjorie. Her husband Tony and their son Kelly were swathing and she was going to feed the few cattle still in the feedlot. She moved the cattle out of the feeding area, closed the gate, and set out the feed. As she opened the gate to let the cattle back in, they pushed up against the gate. Marjorie felt the impact but did not fall. Marjorie recalls, "I guess I had each hand on a rung of the 16 foot gate. At the time, I didn't think much of it. It didn't seem like much of an incident."

Marjorie returned to the house and continued her day making supper and delivering it to the field. Not feeling particularly well, Marjorie went to bed early. When she awoke in the middle of the night with excruciating pain in her arms and shoulders, she realized something was terribly wrong.

## *An injury affects the whole family and the whole farm and you don't realize how far reaching it is.*

Marjorie's husband took her to the doctor in Saskatoon the next day. The doctor examined her arm movements and thought her shoulders were just strained and would mend in time. Marjorie returned home but was unable to do anything because of pain and swelling. After three days of suffering, Marjorie's daughter and son-in-law came to check on her and insisted on taking her to St. Paul's Hospital in Saskatoon.

Once there she spent the night in emergency getting x-rays and had a CAT scan the next morning. It was discovered the impact of the cattle pushing on the gate had severely damaged the bones of both upper arms, smashed her right shoulder socket, tore the rotator cuff in Marjorie's right shoulder, and fractured her left shoulder socket in four places.

Marjorie was immediately sent for surgery where they removed the bones of both upper arms, replacing them with titanium rods that were attached into the remaining bone and bone marrow. Since both of her upper arms were replaced above the elbow, Marjorie has natural elbows, which offer greater movement potential than artificial. Her right shoulder socket was replaced with an artificial one while her left shoulder socket was left to heal on its own. Doctors could not predict how long it would take Marjorie to heal and recover due to the risk of infection, retained bone fragments, and the fact that this type of surgery is rarely done on both shoulders at once.

After 27 days in hospital, Marjorie returned home for six weeks to await admission to the Rehabilitation Ward for physiotherapy. Marjorie was discharged in December but continued physiotherapy as an outpatient three times a week until June 2007. As she was unable to drive during this time, she had to be driven to and from every appointment, and like many agricultural producers, the LaBrashes had no medical or accident insurance.

"Looking back there were a few lessons to be learned," reflects Marjorie. "First, you have to take the lead in your own health care. Your health is everything, so get yourself properly checked out immediately following any incident – even if the sprain, strain or fall seemed minor. Secondly, everyone on a farm – including farmwomen, children and employees – should be taught the basics in livestock handling. Once a person knows how cattle think and act in certain situations, they are more aware of the safety concerns. And finally, every farmwoman should carry accident and disability insurance. The amount and type of coverage would depend on each person's situation, however it should be recognized that many farmwomen are responsible for the support work that is vital to the farm's operations, and that shouldn't be underestimated."

Marjorie's recovery from the incident and surgery continues to this day. Marjorie still can't raise her hands above her head and functions with about 60 per cent of normal movement.

"It's harder to watch your family learning to cope with you than learning to cope yourself. An injury affects the whole family and the whole farm and you don't realize how far reaching it is. I guess I'll just have to accept my new limitations," concedes Marjorie. "My family hardly know what to do with me. I was so independent before, but now I need help with so many things – and I hate asking for help. It's like, Mom – the heart of the family – can't do what she used to do. We think we are invincible, but we're not." Livestock, particularly beef, are the most frequent cause of farm-related fractures, sprains and strains, and dislocation injuries in Canada. This is followed by field crop production, then greenhouses, and nursery or floriculture operations as the top four causes of agricultural injuries, determined a study by the Canadian Agricultural Injury Surveillance Program, 1990-2000.

## **Livestock Injuries. Consider the following when moving cattle:**

- Work with another person
- Quick movements and loud noises startle animals
- Respect the size of the animal. Large animals can be unpredictable
- Plan an escape route
- Riders should always wear CSA-approved helmets
- Don't work on foot inside an animal holding pen unless there are secure panels or gates to prevent crush injuries
- Avoid working alone

## Farm Stress Line: 1-800-667-4442 Monday to Saturday 8 A.M. to 9 P.M.

The farm stress line is a confidential peer counseling service responding to the needs of farm families. When you call you will talk to people who understand farming—men and women who have experienced the pressures of farming today. They are there to help you explore options and connect you with programs and services so you are better able to address problems and make choices.

## Looking for a healthier lifestyle?

Try some of the following websites to increase your well being:

- For your back: **www.thinkback.ca** offers information on ergonomics and exercises for back health
- *Check Up From the Neck Up* **www.checkupfromtheneckup.ca** helps with understanding anxiety and depression
- Canadian Sleep Society **www.css.to/sleep/index.htm** can help you find more sleep
- *Canada's Food Guide* **www.hc-sc.gc.ca** has lots of information
- *Dietitians of Canada* **www.dietitians.ca** has a recipe analyzer and eateracker program to check your choices.
- *In Motion* **www.saskatchewaninmotion.ca** is where you can take the fit quiz
- *Osteoporosis Canada* **www.osteoporosis.ca** find information about prevention of osteoporosis, calcium, vitamin D and much more
- *Canadian Cancer Society* **www.cancer.ca**
- *Canadian Diabetes Association* **www.diabetes.ca** to look at the information on pre-diabetes
- *The Road to Well Being* **www.roadtowellbeing.ca** takes you on a journey to better mental and emotional health
- *Heart and Stroke Foundation* **www.heartandstroke.ca** to see the healthy waist video

### Moved? Retired? Not Farming?

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

## DID YOU KNOW ABOUT MAKING CONNECTIONS?

*The Connections Services Directory is a directory accessed through the internet at [www.agr.gov.sk.ca/connection](http://www.agr.gov.sk.ca/connection) providing information and links to government agencies, programs, volunteer organizations and their programs and services.*

**Making Connections:  
1-866-680-0006**

### Need more information?

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

## FROM THE EDITORS

Send your ideas, comments and suggestions to:

**Network News,  
Agricultural Health  
and Safety Network  
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the barnders by gord.coulthart



I didn't fall. I just wanted to see if the paint clashed with the shed.

the barnders by gord.coulthart



He was showing me "how not to lift a heavy object", but he hasn't moved in 20 minutes.