

Network News

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

Research Supports Vital use of Respiratory Personal Protective Equipment in Farming Operations

The Agricultural Health and Safety Network is Proud To Announce Current Research done at the Canadian Centre for Health and Safety in Agriculture

Recent research done across Canada by the CCHSA reveals that farmers and machinists who have held their occupations for 10 years or more are significantly associated with increased risk of developing a cancer called Non-Hodgkin's Lymphoma (NHL). NHL is a cancer of the lymphatic system. These results support previous findings associating NHL and specific pesticide exposures. This study, *Occupational exposures and non-Hodgkin's lymphoma: Canadian case-control study (Karunanayake et al, 2008)*, looked at a large number of cases across Canada including six different provinces. Wearing Personal Protective Equipment will reduce exposure to harmful substances.

WINTER PERSONAL PROTECTIVE EQUIPMENT

In the winter we still have reasons for using PPE for the respiratory system. Work is often located in buildings with less ventilation in close proximity to animals, hay and feed. PPE is necessary to protect workers from the following:

- Animal confinement buildings
- Handling moldy hay
- Moving grain
- Cleaning grain bins
- Working with feed
- Contact with animal hair and dander
- Welding and working with toxic paints or solvents

CHOOSING APPROPRIATE RESPIRATORY PPE

Ask yourself:

- Is it the right type of protection for the hazards I will encounter?
- Does it fit?
- Is it comfortable enough that I will wear it?
- Will it interfere with other necessary equipment?

For more information on PPE, the Agricultural Health and Safety Network can supply you with a fact sheet on Personal Protective Equipment for the Respiratory System. Call (306)966-6644 or find it and many other useful resources at: www.aghealthandsafetynetwork.usask.ca

THANK YOU

Saskatchewan Agriculture
for supporting this publication!

DID YOU KNOW

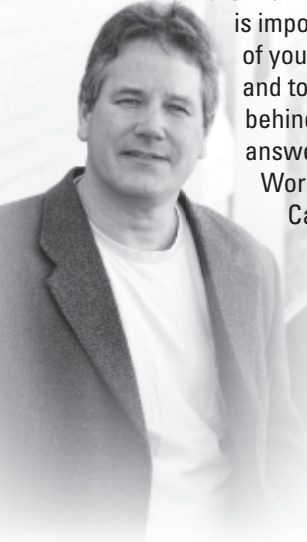
that the surface area of our lungs equals the size of a tennis court? Our lungs are well supplied with blood vessels and are the quickest and most direct route for absorbing harmful substances into our bodies.

WELCOME TO OUR NEW DIRECTOR!

LETTER FROM THE DIRECTOR:

I am honoured to now be a part of the Canadian Centre for Health and Safety in Agriculture (CCHSA), and thereby also our Agricultural Health and Safety Network (the Network). The Network is an exciting concept that allows us to talk one-on-one to Saskatchewan's producers and their families, to find out what is important to you in terms of your health and safety, and to put all our resources behind investigating the answers to your questions.

Working closely with the Canadian Agricultural Safety Association (CASA), who also use us to investigate tough health and safety concerns, and with as many as 60 like-minded researchers



from our CCHSA network, allows us to focus the best minds in Canada on the truly important problems – the ones you identify! I look forward to many years of being able to work for you.

In the coming years we are looking to increase our Network's activities, including our lung and hearing health field clinics and our workshops (like the 'Sleepless in Saskatchewan' sessions), and to extend these to include equally practical health and safety clinics. We know that our CCHSA website, with its library of Network resources (e.g., OffGuard Photographic Exhibition, the Farm Safety Audits, Tractor Rollovers or Machinery Entanglement modules, the many Chemical, Children's or Livestock worksheets, or old issues of Network News) gets more than 24,000 'hits' each month, and that tells us that you find this an important source of valuable information. We continue to add new information to this library as fast as we can generate it, and we invite you to browse through and use these resources anytime.

Before closing, I wanted to thank those of you who could make it to our Agricultural Producers Day during the Sixth International Symposium (Public Health and the Agricultural-Rural Ecosystem), which was held in Saskatoon from Oct 19-23 this year. The 'Stress, Sleep, and Safety' workshop put on by Chip Petrea, a dairy farmer from Iowa, and the 'Low Stress Cattle Handling' workshop put on by Reg Stewart, a rancher from BC, were both popular and well-received, as was the lunch and opportunity to hear experts from around the world talk about subjects such as the Saskatchewan Farm Injury Cohort study, Cancer Risks in agriculture, or Childhood Safety. And, Brent Butt's dinner and comedy that evening had some laughing so hard they had to hold their sides.

Finally, I want to wish each of you a peaceful and joyous Christmas Season and a Happy New Year!

Dr. John Gordon

WINTER SAFETY

Last winter we had a storm in Saskatchewan that kept a portion of the province snowed in for several days. Those in rural areas were snowed in with no opportunity to get regular supplies. **Were you prepared?**

PREPARE TO BE SNOWED IN:

Not everyone has a well stocked pantry in the winter. The days of being fully stocked with staples in case of a winter storm are gone because it is usually very easy to pick up what supplies we need during daily travels. Not everyone in rural areas keeps a freezer or storeroom full of supplies. During the winter we need to be prepared just in case of a blizzard that could potentially last several days. Make sure you have plenty of staples in the pantry just in case you are snowed in for a few days.

THIS WINTER CONSIDER THE FOLLOWING:

Cold weather exposure can lead to serious illness. It is important to be aware of the temperature to protect yourself against it by adding layers of clothing.

HERE ARE SOME TIPS TO PROTECT YOU AND YOUR FAMILY FROM COLD EXPOSURE

- Dress in loose layers of clothing that can be removed if you become too warm. Tight clothing reduces blood circulation and may restrict your movement and put you at risk for an injury, but layers provide better insulation.
- Boots should be waterproof and insulated.
- Reduce the amount of heat escape by covering your head.
- Cover your ears, face, hands and feet in very cold weather

IF YOU MUST TRAVEL

- Ask yourself before setting out under these conditions: "Is it worth risking my life?"
- Carry a disaster supply kit in the trunk if you must travel, or in case you get caught in a storm.
- Keep your car's gas tank full in case of emergency and to keep the fuel line from freezing

- Make sure someone knows where you are going, which way, and when you will arrive.

EMERGENCY SUPPLY KIT FOR YOUR VEHICLE

- A bright cloth to tie to your antenna if you become stranded
- Extra clothing, footwear and blankets
- Booster cables
- First aid kit with a manual
- Flashlight and spare batteries
- Gas line antifreeze
- Waterproof matches
- Survival candle in a tin
- Non-perishable high energy foods (granola bars)
- Shovel
- Sand
- Tool kit
- Bottled water
- Reflectors or a warning light
- Fire extinguisher (rated A-B-C)

SAFE ACREAGE LIVING

Family life in a rural setting may be everything you dreamed of, however, acreage living possesses many of the same potential hazards of rural farm life. Protect yourself and your family from injuries that are predictable and preventable.

- Tractors, big or small, are subject to the same safety hazards and precautions.
- More yard work can mean more tools, or bigger tools. Smaller hand tools and push lawn mowers may not be sufficient to get the job done.

- Acreage owners need to know when they move into a rural area that they are entering an area that carries on agricultural operations. Many acreage owners have animals and pets or practice alternative agriculture such as bee keeping, or market gardening.
- Know the safety hazards that might be right next door to you.

Some of the many reasons why people move to acreages are to experience some of the perks of farm life such as recreational vehicles and open space.

DID YOU KNOW?

- In Canada, nearly 25% of ATV-related deaths are among children under 15 years old.
- More than one-third of serious injuries from ATV crashes are among children under 15 years old.
- ATV injuries have been reported in children as young as one year old.
- Almost ¼ of the total injuries were to the head
- Alcohol was involved in 45% of the deaths

SAFETY TIPS ON SNOWMOBILE TRAILS:

From SGI (Saskatchewan Government Insurance)

- Obey all trail signs, markers and speed limits
- Watch for approaching snowmobiles
- Move to the right when meeting snowmobiles
- On narrow trails, yield to machines going up steep hills
- Do not stop on a curve or hill
- Watch for branches and other obstacles
- Remove obstacles or notify club or parks office
- Watch for trail-grooming equipment, even at night
- Use hand signals to acknowledge awareness of others when passing or meeting other snowmobilers
- Remove machine from trail – especially at night – if a breakdown occurs.

Groomed trails are the safest place to ride.

For more information about snowmobiling in Saskatchewan:

E-mail: sasksnow@sasktel.net

Website: www.sasksnowmobiling.sk.ca

RURAL ROAD SAFETY

Canada's road Safety Targets 2010 found that an increasing proportion of total traffic fatalities occur on rural roads. The three most likely types of collisions are single vehicle crashes (run off the road occurrences), head-on collisions, and collisions at intersections.

ATVS

ATV use in general has increased significantly and therefore, with increased exposure there has been an increase in injuries. Most of these injuries are predictable and preventable. Some of the common factors that contribute to injury events are speed, inexperience, improper apparel, not using a helmet, and alcohol.

MODELING SAFE ATV USE:

You're more likely to be injured on an ATV if you don't use it properly. If you're a parent who owns or operates an ATV, you can model safe behaviour by following these guidelines:

- **Age and experience:** Children younger than 16 years old should not operate ATVs over 90cc. They don't have the strength, skills or experience to handle ATVs safely resulting in driver error and loss of control.
- **Four-wheeled vehicles:** Three-wheeled ATVs are not recommended because they are less stable than four-wheeled vehicles.
- **Passengers:** Passengers are not recommended because they can affect the balance and make it hard for the driver to stay in control. Most ATVs were designed to be used by a single driver.
- **Proper equipment:** ATV drivers should always wear an approved helmet for ATVs or motorcycles (such as a helmet meeting the Canadian Standards Association, Department of Transportation/Federal Motor Vehicle Safety Standard, Snell or American National Standards Institute motorcycle helmet standards, not a bicycle helmet), eye protection, and proper clothing, such as boots, gloves and long pants.
- **Training:** Canada Safety Council offers an approved training course that all ATV drivers should take.
- **Drugs and alcohol:** ATV owners should adopt a zero tolerance policy for drugs and alcohol. Under these influences, drivers should not operate an ATV.

ATV RESOURCES:

- www.catv.ca

There is no
substitute
for a responsible driver.

The Agricultural Health and Safety Network was proud to include "Get Prepared for Farm Safety" within the Sixth International Symposium Public Health and the Agricultural Rural Ecosystem

The International Symposium takes place in Saskatoon every five years. It is an opportunity for researchers to share new knowledge, build future relationships with other researchers from around the globe and develop networks. It is a way for researchers to broaden their perspective to examine the social, political, and environmental impact on the health for rural people. Get

Prepared for Farm Safety was the workshop for producers that provided the opportunity for researchers and producers to mingle.

The speaker, Reg Steward, is a rancher and the B.C. Provincial Ranching Consultant to FARSHA (Farm and Ranch Safety and Health Association). One of the topics that he focused on was **Low**

Stress Cattle Handling which results in a manageable herd, reduced shrinkage at shipping, less stress, and increased safety for the handler.

Those who attended the full day workshop left with a wealth of Low Stress Cattle Handling Techniques, and told Network staff that they couldn't wait to get home and try it out!

If you would be interested in a representative from your area learning to be a Low Stress Cattle Handling trainer or if you would be interested in a workshop in your area, please contact the Network (306) 966-6647.

The Agricultural Health and Safety Network Partners with CN at the Canadian Western Agribition 2008



CN and the Network worked together at Agribition in Regina to provide a display to promote rural safety.

Most highway/railway grade crossing collisions involve drivers living within 40 km of the location of the collision. Tragically in Canada each year we have an average of 500 people operating vehicles involved in collisions with trains and an additional 100 people who are trespassing on rail property struck by a train.

Riding a snowmobile or ATV on or along railway lines is extremely dangerous.

Saskatchewan has seen numbers of incidents involving this recreation turn deadly. Be smart and treat tracks and the railway right of way like a danger zone or like a highway. The only safe and legal place to cross the tracks is at a public or farm crossing.

SAFE CROSSING TIPS

- **Be prepared to stop** at a highway/railway crossing.
- Look for the crossbuck symbol of a highway/railway crossing.
- **Listen for warning bells and whistles.** Turn off, or turn down distracting fans, heaters and radios.
- **Obey the signals.** Never attempt to drive under the gate as it is closing, or around a closed gate. If the gate begins to close while you're underneath, keep moving ahead until you clear the crossing.
- **If a police officer or a member of the train crew is directing traffic** at the crossing, obey their directions. Remember, however, that you are not relieved of the responsibility to ensure your personal safety and you must confirm that it is safe to cross the tracks by looking and listening for the approach of the train.
- **If one train passes,** make sure that a second train isn't approaching on another track. They can, and they do!
- **Cross the tracks in low gear.** Do not attempt to change gears while crossing.
- **If your vehicle stalls on the tracks, get out quickly.** Move towards the train and away from the tracks to avoid being hit by debris, because your vehicle will be swept forward by the momentum of the train.
- **If your view is obstructed** for 300 metres in either direction, do not attempt to cross the track until you are certain that no train is approaching. Be especially careful driving during bad weather.
- **Walking or playing on train tracks is dangerous, and illegal.** The only safe way to cross railway tracks is to use designated crossings, and to obey all signs and signals. Be smart. Be safe. Say alive!



Reg's Winning Entry for the Green Gallop Poetry contest at the Symposium Cowboy Poetry for Saskatchewan

JESSE SAID THE WELL WENT DRY

I love that feelin when the fire's on,
Those lazy days when you're tired and drawn

I was havin a day that went just like that
With nothing to do with feet up I sat

Well you gotta know those things don't last
They soon become part of the far distant past

So there I was lounging with nary a fret
My calf ropin butt logged onto the net

When one of the boys brought news with a tear
The kind of news that we rural folk fear

I know he spoke truth cause this son is swell
His words rang clear, there's nothing left in the well

Now my first thought I confess was only for me
A day haulin water was all I could see

So I jumped in that ol diesel suburban
Contemplatin the problem free life of the urban

Thinkin how nice to pick up the phone
To hear a town clerk go on and drone

"We'll have someone there my tax payin sire
You just keep sittin with your feet by the fire"

But for cowboys like us that's not how it goes
So I stuck on my boots over cold little toes

Down to the well I went in that truck
And was thrilled to discover what some call good luck

The neighbor has a well that runs really deep
And an outside hose he just happens to keep

So I hooked up that hose to an outside tap
And settled back in for a "well" deserved nap

Now he wasn't home but I'm sure he won't mind
When he comes back if he should happen to find

That his electric bill has taken a jump
Cause for two ranches now he's usin his pump

He may find the level of his well drops down
I guess that'll teach him for goin to town

So now I'm sitting back in the front of the screen
Cheering my lungs out for Roughrider Green.

Contact Operation Lifesaver to schedule a free highway/railway presentation:
www.operationlifesaver.ca

PROTECTING YOUR HEARING

NOISE INDUCED HEARING LOSS IS A REAL PROBLEM FOR FARM FAMILIES

Lyle Haight Bsn (4th Year, University of Saskatchewan Nursing Student)

Noise induced hearing loss (NIHL) is hearing loss that results from continuous exposure to harmful levels of noise over extended periods of time without proper hearing protection. In a study conducted in Saskatchewan in 1995-1996 that studied close to 1400 farmers, it was found that 79% of men and 44% of women had hearing loss of some degree¹.

Since the farm is a noisy place we should be wearing some sort of hearing protection when we are exposed to noises over 85 dB (decibels). However we don't often know how loud 85 dB is, so a good rule of thumb to follow is if you are standing three feet away from someone and they have to speak up so you can hear them, you should be wearing hearing protection.

Proper hearing protection should be comfortable, convenient to use, close at hand, and it should suit the work environment. Using hearing protection is only one part of a noise reduction plan that all farms should have. Every plan should consist of five parts.

¹ Lupescu, C., Angelstad, B., Lockinger, L., McDuffie, H. H., Hagel, L. M., Dosman, J. A., Bidwell, J. (2001). Hearing conservation program for farm families: an evaluation. *Journal of Agricultural Safety and Health*, 5(3): 329-337.

HEARING PROTECTION PLAN

1. Reduce the noise at the source.
2. Isolate the vibration.
3. Move away from the source of noise when possible.
4. Reduce the amount of time exposed to the noise by rotating tasks.
5. Use hearing protection and have regular hearing tests.

HEARING RESOURCE

Included with this mail out is our new booklet, What did you say? It is a great source of information about how to prevent NIHL. Be sure to review it and use it while creating your own noise reduction plan for your farm. For additional copies just call or write to us at the Agricultural Health and Safety Network.

HEARING CLINICS

The Agricultural Health and Safety Network is providing Hearing Conversation Clinics for farm families throughout rural Saskatchewan this winter. If you are interested in attending a clinic contact your local RM to request a clinic in your community. The purpose of the hearing clinic is to test farmers' hearing and provide education about how to best protect hearing when exposed to noise hazards on the farm.

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Commercial Solutions is pleased to offer a sample of EAR hearing protection to each Agriculture Health and Safety Network member.

Your hearing is priceless. Take care of it with high quality hearing protection options available from Commercial Solutions. Offering a full line of health and safety related products in addition to our Industrial, Field and Survey lines, Commercial Solutions is a one stop solution for all your equipment needs.

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Colin Riese
Ph: 306.953.6400

REGINA
Mike Kozey
Ph: 306.775.3303

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BUILDING SAFE TRADITIONS ON THE FARM

Agricultural and rural culture has historically been envied by their urban counterpart. We often see pictures of peaceful country scenes depicting rural farm life as the ideal setting for family life. Modern technology has ushered in many additional hazards. Agriculture practices are changing, and there needs to be changes to the culture surrounding it. It is important to provide opportunities for new traditions when the old traditions become unsafe.

FAMILY ACTIVITIES

Although times are changing, we still see pictures published that depict unsafe situations for both adults and children in the popular media.

- We can use these instances as a teaching tool with children.
- Point out the safety issues of the picture and ask questions like: What would happen if . . . ?
- It is also a good idea to celebrate pictures like the one on this page where safety is practiced.
- Use the opportunity to spend time learning how to identify hazards on your farm. Have children give examples of hazards.
- Encourage discussion about the connection between the positives and the negatives of farm life.

Building a culture of safety does not have to cost a lot. There are many inexpensive ways to make your farm a safer place. A serious injury can take a principle operator out of production, taking years to recover financially. Is your farming operation showing improvements? Are you setting goals for continual improvement?

“Safety is a cheap and effective insurance policy”

Inexpensive improvements you can make to improve safety on your farm now:

- Remove clutter from walkways to prevent tripping and falling
- Store pesticides, fuel, livestock medication and other chemicals properly by purchasing a lock
- Fix broken stairways in buildings (loose and broken boards)
- See your doctor for preventative health screenings.
- Lubricate machine parts to reduce noise created by friction
- Wear sunglasses
- Training in First Aid and emergency preparedness
- Replace guarding where necessary
- Sit down with children and set rules

Prairie Agricultural Machinery Institute (PAMI) can supply you with a manual to build your own guards. Go to www.pami.ca

CHECK YOUR EQUIPMENT: LUNCH HELD AT AGRIBITION

“Know your parts and protect yourself from cancer” was the theme for the presentation sponsored by the Canadian Cancer Society, the upbeat and lively Anne Katz spoke at a luncheon during Agribition about cancer as it relates to screening, treatment and sexuality specifically for men.

She discussed the following as threats:

- Obesity
- Cardio vascular disease
- Diabetes
- Smoking
- Alcohol
- Lack of exercise
- Diet

Prevention requires lifestyle changes to reduce these threats to our health. A good place to start is by making a point of eating 5 to 10 fruits and vegetables a day.

Men are less likely to eat their 5 to 10 a day. We all need encouragement to make lifestyle changes that will decrease these threats to our health.

“5 to 10 a Day For Better Health” included in this mail out from the Canadian Cancer Society encourages us to adopt the practice of eating 5 to 10 vegetables and fruits every day as part of a healthy diet. Vegetables and fruits can help reduce your risk of cancer, heart disease and stroke.

Take the “My Fruit and Veggies” Challenge!

Go to www.5to10aday.com for this challenge and to unlock the colour mystery of your produce.



Christmas Tree Safety

- If you are using a real tree, water daily
- Set up away from heat such as fireplaces, heaters and wood stoves
- Use only CSA approved lighting sets and extension cords and turn the lights off when you are not home or go to bed
- Never light a candle near a tree
- Pointsettias, Mistletoe and English holly are poisonous for children and pets.

DOGS

FARM DOGS

Farm dogs often come into contact with various species of wild life which they may chase, hunt, attack and/or kill and consume. In such pursuit of wildlife, the dog itself may receive a bite or two. We all know how much dogs love to chase skunks and raccoons!

Rabies

In May 2008, there were 9 confirmed cases of rabies in the province – 7 in skunks, 1 in a horse and 1 in cattle – in the case of the cattle and 1 skunk, there was human contact. Human fatalities are rare in Canada because of the wide availability of post-exposure treatment and good dog/cat vaccination programs. Remember that all dogs and cats need to be vaccinated against rabies whether they are farm or “city” dogs and to report any bit to local public health officials and/or medical center.

Rabies: Did you know?

- One person dies from rabies every 10 minutes
- Approximately 55,000 die world wide from rabies every year
- If someone is sick with rabies, nearly 100% of the time, it will result in death

Preventing rabies:

- Vaccinate your pets against rabies
- Avoid stray pets or wild animals
- Always ask an owner or adult before petting a dog, cat or other type of animal
- Never adopt wild animals or bring them to your home

First aid and medical treatment in the case of an animal bite

1. Remove clothing that may be contaminated
2. Flush the wound immediately with lots of water
3. Clean the wound thoroughly with soap and water
4. Go to you physician or nearest hospital emergency to report your exposure and receive treatment. Vaccination is started as soon as possible, ideally within 24 hours. A full course of immunization includes an immediate dose of rabies vaccine and of rabies immune globulin; and four subsequent doses of rabies vaccine given over one month.

Dog bites can be dangerous even if the dog does not have rabies. The holidays are especially stressful for dogs due to changes in routine and the comings and going of visitors. Here is how you can be safe around a strange dog:

Be safe around dogs you know

- Dogs don't like hugs and kisses – scratch the side of his neck instead.
- Play safe games – fetch, teach tricks, hide and seek – no tug or chasing games.
- Ask an adult to play too!
- Respect the dog's resting place, toys, food and bones.

LOOK AND THINK

A safe dog is . . .

- On a leash with a person you know.
- Sitting calmly.
- Wagging, panting and looking happy to see you.

A dangerous dog is . . .

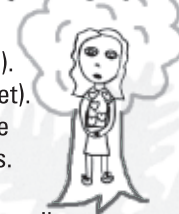
- Running loose.
- Growling, showing his teeth or raising the fur on his back.
- Looking worried with his mouth closed and a half moon of white showing in his eye.
- Warning you to say away by raising his tail high over his back.
- Holding his tail between his legs, wagging his tail between his legs or wagging his tail slowly and way up in the air.

WHAT SHOULD YOU DO IF A STRANGE DOG APPROACHES YOU?

Be a Tree

BE A TREE

1. Fold your branches (hands).
2. Watch your roots grow (feet).
3. Count in your head until the dog goes away or help comes.



The Saskatchewan Safety Council, Saskatchewan Labour and the Saskatchewan Prevention Institute support and encourage the application of the Be a Tree™ Program. The Be a Tree™ Program was created in Canada and is administered by Doggone Safe™. It includes a Teacher Kit, developed by dog behavior experts and teachers.

For more information, visit www.doggonesafe.com or www.be-a-tree.com, (a site designed especially for teachers, kids and parents).

To report an animal bite:

Call: Regina Qu'Appelle Health Region (RQHR) (306) 766-7755, Fort Qu'Appelle (306)332-3312, or Indian Head (306)695-5232.

ENJOY THE HOLIDAY SEASON INJURY FREE! GIVE THE GIFT OF SAFETY

Safety doesn't have to be expensive. Take a look at the following list for some great stocking stuffers. There is something for everyone in the family!

Ear plugs, sunglasses, goggles, rubber gloves, dust masks, locks, reflective strips, neck warmers (better than scarves to prevent strangulation), outdoor clothing without drawstrings, hard hat, respirators, steel toed safety shoes, rubber apron, small fire extinguisher, mechanic gloves, rubber gloves, cold weather gear (hats mitts, boots, etc.)

RM OF CHESTERFIELD NO. 261 STUDENT AWARDED SARM SCHOLARSHIP

"The only way of life on a farm should be a safe one."

Kirsten Theaker



2008 SARM Scholarship Winner

Kirsten Theaker, from the RM of Chesterfield No. 261 is this year's winner of the Saskatchewan Association of Rural Municipalities 90th Anniversary \$1000 Student Scholarship in Agricultural Safety and Rural Health.

Kirsten's essay focuses on identifying safety hazards and preventative measures of farm safety on her family's farm. She discusses technology and the importance of taking the time to become familiar with all equipment and its potential hazards.

She grew up on a mixed farm near Eatonia, Saskatchewan and recognizes farming as a way of life and stresses the importance of safety training in that way of life. As a

local member of the local fire department she encourages other farmers to map hazards on their farms and submit them to the local fire department.

Kirsten plans to attend the College of Agriculture at the University of Saskatchewan this fall.

Scholarship

Have you completed the last two years of high school in Saskatchewan?

Are you . . .

- Enrolled in Grade 12 for the 2007-2008 school year?
- Planning on studying at a post secondary school in the fall of 2008?

Do you . . .

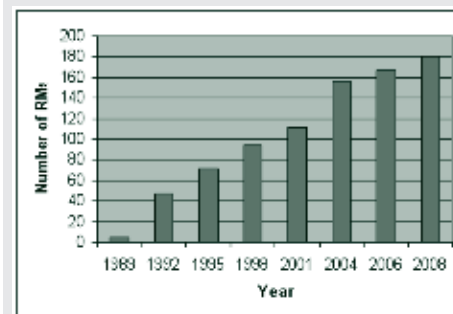
- Have a farming background?
- Have parents or guardians who pay taxes to a RM?
- Live in a rural area?

YES! GREAT!

- Download an application form from <http://www.cchsa-ccssma.usask.ca/ahsn/scholarships.php> or get one from your RM office.
- Write a 1,000 word essay on The Importance of Safety and Health on Our Farm or Safety and Health Hazards on Our Farm.
- Send your application and essay to: Sueli de Freitas, Public Relations Coordinator, Canadian Centre for Health and Safety in Agriculture, Box 120, Royal University Hospital, 103 Hospital Drive, Saskatoon, SK S7N 0W8

Deadline: Post marked no later than Friday, February 6, 2009

WELCOME NEW NETWORK MEMBERS!



The Network continues to grow as RMs recognize that safe and healthy ratepayers are their most valuable asset. We welcome the RM of Marquis No. 191, the RM of Sherwood No. 159, the RM of Benson No. 35, the RM of Craik No. 222, the RM of Terrel No. 101, the RM of Surprise Valley No. 9, the RM of Buckland No. 491, the RM of Lake Rivers No. 72, and the RM of Buffalo No. 409.

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.

Did you know about Making Connections?

The Connections Services Directory is a directory accessed through the internet at 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

Moved? Retired? Not Farming?

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

Need more information?

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

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
Box 120 RUH, 103 Hospital Drive
Saskatoon, SK S7N 0W8
Phone: (306) 966-6644
Email: aghealthandsafety@usask.ca

