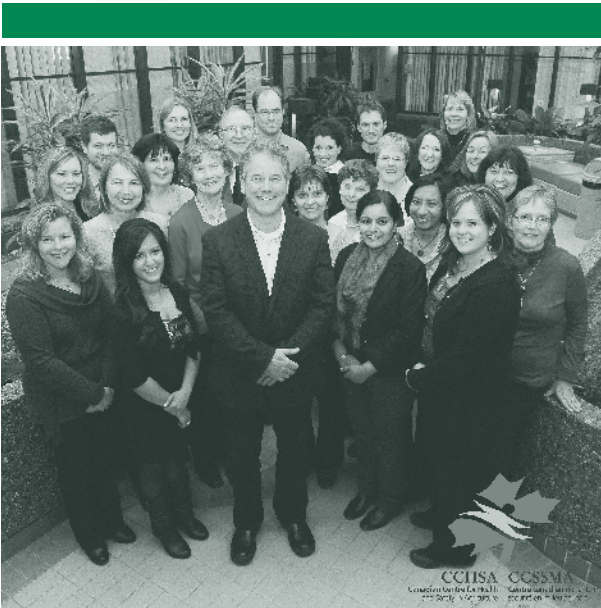


Network News

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

The Canadian Centre for Health and Safety in Agriculture Celebrates its 25th Anniversary

Growing on a Solid Foundation | 1986-2011



The Canadian Centre for Health and Safety in Agriculture (CCHSA) announces its 25th anniversary with a celebration of partnerships, research and accomplishments on June 14th and 15th, 2011 in Saskatoon.

Growing on a solid foundation is the theme chosen to pay tribute to CCHSA's research, training and service in agricultural medicine over the past 25 years. The theme also looks to the future where CCHSA will continue to conduct research and develop technology relating to agricultural health and safety, bridging the gaps that often occur between researchers, the community and policy makers.

The initial partnership between the College of Medicine at the University of Saskatchewan and the Lung Association of Saskatchewan 25 years ago established the Centre for Agriculture Medicine which has evolved into CCHSA. John Gordon (Director of CCHSA) maintains that, "In the past quarter-century CCHSA has grown to become Canada's pre-eminent authority on agricultural/rural occupational health." This evolution has expanded CCHSA's mandate in agricultural safety, rural health research, and delivery of information and training programs to all stakeholders.



We thank all the producers, private and public sector organizations that have contributed so greatly to our growth, and extend our best wishes to all as we journey together across the next 25 years.

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

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NETWORK ACTIVITIES



SARM CONVENTION

In this picture are Kendra Ulmer, Anna-Marie Mechor, and Bonita Mechor at the SARM convention where they spoke to many Councilors, Administrators, and Reeves over the three days at their station. In this picture is the cake depicting the red Network RM membership map and promoting the "Plan. Farm. Safety." theme for the Canadian Agricultural Safety Week March 13-19, 2011. The Network also promoted respiratory safety by talking to producers about respiratory health, and by handing out N95 dust masks provided by the Canadian Agricultural Safety Association (CASA).

FARM SAFETY PLAN WORKSHOPS

The Farm Safety Plan workshops were held throughout the 2011 winter months with partial funding from the Canadian Agricultural Safety Association. Those who attended expressed positive feelings towards the experience. Those who participated in a workshop received a certificate of attendance to proudly display in their home as a reminder of their commitment to safety on their farm.

The Hoffart family attended a Farm Safety Plan workshop in March. They are currently working on their Farm Safety Plan in preparation for the spring farming season. They involved their children in the workshop and will be working on their Farm Safety Plan as a family. The Hoffart family farms near Weyburn, SK. Raymond and Shelley appreciate that farm life gives their children opportunities to learn responsibility and work ethic that translates into their off farm work. There are many people in Saskatchewan building their Farm Safety Plans. Shouldn't you be one of them? With funding from the Farm Credit Corporation, and CASA, there will be more Farm Safety Plan Workshops in the upcoming year.

If you are interested in setting up a Farm Safety Plan workshop in your community, please call (306) 966-6647.



In this picture are Raymond, Shelley, Adam, Garrett, and Joshua Hoffart

CANADIAN AGRICULTURAL SAFETY CAMPAIGN

"Plan • Farm • Safety" is the three-year theme of the Canadian Agricultural Safety campaign. Each aspect of the theme is being promoted with a year-long campaign. Last year the campaign highlighted "Plan" with safety walkabouts and planning for safety. This year, the focus is on "Farm" including implementation, documentation and training. And next year, emphasis will be on "Safety" including assessment, improvement and further development of safety systems.

Network Staff attended a Confined Spaces workshop in Winnipeg, Manitoba at the Canadian Agricultural Safety Association (CASA) conference in November.

CONFINED SPACES

There are many potential confined spaces on your farm. Think about the following, but also consider that there may be other areas that fall into the category of confined spaces in your farming operation: silos, grain bins, milk tanks, water cisterns, sprayers and manure pits.

WHAT CAN YOU DO TO MAKE CONFINED SPACES SAFER?

- Identify them. Mark every confined space to indicate danger and prevent entry. If possible, make changes so that entry is not necessary by redesigning and relocating so that the work can be done from outside the dangerous area.
- Assess the hazards and ensure that a qualified person has prepared a written safe work procedure for you if you must enter an identified confined space on your farm.
- Provide training for each individual who would be near the confined space. Make sure you have all the required equipment, learn how to use it and train your family and workers to use it.
- Ventilation and testing are critically important to ensuring safety in confined spaces.
- Document these procedures, training and responsibilities in your Farm Safety Plan.

For more information on this and other topics on farm safety also visit www.planfarmsafety.ca



THE SASKATCHEWAN RURAL HEALTH PROJECT PROCEEDING WELL

By Louise Hagel

The Canadian Centre for Health and Safety in Agriculture, College of Medicine at the University of Saskatchewan is conducting a large, population based study of respiratory health among rural people in the province. The study was funded by the Canadian Institutes of Health Research. The project team comprising of some 12 scientists is led by Dr. Jim Dosman and Dr. Punam Pahwa.

Progress in the study has been excellent. During 2009 the study team recruited 32 Rural Municipalities and 14 towns and villages from across the province to participate in the study. In the winter of 2010 baseline questionnaire data were collected through a mail survey. The participants provided us with information about their home environment, access to health care, respiratory and general health, life style practices, and occupational exposure history. 4624 households and 8261 adult persons completed the questionnaires. During the past fall and winter 1636 persons participated in the clinical assessment phase of the study. The research nurses who conducted the assessments measured blood pressure, lung function and allergy tests. The persons who participated in the clinical assessments will be approached in four years to have these measurements repeated.

In winter 2011 we conducted the baseline questionnaire survey for children in the study areas. The survey packages were distributed to parents through the schools. Ten school divisions and 39 schools in those divisions participated in the survey. The survey and clinical assessment of the children is not yet complete. To date 2364 children in grades 1 to 12 have participated in the survey. To date with the permission of the parents, 490 of these children in grades 1 to 8 have participated in the clinical assessments. The research nurses measured lung function and allergy tests. As for the adults, the children will be approached in four years to have these measurements repeated.

In total, 10,269 persons ages 6 to 95 have participated in the project. We consider it a big success so far. ***If you are one of these folks we thank you most sincerely for assisting us with this research.*** We are just beginning to analyze the information. We will have some early results from the study available by fall 2011. We intend to return the results of the project to the participants, the schools, the municipalities and the health authorities. Our work continues with an environmental study planned for 2012 and a health care utilization study that will be underway shortly. If you have any questions about the project please contact Louise Hagel, Study Manager, at louise.hagel@usask.ca or phone here at (306) 966-6648.

Network Health Clinics were conducted in the following RMs:

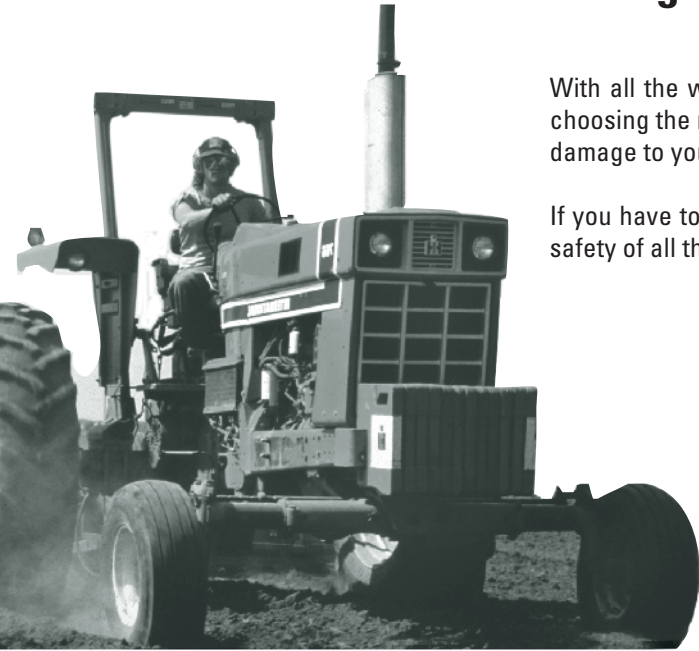
RM of Spy Hill # 152
RM of Moosomin # 121

RM of Lipton # 217
RM of Fillmore # 96
RM of LaJord # 128
RM of Eyebrow #193
RM of Stonehenge # 73
RM of Lumsden # 189

RM of Glen Bain # 105
RM of Swift Current # 137
RM of Snipe Lake # 259
RM of Ituna Bon Accord # 246
RM of Emerald #277
RM of Pleasantdale # 398

RM of Rosedale #283
RM of Hoodoo # 401
RM of Osborne # 310
RM of Viscount # 341
RM of Paynton #470

Have a Safe and Healthy Spring Season from the Staff at the Agricultural Health and Safety Network



With all the water this spring, getting stuck may be inevitable. Using precautions and choosing the right material for the job will ensure that you get “unstuck” safely with less damage to your equipment.

If you have to pull out equipment this fall there are a few tips to consider to ensure the safety of all those involved:

- **Clear the area of people**, both helpers and watchers.
- **Match the right size of towing device** to the vehicle doing the pulling.
- **Always use the strongest and best tow rope, cable, chain and hooks.**
- **Always hitch to the drawbar of the tractor doing the pulling.** Hitching to anything other than the drawbar dramatically increases the chance of tipping the tractor.
- **Apply the power smoothly without jerking.** Do not attempt to use the elasticity of nylon rope to increase your pulling power.

Choose the correct material for the job:

1-INCH DIAMETER	CONDITION	BREAKING STRENGTH	ACTION WITH BREAK
Nylon rope	New rope	25,000 pounds	Recoils straight back to point of attachment.
Steel cable	Excellent condition	10,000 pounds	Whips around furiously as it recoils.
½ inch chain links	Excellent condition	2,400 pounds	Rebounds unpredictably winding around anything in its way.
Hook	Excellent condition	4,000 pounds	Like a bullet

All towing materials are dangerous when recoiling from a stretched condition and most can go through tractor cabs and pickup windows. Which ever combination of these materials you select for a towing device, the weakest part always breaks first. When there is a break the rest of the material becomes a deadly projectile. Parts such as ball hitches, clevises, chains and even complete bumpers have broken loose, becoming dangerous missiles.

HAND SIGNALS FOR AGRICULTURAL SAFETY

The following information and the poster on the following page are courtesy of the Alberta Agriculture and Rural Development, 4-H and Ag Education Branch.

When working with others to move livestock, hitch up a farm implement, or navigate an oversized load, hand signals are an ideal communication tool.

All too often, noise from machinery and/or distance between workers leads to a communication breakdown. Many times the noise is so loud it is impossible to hear even if everyone is yelling. Using hand signals provides a way to communicate the needed information effectively.

These hand signals have been adopted by the American Society of Agricultural Engineers for agricultural safety. The signals help everyone to communicate in the same ‘language’ which decreases the risk of injury.

USING HAND SIGNALS:

- Saves time
- Prevents frustration
- Prevents accidents
- Reduces severity of injuries
- Lowers the risk of accidental death

WHAT CAN YOU DO?

1. Learn the standard hand signals and adopt them on your farm
2. Post the hand signals poster in a place where employees will see them on a daily basis and become familiar with them.
3. Train new employees in use of the hand signals.



Start The Engine



Come To Me



This Far To Go



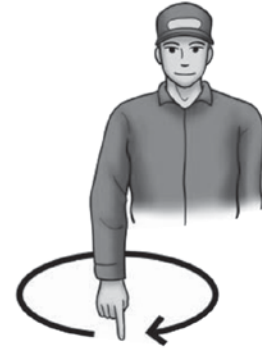
Move Out/Take Off

Hand Signals On The Farm

The 'Universal' Language

Have you experienced the shouting and hand-waving confusion that seems to accompany many chores on the farm? Noise from machinery and/or distance between workers often leads to a communication breakdown. Using standard hand signals provides a way to communicate the needed information correctly and reduce the risk of accidents or injuries.

Learn Them! — Use Them!

Lower Equipment



Right Turn



Stop The Engine



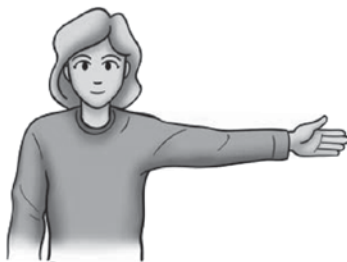
Move Toward Me/
Follow Me



Speed It Up



Slow It Down



Left Turn



Stop



Raise Equipment

Noisy equipment and distance between workers makes hand signals a necessity. How many of these hand signals do you use?



SUN PROTECTION

A year-round commitment to preventing skin cancer and photoaging

Dr. C. Nicole Hawkins, Dermatology Resident
University of Saskatchewan

Skin cancer is the most common cancer diagnosed in Canada. The skin is your body's largest organ and serves as an important barrier between you and the outside world. Your skin is under constant attack from mechanical insults like cuts and scrapes, chemical exposures like pesticides and solvents, and invisible radiation from the sun called ultraviolet (uv) rays.

Most people know to take precautions like wearing protective clothing and goggles when handling harsh chemicals, but what about taking the same amount of care when protecting your skin from the sun?

Although skin cancer is common, it is **preventable**. Common sense measures like applying sunblock before going outside and wearing a wide-brimmed hat on sunny days are easy to do and relatively inexpensive.

Things you can do to protect yourself from the sun:

- limit exposure to direct sunlight; seek shade
- avoid tanning (both outdoors and in tanning beds – there is no such thing as a “safe” tan!)
- wear a wide-brimmed hat and long sleeves
- use sunblock with an SPF of 30 or higher
- wear sunglasses
- take a Vitamin D supplement (1000 units per day)

In addition to causing skin cancer, uv rays also cause photoaging of the skin. Do you or someone you know have liver spots on the back of your hands? What about spider veins on your nose and chest? If the answer is yes, then you have already been

photoaged! Most of the visible signs of aging are not from aging at all – they are caused by the sun.

To protect yourself from sun damage resulting in photoaging and increased risk of cancer, you should check the daily uv forecast on the weather channel or on the Environment Canada website and take the appropriate actions as outlined in the chart below. Ultraviolet (uv) rays reflect off snow, water, and sand, so checking the uv forecast and using sun safety precautions is a year-round commitment.

As you well know, the sun is not all bad. We need sun to grow food and keep us warm. It also helps our body make Vitamin D. Fortunately, Vitamin D is easily supplemented in pill and liquid form, so you do not have to worry that your efforts at sun protection are interfering with your body's ability to get enough Vitamin D. Experts recommend that Canadians take a minimum of 1000units of Vitamin D daily. Supplements are available at any drug or health food store.

For more information and resources on sun safety, check out the Canadian Dermatology Association's Sun Safety webpage at http://www.dermatology.ca/sap/safety_resources/index.html.

UV INDEX	SUN PROTECTION REQUIRED
0-2 low	Wear sunglasses on bright days Sunblock if outside more than 30 minutes Remember that snow reflects uv rays and can double the amount of uv exposure
3-5 moderate	Wear a hat, sunglasses, and sunblock Avoid going outside at midday
6-7 high	Reduce time in the sun between 11am and 3pm Hat, sunglasses, sunblock
8-10 very high	Unprotected skin will burn easily Avoid sun between 11am and 4pm Seek shade Hat, sunglasses, sunblock
11+ extreme	Skin can burn in minutes if not protected Sand and bright surfaces will reflect uv and increase the chance of burning Take full precautions with hat, sunglasses and sunblock

(Adapted from the Environment Canada website: <http://www.ec.gc.ca/uv/default.asp?lang=En&n=DCF1C20A-1> and the Canadian Dermatology Association Sun Safety website: http://www.dermatology.ca/sap/safety_resources/index.html)

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CONGRATULATIONS!

Our newest Network members:

RM of Wallace # 243
 RM of Maple Creek # 111
 RM of Moose Range # 486
 RM of Loreburn # 254

There are currently 204 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.

STEERING COMMITTEE MEMBERS

The Steering Committee is The Network's advisory group that provides direction and feedback on programs delivered in the Network. It is made up of RM councilors from each of the six SARM divisions representing farmers, their families and their workers. The Steering Committee for the 2011-2012 year 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: Eugene Matwishyn, RM of Prince Albert No. 461
 Division #6: Garry Hoppe, RM of Glenside No. 377

Welcome!

Eugene Matwishyn is our newest Steering Committee Member from the RM of Prince Albert # 461. We are very happy to have Eugene on the committee!

the barnders by gord.coulthart



How am I supposed to sleep? I just read that rollovers are a major cause of injuries on farms.

We are doing a little survey and are interested in learning about you and how you feel about the electronic age. How do you feel about receiving the Network News electronically? If you would prefer to receive an electronic copy of the Network News, please email us at aghealthandsafety@usask.ca. We won't be making this change immediately, but are considering this method for the future.

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.

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: aghealthandsafetynetwork.usask.ca

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



Farm Credit Canada

Canada



Saskatchewan
Ministry of
Agriculture



the co-operators
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THANK YOU!

**Saskatchewan Ministry
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of Network News.

From the Editors

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