



The Agricultural Health and Safety Network

The Network has Moved



Network News



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

From humble beginnings the Network started in 1988 with six RM members. We have grown to 209 RM members and over 29,000 farm families. We outgrew our location and moved to a new building this fall with the Canadian Centre for Health and Safety in Agriculture (CCHSA).

We are enjoying our state of the art facility where the Network will continue to provide Saskatchewan farm families with quality

resources and programs that reflect the current CCHSA research and the needs of rural Saskatchewan.

It is timely that the Network moves into its new location on College Drive with more space for a growing team and a bright future ahead of us. Stop in and see us at our new location!

Inside this issue you will find out what the

Network is up to, an update on our exciting strategic plan for the Network including the results of the SARM Division Meeting survey, and hearing testing opportunities for RM employees. You will see a report on Canada's farm safety record, current research updates, and the new respiratory safety resource attached to the centre of this newsletter. Lastly, don't forget to share the scholarship information with any grade 12 students that come from farm families.

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 5E5



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Brand New Respiratory Resource!

Network Activities

Letter from the Editor

We conclude our 25th anniversary year by looking forward to the next 25 years serving Saskatchewan farm families. This newsletter includes positive news. Canada's farm safety report card is improving! This next generation has been raised with safety and technology surrounding them as demonstrated by the top essays entered for the anniversary scholarships this year.

The Network now accesses many means of promoting health and safety. We use Facebook and our website to keep our information current and easy to find, as well as our videos on YouTube to promote agricultural safety. We expect more and more people accessing these mediums in the future as rural internet high speed improves.

A new building, a new generation and a strategic plan are promising tools to make the transition to safer farming in a highly technological age successful. Our incentive to do that is our stake in our most important resource: The next generation. We are determined to provide them with the resources they need to farm safely.

As always, we look forward to hearing what you think. Reach out to us with your thoughts.

Let's start each day with the decision to make it a safe day!

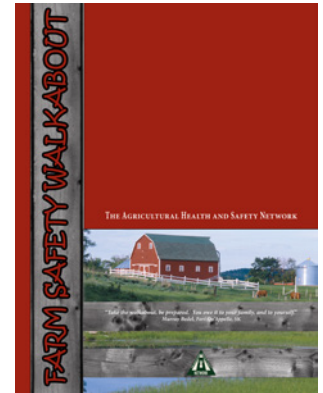
Bonita

Workshops

The Network scheduled sixteen Farm Safety Walkabout workshops throughout the province before Christmas. Check our facebook page or website to see if there is one scheduled near you.

If there isn't one near you and you would like to host one in your community, Please contact the Network at (306)966-6647.

Those who attend the workshop will leave with a toolbox of activities they can use with their families, will receive a certificate of attendance, and feel confident that they are keeping their families safe.



SARM Division Meetings

SARM Division Meetings held in June provided the Network with opportunity to promote our services as well as distribute a short survey regarding the perception of Network services and desired services. The Network successfully collected information necessary to continue serving Saskatchewan farm families. As rural life changes it is important that we get firsthand information from those we are serving to improve those services. Please see details about that survey on page three.

Strategic Planning Meeting

CCHSA also held a Strategic Planning Meeting in June to address the future planning and direction of the Network. In attendance was Ken Imhoff and representation from the Network Steering Committee, The Ministry of Agriculture, SARM, the Network and CCHSA.

The proceeds of this meeting were used to

develop the formal five year plan that will guide Network activities.

RM Employee Clinic Opportunity

CANWORKSAFE is the branch of CCHSA that provides occupational health screening and services to companies in Saskatchewan since 1987. RMs that have current membership in the Network will receive a discounted fee for hearing testing for RM employees. If you are interested in more information regarding this offer, please contact Cheryl Leuschen at (306) 955-6643.

Network Steering Committee

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 Members for the 2013-2014 year are:

Division #1

Stan Lainton, RM of Coalfields No. 4

Division #2

Duane Filson, RM of Wood River No. 74

Division #3

Floyd Thunstrom, RM of Coateau No. 25

Division #4

Brenda Zemluc, RM of Elfros No. 307

Division #5

Eugene Matwishyn,
RM of Prince Albert No. 461

Division #6

Garry Hoppe, RM of Glenside No. 377



We appreciate the time that these representatives give to the Network!

Agricultural Health and Safety Network Strategic Planning

The Canadian Centre for Health and Safety in Agriculture (CCHSA) is conscientious of the need for agricultural health and safety programming in rural Saskatchewan. This report reflects the results of the survey that was distributed at the June Saskatchewan Association of Rural Municipalities (SARM) Division meetings. 195 Reeves, Councilors, and Administrators responded and we want you to know what we heard. This survey is part of a strategic plan to provide Saskatchewan Farm Families with an effective health and safety program in their community. An electronic survey emailed out to RMs will also be considered within the strategic planning.

Developing a strategic plan for the Agricultural Health and Safety Network (The Network) will ultimately serve your farming community better. We want to return the results of the survey to you, and increase your awareness of services available. Please don't hesitate to contact us with any further feedback you may have.

Here are the questions that were asked: How would you prefer that we deliver safety messages? What topics would you like more information about? Do you have a formal farm safety plan in your operation? Do you read the Network News? We also asked you to comment on how we can improve our service to your RM.

Network Agricultural Safety Delivery

Safety Message Delivery

Responses clearly indicated an appreciation for the printed newsletter, although a clear interest in electronic safety messages was also apparent followed by workshops, and radio advertisements. The Network will continue to publish the newsletter as we build our electronic database and rural internet improves.

Safety Topics

Some people chose everything! Machinery and healthy lifestyles were the most chosen topics, however there was almost as much interest in safety for children, older farmers, farm safety plans and respiratory safety. Everyone has a different focus demonstrating why the need for the Network to continue to provide a variety of services and resources to address the needs of all farm families in Saskatchewan.

Farm Safety Plans

According to FCC in 2008, 15% of Canadian farmers had Farm Safety Plans. Our survey shows that 22% of Saskatchewan farmers have a Farm Safety Plan. If you are interested in a Farm Safety Plan workshop in your community, call us!

Network Newsletter

With the high cost of mailing, the Network News has often been targeted as a potential budget cut to save funds by eliminating it all together or going with an electronic newsletter. 67% of people surveyed said that they read the newsletter. Note: Some of participants in this survey do not receive the newsletter because they belong to non-member RMs.

Contact the Network

for more information: (306) 966-6644
Email: aghealthandsafety@usask.ca

Thank you to those who participated in the survey!



Safety Record Improving on Canada's Farms

Winnipeg, January 24, 2013: Canada's safety record on farms is improving but new numbers still indicate that agriculture is a dangerous occupation in Canada.

According to the most recent report from Canadian Agricultural Injury Reporting (CAIR), the rate of agricultural fatalities in Canada has declined by 38 per cent from 1990 through 2008. The most encouraging shift took place in the second half of the study. Throughout the 1990s, an average of 118 people died on farms each year. After 2000, that number dropped to an average of 89 deaths per year.

"Although our goal of zero deaths is the only acceptable number, the new numbers are encouraging," says Marcel Hacault, the executive director of the Canadian Agricultural Safety Association.

"We're definitely seeing evidence of a greater commitment to managing safety risks on farms. Farmers are beginning to build safety plans into their business operations and we're

seeing increased interest in safety training courses for agricultural employees," Hacault says. "Changing a safety culture is slow work but these new numbers do show progress."

While the overall fatality rate from 1990 to 2008 was 13 deaths per 100,000 farmers, that number skyrockets for the most elderly farmers. Producers 80 years of age or older have a fatality rate of almost 80 deaths per 100,000, indicating that they are at higher risk of injury on the farm.

From 1990 through 2008, 1,975 agricultural deaths were recorded in Canada. Seventy per cent of those fatalities were machine-related, with the top three most common sources of injury being rollovers, runovers and entanglements.

Hacault points out that the new data continues to show agricultural injuries are not random or isolated "accidents," but are predictable and preventable with recurrent patterns of injury. "If more producers made sure all their tractors

had Roll Over Protection Systems (ROPS) and wore seatbelts, it would go a long way toward making farm work safer," Hacault says.

For the complete report Agricultural Fatalities in Canada 1990–2008, or to view a summary document, go to CAIR's website: www.cair-sbac.ca.

Canadian Agricultural Injury Reporting (CAIR) was established in 1995 (formerly the Canadian Agricultural Injury Surveillance Program) to provide one of the only sources of national agricultural injury data in Canada. CAIR is funded by the Canadian Agricultural Safety Association (CASA) through Growing Forward, a federal, provincial, territorial initiative.

For more information, contact:
Michelle French Lancaster
Communications Officer
CASA/ACSA
(T): 1-877-452-2272
mfrenchlancaster@casa-acsa.ca

25th ANNIVERSARY

Scholarship



Alexa McEwen

"We lull ourselves into a false sense of security, since our equipment seems to be much safer and we feel we are much more educated than those in the past"



Yvonne Sprangers

"There is no longer a belief that it is a sign of weakness to use the safety equipment offered to producers"



Shane Wornath

"Safety is decided by man, every operation is only as safe as you make it"

History

In 1995, the Saskatchewan Association of Rural Municipalities (SARM) auctioned off the first copy of its history book "The Building of a Province: Commemorating the 90th Anniversary of the Saskatchewan Association of Rural Municipalities." This auction netted the sum of \$2,600 which the SARM Board of Directors contributed to the Canadian Centre for Health and Safety in Agriculture (CCHSA). These funds initiated the SARM 90th Anniversary \$1,000 Student Scholarship

in Agricultural Safety & Rural Health. The Founding Chairs Program at CCHSA maintains the scholarship.

For our anniversary year, in celebration of the Agricultural Health and Safety Network's 25th Anniversary, there was a onetime offering of three \$1500 scholarships awarded to three grade 12 students who submitted the best essays on "Changes in Attitudes in Agricultural Safety through the Generations."

Application forms available for the 2013-2014 scholarship online at
www.cchsa-ccssma.usask.ca/ahsn/scholarships.php
 or RM offices in September, 2013.

Canada FarmSafe Plan



GET WITH THE PLAN



FREE!
Canada FarmSafe Plan
www.planfarmsafety.ca



Get more information and download the core Canada FarmSafe Plan at casa-acsa.ca/CanadaFarmSafePlan

You'll find instructions for:

- composing a general policy statement for safety and health for your farm
- identifying hazards
- controlling hazards, including documenting standard operating procedures for all work on the farm, outlining emergency actions, conducting training and investigating incidents
- communicating responsibilities
- reviewing the plan

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





Respiratory Safety: A New Resource

REDUCING THE RISK OF HANTAVIRUS

The Canadian Centre for Health and Safety in Agriculture (CCHSA) suggests the following precautions based on guidelines from Occupational Health and Safety, Saskatchewan Labour:

- Control rodents. Whenever possible, use traps rather than poisons so that mouse kills are confirmed. Contact professionals for severe infestations. While cats may be helpful, some cats are also known to display kills to their owners or carry dead animals into the home, bringing people into contact with potentially-infected animals.
- Clean buildings and work sites before use. Be sure to:
 - a. Ventilate closed buildings for 30 minutes before you start cleaning.
 - b. Wear a proper, well-fitting mask. A NIOSH-approved P100 disposable mask or respirator with P100 cartridges is best. Dust masks (the type used for insulating or painting) are not recommended. Eye goggles are recommended. These items are available at most safety supply stores and many hardware and home building outlets.
 - c. Wear plastic or rubber disposable gloves and rubber boots.
 - d. Wet down contaminated areas with water, and spray debris and dead rodents with a solution of household bleach and water (at least 10 per cent bleach). Scoop the debris into doubled plastic bags, close with twist-ties and dispose in regular garbage. Remember to hand bleach safely!
 - e. Clean the area using wet methods (wet wiping, mopping or gentle hosing) using the disinfectant solution. Dry methods (vacuuming, sweeping or blowing compressed air) can make the virus airborne and should be avoided.
 - f. Disinfect gloves and rubber boots before removing them.
 - g. Launder clothing immediately and wash hands and exposed skin thoroughly with soap and water.
- Minimize exposure to sources of infection. Many farming or rural activities can result in potential exposure to hantavirus; however, using personal protective equipment (mask, gloves, and goggles) may significantly reduce the risks.

Respiratory Safety: A New Resource

Enclosed is a respiratory resource to help guide you with respiratory safety on your farm. CCHSA continues to conduct research on rural respiratory issues and the Network promotes respiratory safety for Saskatchewan farm families. This resource is a guide for keeping your family and workers safe.

Last year the respiratory safety DVD was produced. It is available through a link on our website. If you are unable to view it that way, please contact us for a copy of the DVD.

SYMPTOMS

Health Canada describes the symptoms which can appear within 3-60 days after exposure. However, symptoms appear 14-30 days after exposure on average:

- Fever
- Chills
- Muscle aches
- Headaches
- Nausea
- Stomach problems



Farmers With Disabilities

The purpose of the Farmers with Disabilities program is to ensure that farmers who are coping with disabling injuries or illnesses are given every opportunity to continue farming, if that is their choice.

For more information about the Farmers with Disabilities Program visit our website at www.abilitiescouncil.sk.ca or contact the program coordinator Bill Thibodeau 374-4448.

SASKATCHEWAN

Abilities
COUNCIL

SASKATCHEWAN RURAL HEALTH STUDY

**Saskatchewan
Rural Health Project
2010 - 2015**



The project was launched in 2009 and will continue through to 2015. The baseline study was conducted in 2010/2011 and 8,257 adults from 4,622 rural households participated along with 2,383 children attending schools in the study

areas. The follow-up part of the study will begin in November 2013 and will be completed in March 2014. If you participated in the baseline study during the fall and winter of 2010/2011 we invite you to participate in the follow-up study beginning this fall. We will be contacting you by mail during the next few months. Your continued participation is important to the continued success of the project. The analyses of the results of the baseline study are well underway. To date the investigators have published results about chronic bronchitis, diabetes and childhood asthma in rural populations. If you are interested in receiving the articles that have been published please contact Louise Hagel at 306 966-6648 or louise.hagel@usask.ca.

Farmers with Disabilities – Four Farmers' Stories

The documentary chronicles the lives of four farmers, and details both their life changing incident and their recovery. The DVD demonstrates the challenges faced by the four producers and their families as they continue their lives as a farmer with a disability.

The documentary is well suited for a variety of audiences. There are a couple of stories that lend themselves to the education of young students and other stories that will serve a more mature professional audience such as health professionals or families of newly disabled farmers.

Find this video it at:

www.abilitiescouncil.sk.ca/html/life/farmers_with_disabilities/25th_Anniversary_DBD/index.cfm



From left to right: Students Yvonne DeWit and Michelle McMillan of Queen's University came here to do Masters thesis work on Saskatchewan Farm Injury Data and learn more about Saskatchewan Farming. This photo was taken with Dr. Catherine Trask during their first visit to a wheat field.

Students play an important role at CCHSA

The Canadian Centre for Health and Safety in Agriculture hosts many students who work with data that has been collected from Saskatchewan farmers. Students play a very important role at CCHSA. They assist researchers with large amounts of data that is kept completely confidential, and they also write papers and articles on the findings.

Students come to the University of Saskatchewan to work with this data as part of their research education. This opportunity raises the awareness of Saskatchewan rural life that is a new experience for some of these students.

From time to time you see articles in the Network Newsletter written by students.

SASKATCHEWAN FARM INJURY PROJECT | PHASE 2



Phase 1 of this large study was successfully concluded in 2010. In Phase 2 we will be conducting similar research with a group of farm families and also with a group of school age children. The Baseline data study for the Farm Families was conducted January to March 2013.

There are 1,218 farms and 2,850 persons living on those farms enrolled in the study. These farms will be followed for the next 2 years to

track injuries that occur on these farms. We plan to conduct the baseline data collection for the Children's group during January 2014. We will be sending study material home for parents with their school age children in some 75 rural schools in Saskatchewan in January. We invite you to participate in this important research on injury in rural farming and non-farming children. Look for our study packages in January. It is our hope that this research will ultimately lead to better prevention efforts through a better understanding of the risk factors for injury. If you wish to know more about this project, please contact Louise Hagel at 306 966-6648 or louise.hagel@usask.ca.

2014 *Scholarship*

For the 2013-2014 year there will be two scholarships for \$1500 each.

Are you . . .

- Enrolled in Grade 12 for the 2013-2014 school year?
- Planning on studying at a post-secondary Saskatchewan school in the fall of 2014?

Do you . . .

- Have a farming background and live in a rural area?
- Have parents/guardians who own/rent land and pay taxes to a Rural Municipality?

Yes? Great!

- Download an application form from www.cchssma.usask.ca/ahsn/scholarhisp.php or get one from your RM office.
- Write 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, 104 Clinic Place, Saskatoon, Saskatchewan, S7N 5E5

Farm Stress Line

Toll Free: 1-800-667-4442

24 hours per day.

Seven days per week.

Calls to the Farm Stress Line are answered by Mobile Crisis Services, a non-profit, community based agency providing crisis intervention services in Saskatchewan since 1974.

Whether it is information, conflict or crisis, the first step is communication.

Call before the problem becomes a crisis.

Network Membership

There are currently 210 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: aghealthandsafetynetwork.usask.ca

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



From the Editors: Send your ideas, comments and suggestions to:

Network News:

Agricultural Health and Safety Network
 Canadian Centre for Health and Safety in Agriculture
 University of Saskatchewan
 104 Clinic Place PO Box 23, Saskatoon, Saskatchewan S7N 5E5
 Phone: (306) 966-6644 • Email: aghealthandsafety@usask.ca

Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca