



The Agricultural Health and Safety Network

FALL 2014



SAVE YOUR BACK!

NetworkNews

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

The current Agricultural Health and Safety Network theme focuses on back safety. The Network is promoting exercise and ergonomically correct farming practices where possible. The *Save Your Back campaign* will provide tools for farm families and their workers to encourage safe farming practices and protect their backs. You will find the new *Save Your Back* resource in the centre of this newsletter.

The goals of this campaign are the prevention of back strain and

injury that is common in the agricultural industry. It is also intended to improve current back conditions and quality of life for producers and reduce costs associated with injury and time away from work.

A new five-year study lead by Dr. Catherine Trask, assistant professor with the Canadian Centre for Health and Safety in Agriculture (CCHSA) will examine how to prevent aches and pains from developing into more serious, long-term injuries for those working in the agricultural industry in Saskatchewan.

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

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Network Activities

Letter from the Editor

How about those Saskatchewan girls? One farm girl has come up with an agricultural safety invention. You can read about it on page six.

On the following two pages you will see what is up with the Network. It has been a busy year so far. We are now planning safety training events, are involved in the International Symposium that CCHSA hosts every five years, and are listening to your survey comments to provide you with safety information that best serves the needs of Saskatchewan farm families.

I enjoyed my time at the SARM convention in March, numerous rate payers' suppers and the SARM June division meetings. I also had a great experience at the Belle Plaine Colony Safety Fair.

I would also like to take this time to congratulate our new Network members: Willowdale 153, Bone Creek 108, Wheatlands 163, Big Stick 141, Lakeland 521, Rodgers 133, Hillsborough 132 and Sarnia 221.

We are very excited to see an increase in funding from the Saskatchewan Ministry of Agriculture this year to continue our promotion of health and safety.

Have a safe and healthy harvest!

Bonita



Rate Payers' Suppers

The Network attended four rate payers' suppers throughout Saskatchewan this spring. Nobody does supper like rural Saskatchewan! They were held in Moose Range, Turtleford, Wadena, and Buchanan. These presentations focused on promoting respiratory safety, distribution of the respiratory safety resource, and raising awareness of other Network services available.

SASHA

CCHSA hosts the Saskatchewan Alliance for Safety and Health in Agriculture (SASHA) meetings in Saskatoon. The last meeting was in April. Membership in this provincial group provides collaborative opportunities for the organizations that participate. It is an opportunity to work with other organizations that are also interested in farm safety, to prevent overlap of services and resources, and to best use our financial resources. The next meeting will be in November. If you belong to an agricultural safety conscious organization and would like to join, please call us for more information at (306) 966-6647.



Mr. Peter Bell, principal of Belle Plaine Colony School is an exceptional safety champion. On a beautiful June day his colony school hosted a Safety Fair. The fair provided information to adults and students on farm and rural safety issues. It took place both indoors and outdoors providing a variety of safety presentations and demonstrations. There was an incredible lunch provided, followed by many great door prizes from local businesses.

Numerous Saskatchewan colonies were represented as well as some from other provinces and the U.S.

The Belle Plaine Colony School is part of the Prairie South School Division. Mr. Bell clearly brought in an exceptional and valuable event fulfilling the school division's mission and core values.

SARM June Division Meetings

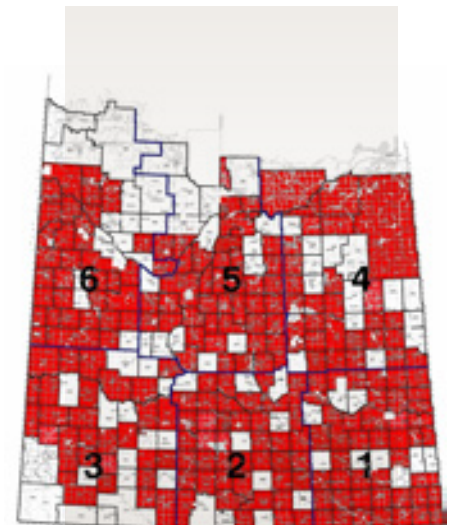
Thank you to SARM for your continued partnership!

The Network travelled to each SARM June Division meeting in Swift Current, Moose Jaw, Kipling, Kelvington, Saskatoon and North Battleford. The Network did a quick survey on back safety to discover what kind of information would be the most useful.

Thank you to those who participated in the survey!

The Network promoted back safety while encouraging exercise and stretching to those who attended.

Hearing protection was also handed out to promote hearing safety. There are always humorous comments when earplugs are handed out before a meeting!



215 RMs are members of the Agricultural Health and Safety Network!

7th International Symposium:

Safety & Health in Agricultural & Rural Populations: Global Perspectives (SHARP)



Bringing together international expertise highlighting research and best practice addressing agricultural and rural health globally.

This symposium will capture the impact of global issues and challenges facing the health and safety of rural peoples in the twenty first century, will seek to bridge gaps that occur between the research, and the community. The Symposium is intended to be inclusive of all rural settings.

CCHSA hosts this Symposium every five years. It will take place October 19-22. This year we would like to be able to highlight

Saskatchewan farm safety innovations. If you know of anyone who has constructed or invented interesting or new safety features, please contact us at (306) 966-6647.

Saskatchewan is an interesting province where agriculture has always persevered. We would like to showcase this to the world. Follow @CCHSA_UofS and hashtag #sharp2014 on twitter for Symposium information.

NEW!

Hearing and Respiratory Clinics

The Agricultural Health and Safety Network is trying something new this fall. We will be offering our clinics in our new building at the University of Saskatchewan one day a week between 9 a.m. and 4 p.m. by appointment only. These clinics will start in August.

Producers of Network Member RMs are invited to participate in our new "in house" clinics on the beautiful University of Saskatchewan Campus. If your RM has not chosen to host a clinic this year, you can make an appointment and come in for your session.

You will have your choice of a Respiratory Health Clinic, a Hearing Screening Clinic or have both done while you are here. You will also have the opportunity to browse in the new Network resource library, as well as ask questions about your safety concerns.

For more information on what you can expect from your appointment, check out our website: aghealth.usask.ca.

The clinics are done by a registered nurse and if necessary you will receive a referral for follow-up by a physician.

To book an appointment, have them call Cheryl Leuschen, R.N.
at (306) 966-6643 or email: cheryl.leuschen@usask.ca

Canada FarmSafe Plan



The Network will be hosting a one day training event in Saskatoon on November 12, 2014. Contact us at (306) 966-6647 for more information and registration.

This training program will give leaders in the agricultural industry the tools they need to help producers develop and implement a customized Canada FarmSafe Plan. It is a valuable business risk management tool.

After completing the training session participants will be able to:

- Understand the relationship between business risk management and an occupational health and safety program
- Understand the four steps in developing an occupational health and safety program on a farm or ranch
- Understand that it's important to hold initial health and safety orientation for new employees as well as ongoing training for employees working on the farm or ranch
- Understand how to lead the development process for an integrated safety Standard Operating Procedure (isSOP) where the farm or ranch already has industry required production SOPs (eg: On-Farm Food Safety, Animal Welfare, Environmental Farm Plan, etc.

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



Hazards around grain bins are not limited to suffocation in grain. There are other falling from heights, slipping or falling if the ground is cluttered, and dust exposure. planning safer ways of doing a job will prevent a possibly incapacitating injury or

Ladder Safety

Storage and Maintenance

- Ladders should be stored in a sheltered area to protect them from damage due to the elements.
- Never leave a raised ladder unattended. It could fall unexpectedly and injure someone.
- Straight and extension ladders should be stored horizontally on racks or hooks with support points to prevent sagging and warping.
- Never use a damaged ladder.
- Have repair work done only by a competent repair shop.
- If there is major damage, replace the ladder.
- Do not attempt to straighten a bent metal ladder.

- Periodically tighten the reinforcing rods under the steps of a stepladder, the spreader hinges and other hardware.
- Metal bearings of locks, wheels and pulleys should be frequently lubricated.

Using a ladder

- Ladders should never be used if there is a safer way of doing the job.
- Always place your ladder on sound footing when in use.
- Your ladder should be at a 75 degree angle.
- The ladder should be secured (held by another person or tied).
- The ladder should be extended one metre above where the work will be carried out.
- Store at ground level or on wall brackets when not in use.

Falls

Working at heights in and around grain bins pose a serious fall hazards for you, your employees, and anyone visiting your yard that may need access to your grain bins. Use the following guidelines:

- Ladders that are over 20 feet high require caged steps.
- When performing tasks at an elevated height fall arrest devices and lanyards should be worn at all times.
- Grain bins should have attachment points for fall protection if they do not have cages.

Yards

The area around grain bins should be kept clean, tidy and clutter free. This will reduce the likelihood of trips, slips and falls. Start by touring the area and identifying potential hazards for yourself or visitors.



hazards such as potentially
Knowing the hazards and
respiratory concern.

- Weeds and grass should be cut around bins regularly to prevent tripping on foliage, or anything that could be hidden in the overgrowth.
- Remove any obstacles such as dislodged stones, branches or other debris.
- If you are having visitors that need access to these bins, remember that you are liable for any injuries that occur due to lack of maintenance.

Dust

Grain dust affects people differently. Some people only notice the negative health effects after years of exposure. Always wear a dust mask around bins to reduce exposure. For more information on the effects of grain dust, see the Agricultural Health and Safety Network's Respiratory Safety DVD. It is available free on our website:

aghealthandsafetynetwork.usask.ca



SASKATCHEWAN CRIME STOPPERS



Sgt. Rob Cozine

In July 1976, in Albuquerque New Mexico, a university student was killed during a gas station robbery. After 6 weeks of investigation the police had very few leads as to who was responsible. Police investigators thought that if the public was able to observe a reenactment of the crime on television this may lead to a citizen providing information that may lead to an arrest. The police investigators were right. A caller contacted the police Department the next day after seeing the reenactment. The tip information was enough to lead the police to the two men who were responsible. Within 72 hours of the reenactment being aired, the police had solved the murder. This was the beginning of Crime Stoppers. Since the program started, there are now more than 950 Crime Stoppers programs worldwide. More than 425,000 crimes have been solved since its inception and over \$1 billion worth of stolen property and narcotics have been seized.

Since 1987, Saskatchewan Crime Stoppers has helped recover over eight million dollars in stolen property and illegal drugs.

Saskatchewan Crime Stoppers is managed by a volunteer board of directors. They establish policy, raise funds, promote the program, oversee the payment of awards and are responsible for effective and efficient administration of the program. The board of directors is comprised of people from all over Saskatchewan who are chosen for their abilities in their field and their commitment to the principles of Crime Stoppers.

The RCMP work in partnership with Saskatchewan Crime Stoppers and provide a coordinator who oversees the day to day running of the program, the collection of tips, and promotion of the program throughout the province.

When you call Crime Stoppers you never have to give your name and you will not be asked to testify in court. Our Crime Stoppers tips line is never recorded and tracing devices are never used. We do not subscribe to the telephone feature of "call display". All calls placed to our toll free tips line are processed

by specially trained personnel who pass along information about a crime to investigating officers.

Callers remain anonymous because they are issued a confidential code number when they call the Crime Stoppers line. This number helps us track the tip information and if the callers information leads to an arrest or charge for any serious crime or drug related offense, the confidential code number is used in making a cash reward up to \$2,000. The payment is made through a bank or credit union of the callers choosing.

Through Crime Stoppers you have the opportunity of utilizing an anonymous method to become more involved and to take responsibility in your community. In doing so, you can make an important contribution towards solving and deterring crime resulting in a safer community in which to live.

If you have information about a crime in your area call Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477), or *8477 from Sasktel cellular / or Text "Tip158" and your tip message to "CRIMES" (2746370). Or go online at www.saskcrimestoppers.com

Innovative Safety Saskatchewan Farm Girl Invents Safety Feature



Two years ago **Deanna Kitzul** made a decision to do something to make farming safer. At the time she was a grade eight student and farm girl from Leslie, Saskatchewan.

There had been an incident on her family's farm where a stuck tractor was being pulled.

The chain snapped and nearly missed the head of the man pulling the tractor.

"Enough is enough. I am going to build something so this will never happen again!" she said.

She placed 3rd in the regional science fair and was sent on to

the Canada wide science fair held in Windsor, Ontario.

In order to proceed with this invention it needs to be physically tested. She is currently searching for someone that can help her make this safety innovation a reality.

Saskatchewan Farm Injury project: Phase 2

Currently, the project has progressed into Phase 2, expanding the cohort and improving the efforts to approach the concerns of population health. Overall, the project's goal is to inform the farming and rural communities about the development of prevention programs with intentions to minimize farm injuries. A group of farm families and school age children are the main focus of the study. The follow-up study of the adult cohort has completed the second of 4 6-month periods and involves 1185 farms across Saskatchewan. Data entry for the child cohort baseline study questionnaires is now complete and includes approximately 2400 children from 1100 households across the province. This data will help us discover several types of health information, including: 1) the effects of arthritis on farm work; 2) sleeplessness and fatigue; 3) mechanization and overweight conditions 4) the differing perceptions of health among men and women; 5) child injury on farms; and 6) musculoskeletal symptoms among farmers. On behalf of the project's team, we would like to thank those who have participated in the study, your contribution is greatly appreciated. If you wish to know more about this project, please contact **Louise Hagel at 306 966-6648 or louise.hagel@usask.ca**.





From Left to Right:

Joanne Michael, Director of Operations at the Alzheimer Society of Saskatchewan, The Honourable Dustin Duncan, Minister of Health, Beth Vachon, CEO of the Cypress Health Region, Premier Brad Wall, Joanne Bracken, CEO of the Alzheimer Society of Saskatchewan, and Trina Hodgson, Client Services Manager at the Alzheimer Society of Saskatchewan

First Link Referral Program

Opens New Resource Centres

In 2013, the Alzheimer Society of Saskatchewan's First Link® program received an additional \$350,000 to open four new Resource Centres in North Battleford, Prince Albert, Swift Current and Weyburn, in addition to the Saskatoon and Regina Resource Centres.

First Link® is a referral program that links people with Alzheimer's disease and other dementias and their families to the Alzheimer Society for services and support at any time throughout the duration of the disease. Individuals and their families are linked to education, services and support as early as possible in the disease process.

At each Resource Centre, a First Link Coordinator engages in outreach activities, initiates contact with clients, manages the referral process, and provides First Link presentations and other educational opportunities, all to establish the Alzheimer Society of Saskatchewan in each community. A formal diagnosis of dementia is not needed for individuals to access the Resource Centre.

"We are thrilled to receive funding for First Link from the provincial government to expand our services across the province," says Joanne Bracken, CEO. "This valuable program is important to help people access resources, support and information to assist them along their dementia journey. Caregivers need to realize that they don't have to go through this alone – there is help available."

To find a Resource Centre near you or to access services at Alzheimer Society, visit www.alzheimer.ca/sk or call the Dementia Helpline at 1-877-949-4141

The Alzheimer Society of Saskatchewan has a long-standing relationship with the Rural Dementia Action Research Team (RaDAR) which is led by CCHSA faculty member Dr. Debra Morgan. The Alzheimer Society is key member of the Knowledge Network in Rural and Remote Dementia Care, an annual knowledge exchange event hosted by the RaDAR team. For more information about the RaDAR team see their website at: <http://www.cchsa-ccssma.usask.ca/ruraldementiacare/>



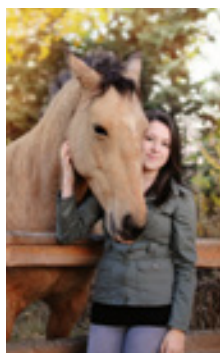
SCHOLARSHIP

In 1995 the Saskatchewan Association of Rural Municipalities auctioned off the first copy of its history book for \$2,600. The SARM board of directors directed this \$2,600 to the Canadian Centre for Health and Safety in Agriculture to create the SARM 90th Anniversary \$1000 student scholarship in Agricultural Safety and Rural Health. The Network has maintained the scholarship and invites Saskatchewan Grade 12 students, who have parents or guardians paying taxes to an RM, to write an essay on "The Importance of Health and Safety on Their Farm."



Bevan Jensen from the RM of Mildew #286

"In time, I hope that statistics will be able to report a much lower number of fatalities and injuries related to the agriculture industry. I believe this will only happen as each farm takes on the responsibility to provide a safe and healthy work environment for everyone concerned".



Hannah Friesen from the RM of Laird #404

Hannah wrote her essay written from the perspective of the tractor:

"So you see, it is hard work that makes us, both tractors and farmers, who we are. But it is safety, I think, which keeps us around, year after year, producing food for all the world and handing down our responsibilities to the newest of generations".

2014 Scholarship

If you are a grade 12 student planning on studying at a post-secondary Saskatchewan school in the fall of 2015, you should consider applying for our scholarship. The deadline is February 6, 2015. Your parents must own or rent land and pay taxes to a Rural Municipality. Download the application and additional information at <http://aghealth.usask.ca/scholarship/index.php>

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 215 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:

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 Canadian Centre for Health and Safety in Agriculture
 University of Saskatchewan
 104 Clinic Place PO Box 23, Saskatoon, Saskatchewan S7N 2Z4
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Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca