



The Agricultural Health and Safety Network

SPRING 2017



UNIVERSITY OF
SASKATCHEWAN



CCHSA / CCSSMA



Agrivita Insert Included

NetworkNews

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

Saskatchewan Senior Farmers

Saskatchewan farmers are part of a unique population of senior workers that don't have a traditional or mandatory retirement age.

Research conducted by the *Canadian Centre for Health and Safety in Agriculture* (CCHSA) found that older farmers in Saskatchewan continue to work long hours. More work hours means a higher likelihood of sustaining an injury. Therefore it is imperative that safe work choices and environments compensate for the normal aging process. By acknowledging personal limitations and risks, and working with coworkers and family to decrease the hazards,

senior farmers can continue to work on the farm in a safe environment.

We are now entering the most hazardous season (May to October) where 66% of the agricultural related fatalities occur. Adults aged 60 and up have higher incidence of fatality than even children and other adults according to *Canadian Agricultural Injury Reporting* (CAIR).

The Agricultural Health and Safety Network has focused this newsletter's content around issues that arise as we age in rural Saskatchewan. With respect to an increased risk for injury our goal is to provide information and services that will assist farmers at every stage of life.

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 2Z4

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Letter from the Editor

The Saskatchewan Safety Council hosted a Seniors Safety Summit on February 9, 2017. Those who attended had opportunity to make connections. Many Saskatchewan organizations promote senior safety and the goal was to collaborate for the enhanced safety of seniors in the province.

This issue of the Network Newsletter is an example of some of that collaboration. In the following pages you will find messages from several organizations that have an interest in senior health and safety. Topics of interest to rural seniors include staying safe on the farm, taking care of your health, protecting your finances from fraud, and succession planning.

You will be able to find many health and safety resources on our website. Not hooked up to the internet? No problem. Call us at (306) 966-6644 to request various health and safety resources or a resource list.

Bonita

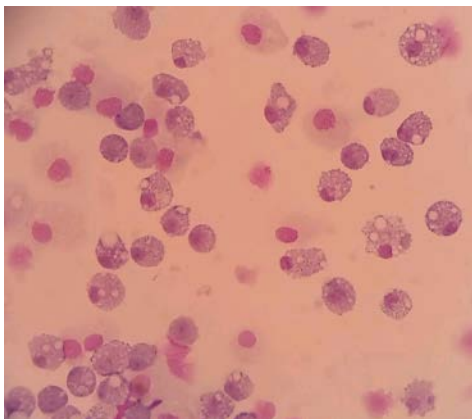


A Cure For Allergies

By Lara Witt

Allergies are an annoying and, sometimes dangerous part of life. Peanut allergies can be so severe that peanuts are now banned in public areas across Canada in order to prevent fatal anaphylactic attacks. When an accidental exposure does occur, consequences can range from the interruption of a workday to an untimely death. In addition to unnecessary suffering, allergies cost our healthcare system a tractor-load of money (direct and indirect costs to Canadians, ≈\$2B/year).

Dr. John Gordon's lab at the University of Saskatchewan is currently working on an exciting potential cure for allergies and allergic asthma. This therapy uses your own white blood cells to reverse the allergic response to allergens. While conventional allergy treatments require medication throughout life, in mouse models this therapy completely eliminates the animal's asthma or food allergies. It also reverses the allergic cell responses of asthmatic donors in the test tube.



The white blood cells used in this therapy are called dendritic cells (DC). DC are our body's sentinel cells, meaning they find anything in the body that could potentially cause harm and then instruct immune cells on how they should handle the 'intruder'. An allergic response occurs when these cells mistake harmless things, such as peanuts and grass, for potential threats. By manipulating these cells with, for example, chemicals naturally produced in our bodies, they are able to re-wire or re-program these bad responses to allergens into the healthy responses that non-allergic people develop.

Health Canada is extremely interested in this new therapy, and approval is the last barrier DC therapy faces to use by doctors across Canada. Dr. Gordon's lab is currently looking for sources of funding that could make this cure for allergies widely available in Canada.

Falls Prevention Top Concern for Rural Seniors

Simple Tips to Reduce your Risk

By *Shanthi Johnson, Bonnie Jeffery, Juanita Bacsu, Sylvia Abonyi, & Nuelle Novik*

Preventing falls may not seem like a worthwhile or exciting subject – but it is important. Falls are a leading cause of injury and hospitalization among seniors and there are many negative impacts. For our research, we talked to 42 rural seniors in Watrous, Preeceville, and Young, Saskatchewan to help us better understand their needs and to identify supports for healthy aging.

We decided to talk to rural seniors living in the community because not only do many live alone with health issues – they also often feel isolated and have less access to healthcare than urban seniors. Our conversations showed that most think about falls as 'many shades of grey' - a fall they had - an impending fall - or a fear of falling. The seniors we talked to - especially the men - downplayed the seriousness of their falls or injuries. They felt the causes of falls included what they were doing at the time of fall, functional limitations, chronic diseases, and personal things like the type of shoes they wore. The seniors told us that they had physical and emotional impacts because of the injuries associated with falling. Several mentioned that one of the ways they deal with worries about falling is to restrict their leisure activities.

We don't want fear of falling to rule your life as a senior. There are some simple things you can do to reduce your risk like making sure your living space is brightly lit, that you wear good shoes, and that there are no tripping hazards in your home such as loose throw rugs, clutter, or unsteady furniture. We have learned so much from research on what causes falls and ways to prevent them. Here are the top three causes and what you can do about them.

• WEAK MUSCLES:

Keep moving to improve your balance, strength, endurance, walking style, and flexibility. Physical activity is very important.

• VISION PROBLEMS:

Make an appointment with your doctor for a clinical assessment and to help reduce risks, not only for vision problems but also for other health conditions, the need for assistive devices and medications.

• MEDICATION MANAGEMENT:

Make sure you are managing your medications especially benzodiazepines, antidepressants, and sedatives/hypnotics. Talk to your doctor or pharmacist.

Speak up and let your health professionals know how they can help. Fall prevention is an investment in your continued independence and healthy life.

[Source: Johnson, C.S., Jeffery, B., Bacsu, J., Abonyi, S., & Novik, N. (2016). Voices of senior rural men and women on falls and fall-related injuries: "if I fall outside and get hurt, what would I do?". *Educational Gerontology*, 42(9), 599-9. doi:10.1080/03601277.2016.1205403]

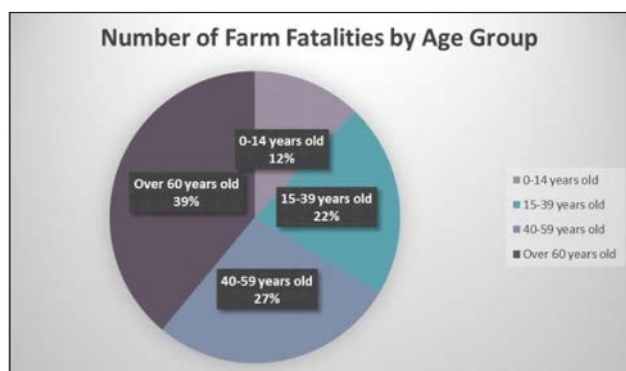
Older Farmers: A Growing Population

By *Kathryn Marciniak*

Older farmers contribute to a significant amount of agriculture work each year. In fact, on average a 75 year old farmer still works over 30 hours per week. However, individuals over 60 years old are also disproportionately represented in farm fatalities across Saskatchewan.

The leading cause of fatal injuries involving seniors are tractor rollovers, runovers, and being crushed or hit by objects. Various physical factors contribute to increased risk of injury. These factors include:

- Decreased reaction time
 - Restricted head or neck movement affecting equipment use and vision
 - Hearing loss
 - Loss of balance and dizziness that can lead to a serious injury or fall
- Precautions to mitigate risk of injury include:
- Retro-fit older tractors with ROPS and a seat belt
 - Limit tractor operation to daylight hours and roads with less traffic
 - Add additional steps and hand holds to make getting in and out of the tractor easier
 - Never ground start a tractor
 - Inspect tractor lights, brakes, shields, tires, and so forth to make sure they are all functional and in good repair





March 1st was the official release date of the Better Business Bureau's Top 10 Scams of 2016. BBB's across Canada have been working diligently to bring you the most prevalent scams that targeted Canadians in 2016.

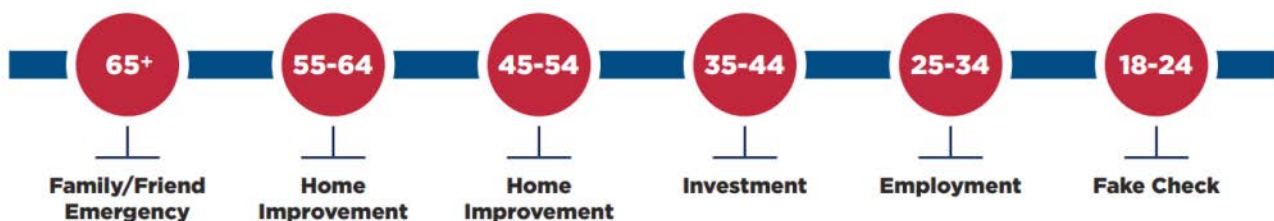
The truth is, it's not good news and the numbers don't lie. Canadians lost more money in 2016 than the previous two years. In fact, 50% more than in 2015. Last year, scammers took over 90 million out of the pockets of Canadians in a menagerie of ways from fake employment to online dating to misleading reviews.

- The Top 10 Scams of 2016 include:**
1. Employment Scams - \$5.3 Million lost
 2. Online Dating Scams - \$17 Million lost
 3. Identity Fraud - \$11 Million lost
 4. Advance Fee Loans - \$1.1 Million lost
 5. Online Purchase Scams - \$8.6 Million lost
 6. Wire Fraud - \$13 Million lost
 7. Binary Options Scams - \$7.5 Million lost
 8. Fake Lottery Winnings - \$3 Million lost
 9. Canada Revenue Agency Scam - \$4.3 Million lost
 10. Fake Online Endorsements & Sponsored Content - Undetermined

There is some good news. Our number one scam from last year has been in decline. A call centre in India was raided and the dreaded Canada Revenue Agency Tax Scam dropped off dramatically. While the numbers for that scam remain down, it has not gone away entirely.

Know who might be targeting you! Information about current scam types and the tactics used by scammers were cited as being the most important factors in helping individuals targeted by scams to avoid becoming a victim. Profiling by age is one factor used by scammers.

Most Risky Scam Types by Age



Is Succession Planning too Confusing to Address?



The concepts of “succession planning” & “retirement” are frequently intertwined when discussed among farmers & their advisers because the ownership of farm property is seldom separated from the business of farming. It is best to consider farm succession separately from property ownership as mentoring, management & ownership are very different. Understanding these terms will meaningfully assist in the transition of the farm from one generation to the next.

What is Succession Planning?

- It is a process, not an event, for identifying & mentoring family members with the potential & desire to assume key farming & leadership responsibilities of a farm business
- It prepares the next generation in farming techniques & management skills so that trusted family members are equipped to assume responsible roles as they become available
- It ensures the farm business continues to operate smoothly after those currently in control retire or pass away
- It is NOT Retirement Planning or Estate Planning although it is best to address, co-ordinate & implement all three together

Too often the focus is solely on the transfer of ownership of farm property and not succession planning. Making affairs more difficult, the retirement & estate plan of the seceding generation is seldom considered.

Critical Components of Farm Succession: Control, Decision Making & Property Ownership

These 3 critical components of farm succession planning must be discussed & agreed upon by everyone involved. Unfortunately, farm families often fail to separate control & decision making from property ownership, leading to strained family relations and an under-performing farm business.

To assist with succession planning, a farming business can separate “The Farm” into an operational entity & a property ownership entity. This separation makes succession planning easier as it allows:

- A logical transition from one generation to the next
- Separates the transfer of the “family farm” from personal wealth
- Assists in understanding what “succession planning” addresses
- Leads to productive discussions between generations

Conclusion

The farm family must consider many different scenarios of succession planning. That is, the transition of management, decision making & ownership of the farming business, and separating personal wealth from the operating assets & farm operations. It then must be decided which alternative is best considering both generations with an emphasis on retiring generation’s the retirement & estate.

For more information, please visit: TheRetiringFarmer.com

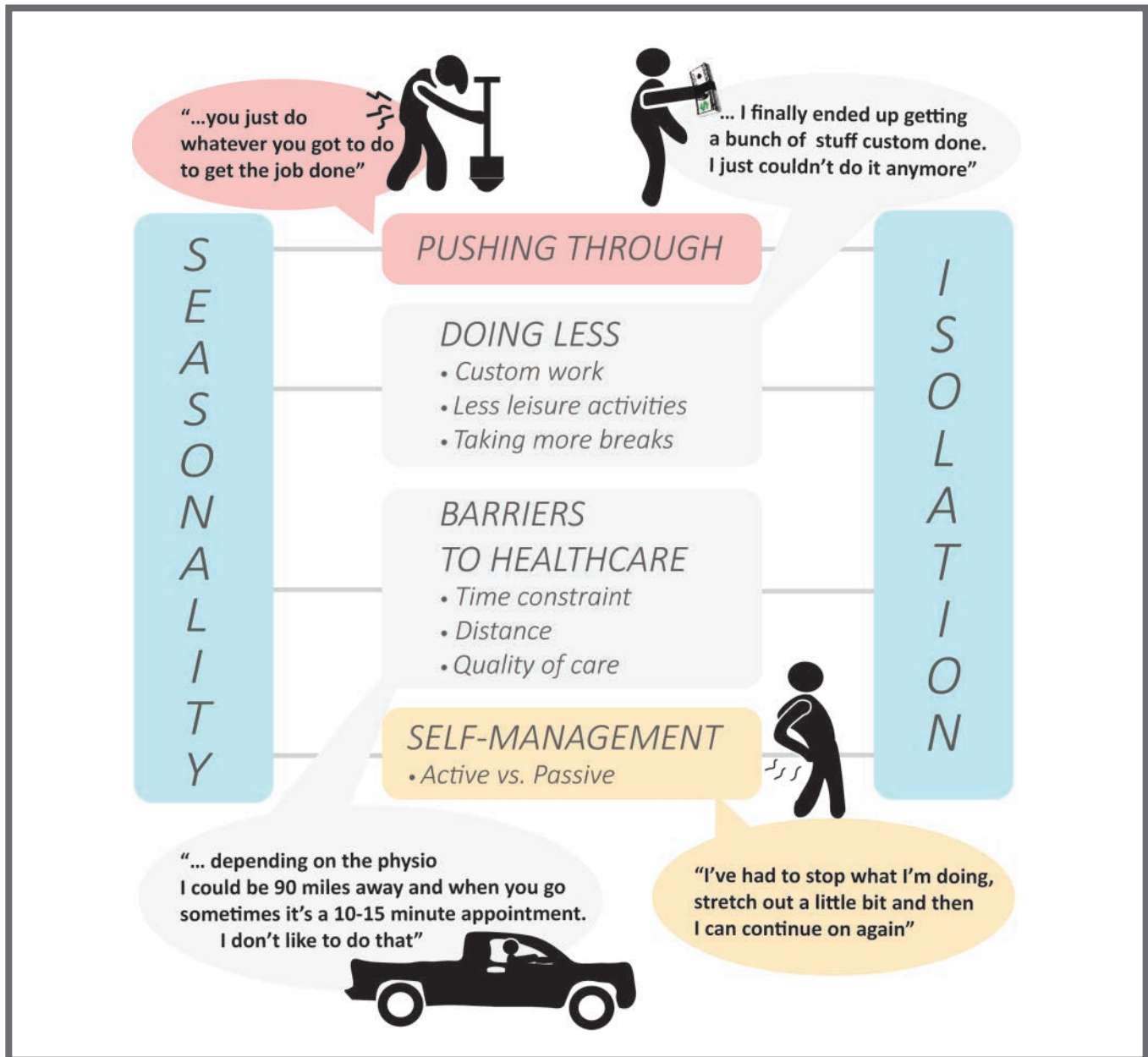
Donavon K. Tofin CPA, CA, CFP
The Retiring Farmer™ Wealth Management Process



Farmers' Back Pain Experiences Reflect Unique Work Setting & Demands

On average, Canadian farmers are getting older. Musculoskeletal disorders like back pain affect a large percentage of Canadians, but farmers may be more affected because of their job and rural location. To find out, the Saskatchewan Farmers Back Study Team from the Canadian Centre for Health and Safety (CCHSA), visited 12 farmers on their farms and interviewed them about their experience with chronic back pain. We combined all the responses and found common themes relating to back pain on the farm. We conducted interviews with 12 farmers who had back pain. Findings show that geographic isolation and seasonality strongly influence experience farmers have with back pain. Quotes give examples of sub-themes like barriers to healthcare and pushing through to get work done.

Saskatchewan Farmers Back Study



The Low Down on Your Low Back

Back pain is very common, and even more common among farmers. Most back pain gets better on its own, but in some cases it is better to seek professional care.

Physiotherapists can help you continue to do what you love to do.

1. What to do when you have low back pain

- Stay as active as you can tolerate
- Avoid bed rest – movement is good for your back
- Apply heat and/or ice for 10-15 minutes
 - Avoid laying directly on heat or ice
 - Use towel barrier between skin and ice/heat

2. Managing your low back

- Stand up and move around as often as you can
- Try to stay physically active outside of work by walking, running, or biking or other activities
- Support the curve of your lower back when sitting
 - See photo below
- Lift objects close to body and avoid twisting
- Getting good quality sleep, managing stress and overall health can help
- Stretch as often as you can throughout the day
- Sample stretches can be found at:
<http://aghealth.usask.ca/resources/documents/BackSafetyResource.pdf>

3. When to see a Physiotherapist

- When your low back pain disrupts your sleep and daily routine
- When you are unable to manage your low back pain
- When you experience the following changes:
 - Sensation changes (numbness, tingling, burning)
 - Altered bowel and/or urinary control
 - Pain spreading away from the back into the legs and toes
 - Morning stiffness present for over an hour

How can Physiotherapy help?

- Provide a comprehensive assessment and recommendations
- Tailor a treatment plan to help you to reduce pain and prevent future low back pain which may include:
 - specific exercises
 - manual treatment
 - other approaches
- Physiotherapists treat a range of health conditions, not only back pain
- To find out more about physiotherapy or to find a physio visit: saskphysio.org



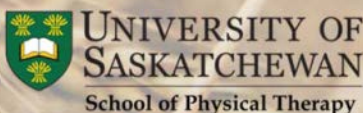
Questions to ask your Physiotherapist

- Do you have extended hours?
- Can I reach you over the phone/email if I have an issue and I am unable to make it to an appointment?
- Do you travel or make house calls?
- How can I support my lower back while working?
- Can I get a take home handout of my exercises to use for future reference?

Want to learn more?

Back Safety for farmers: <http://aghealth.usask.ca/resources/documents/BackSafetyResource.pdf>

Youtube Video: <https://www.youtube.com/watch?v=BOjTegnRuY>



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Saskatchewan Association of Rural Municipalities (SARM) Scholarship Winners

In 1995, the Saskatchewan Association of Rural Municipalities (S.A.R.M.) auctioned off the first copy of their 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 S.A.R.M. Board of Directors contributed to the Centre for Agricultural Medicine. These funds initiated the "Saskatchewan Association of Rural Municipalities 90th Anniversary \$1,000 Student Scholarship in Agricultural Safety and Rural Health." The CCHSA's Founding Chairs Program continues to maintain the scholarship.



"Over time I have learned that you can never be too safe, so it is better to take an extra look or second with every move you make on the farm to potentially save your life."

Kyla Zrymiak, RM of Ituna Bon Accord #246



"Before you hurry to finish a job, skip an instruction manual or simply do not pay attention, think of the consequences."

Eryn Stewart, RM of Moose Creek #33

2018 Scholarship

If you are graduating in 2018 and are interested in applying for the scholarship, please see our website for more information:

<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 216 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: agsafety.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
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Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca