



The Agricultural Health and Safety Network

SUMMER 2016



Celebrating our Membership

NetworkNews

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

The Agricultural Health and Safety Network (The Network) has a wonderful partnership with Rural Municipalities across the province of Saskatchewan.

RMs choose to be voluntary members of the Network because councils believe agriculture safety is an important part of rural life. Enhancing rural safety is the ultimate goal for the Network and its members. RMs support the Network through membership, feedback and in-kind contributions. This encourages safe farms, safe communities and a healthy rural Saskatchewan population. The Network is proud to continue to bring health and safety information to Saskatchewan farm families. During our annual general meeting during the last Saskatchewan Association of Rural Municipalities (SARM) convention, many rural municipalities

received 20 and 25 year membership recognition. These are exciting milestones to reach as we continue to develop safety programming for Saskatchewan farm families by introducing our new program that focuses on the next generation of farm residents.

The Network is proud to announce the Network Farm Safety Discovery Days. This is an optional program included in RM membership fees. We piloted this program in 22 schools and communities that belong to Network member RMs. Geared to reach grades 4-6, we go right into rural Saskatchewan schools and talk about farm safety to those who live in rural Saskatchewan. Look for more information for booking this program in your school on page 2.

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

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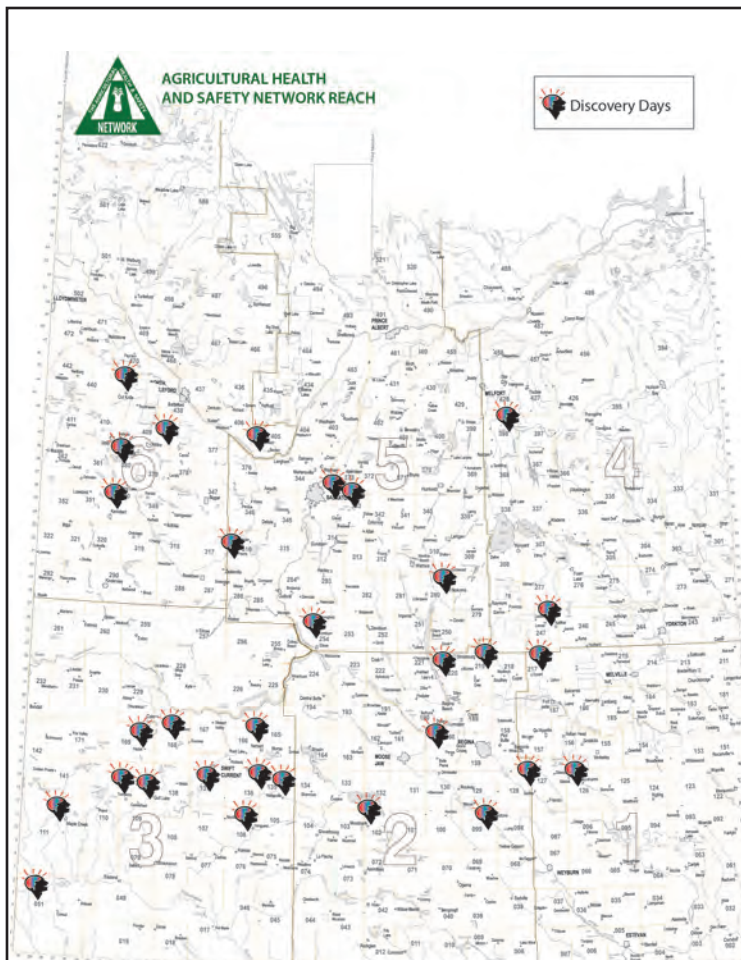
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Letter from the Editor

This full 12 page issue of the Network Newsletter is packed full of safety education information. Rural safety is multi-dimensional including natural hazards, human hazards, and machine hazards. These factors all impact rural people and communities. There is a combination of driven university researchers, students, and other non-profit organizations who provide the variety of current safety information you will find in this newsletter. We all strive for the ultimate goal of Safe Communities. Non-profit organizations work within tight budgets maximized by a combination of expertise, hard work, and determination while working together to share findings and combine scarce resources. Safe communities are at the heart of each of our mission statements linking organizations as we strive for a safer rural Saskatchewan. These dedicated groups are currently in a great position to encourage safe and healthy communities.

Bonita

Agricultural Farm Safety Discovery Days was piloted in these areas



Network Farm Safety Discovery Days

A safety education program for rural Saskatchewan children

Discovery Days are events for children grades 4—6. They are led through multiple farm safety demonstrations to explore topics such as hazard identification, grain safety, avoiding chemical exposure, machinery safety, sun safety, animal safety and fire safety. It takes about an hour for each class to go through. Each participant is provided with an activity booklet and a family farm safety package to take home.

If you are interested in sponsoring a Network Farm Safety Discovery Day in your community or just want more information, please call (306) 966-6647 or email: blm118@mail.usask.ca

4-H Farm Safety Day

The 4-H Farm Safety Day will take place on July 21, 2016 at Ag in Motion, near Langham, SK. The purpose of the 4-H Farm Safety Day is to provide a learning opportunity that will build participants' awareness of safety issues on the farm and beyond, and empower them with the knowledge to avoid or act in the case of an emergency.

Youth ages 9 - 14 can register for this free afternoon program taking place at Ag in Motion. Listen to captivating speakers who will share their stories, work through hands-on stations surrounding common hazards on the farm (electrical safety, fire safety, grain auger safety and more), and end the day watching a demonstration of emergency response teams responding to a mock emergency scenario!



We're pleased to be working with several partners to put on 4-H Farm Safety Day: Ag in Motion, Saskatchewan Safety Council, S.A.A.S.E, Canadian Centre for Health and Safety in Agriculture (CCHSA), STARS, War Amps, and the Canadian Agricultural Safety Association (CASA).

This is a GREAT VOLUNTEER OPPORTUNITY for senior members and adults, ages 16 and up. Register for our Safety Ambassador Team! Safety Ambassadors (SA's) will lead groups of participants through the stations. SA's must be available for a short orientation and training program from 10:30 am - 11:30 pm.

More information and registration forms can be found at: <http://www.4-h.sk.ca/events?id=444> . Registration deadline is July 7, 2016.

4-H is one of the longest running and largest youth organizations in Canada. Since 1917, 4-H Saskatchewan has been providing programming for our provinces' youth focused on strong leadership and positive youth development experiences for our members. With nearly 3,000 members and 850 volunteer 4-H leaders, our organization provides a venue for youth to Learn To Do By Doing and use their heads, heart, health and hands to better their clubs, their communities and their country!

Cera Youngson, Executive Director



 **Ag in Motion**
Western Canada's Outdoor Farm Expo

Grain Entrapment

Grain entrapment is on the rise – keep yourself and others safe

by Miranda Dziaduck MPH

In comparison to historical data, recent data show an increasing trend in grain asphyxiation. In 2015, six entrapment fatalities and at least two rescues were reported in Canada. Research has found that grain entrapment is the leading cause of death in connection with grain storage and that more than half of grain entrapments are fatal. Grain safety is paramount to prevent future grain entrapment incidents.

Types of Grain Entrapment

There are four different types of grain entrapment: loading grain, unloading grain, collapse of grain bridge and avalanche of grain wall.

Unloading grain moves in a downward and inward funnel motion that causes a suction-like action. The pull of the grain can cause individuals to become covered to their knees within three to four seconds and completely engulfed within 20 seconds.

Loading grain can also pose a serious risk. For instance, a combine can empty its tank (210 bushels) in less than two minutes. This flow rate could cover a person in seconds.

A grain bridge is a hardened layer of spoiled grain with a hollow pocket or cavity beneath. An individual may enter the grain storage area to break up the crust, adding weight that causes the crust to cave in. The collapse of the grain bridge may result in the victim falling into the hollow area below and being buried by grain.

Spoiled grain can also stick to the sides of a bin, creating a wall of grain, which is exposed by unloading. An individual may enter the bin to break up the wall to remove the rest of the grain, leading to an avalanche of the grain wall that buries the individual.

Grain Handling Safety

The safest approach is to not enter grain storage or grain transport vehicles when loading or unloading grain. If it is absolutely necessary to enter a grain bin or grain truck, make sure to take safety precautions:

- Do not work alone
- Develop plan in case of emergency
- Always make sure that the grain handling equipment is shut down and locked out before entering
- Use a shovel or pull to break up grain crust from outside grain transport vehicle or bin
- Wear personal protective equipment

For more information visit the Agricultural Health and Safety Network website at <http://aghealth.usask.ca>.



Canadian Agricultural Safety Association (CASA) Grain Safety Program

The frequency of grain entrapments is growing nationally. In 2015 alone, seven people died in Canada after being entrapped in grain. Four were children. CASA wants to do something about it. CASA is developing a Grain Safety Program. The heart of

this program includes building a mobile demonstration unit which can function as both a grain entrapment demonstration unit and a rescue training unit.

The mobile unit will serve three purposes:

- **Rescue Training.** The unit will be used to train first responders in grain extrication procedures.
- **General Prevention Education.** The unit will be used as a learning tool to sensitize public audiences about the dangers of grain entrapment, and the importance of lock-out/tag-out procedures.
- **On-site Training.** The unit will be used to provide in-depth prevention and rescue training.

In February 2015, first responders saved the life of one Canadian trapped in grain. The first responders had received grain rescue training months earlier.

CASA wants to bring more grain safety education and training to rural communities. They need your help to build and tour the first Canadian grain rescue unit to major farm exhibitions and safety days and train first responders in rescue procedures. We have over 10 farm and exhibition days booked for the next year!



Find us at casa-acsa.ca/grain.

For more information about sponsorship, please contact Liz Ellis Clark at lclark@casa-acsa.ca or call 204-452-2272



Tick Bites & Lyme Disease

By *Tatiana Rac, 4th Year Medical Student (University of Saskatchewan)*

As the winter melts away, Saskatchewan residents tend to spend more time outdoors. Activities such as golfing, hunting, camping, fishing, hiking, gardening, or outdoor occupational activities can increase a person's risk for tick bites. Reducing exposure to ticks is the best defense against tick-transmitted infections such as Lyme disease. Most tick bites do not cause disease.

What is Lyme disease?

This is a serious illness caused by a bacteria found in some wood ticks (blacklegged ticks). Symptoms vary from person to person. Some have no symptoms while others suffer severe symptoms. A small red bump usually begins at the site of the tick bite. The area around the bite slowly reddens and expands, creating a target sign or bull's eye appearance. Fever, joint pain, tiredness and headache can accompany this. If not treated, neurological problems can occur.

Are you at risk for Lyme disease?

It is very rare in Saskatchewan. There have been only 3 reported cases in the last decade. Most ticks found in this province are wood ticks (>97%) which do not transmit Lyme disease. Deer ticks (0.3%) are rarely found, and only a small number of these are infected.

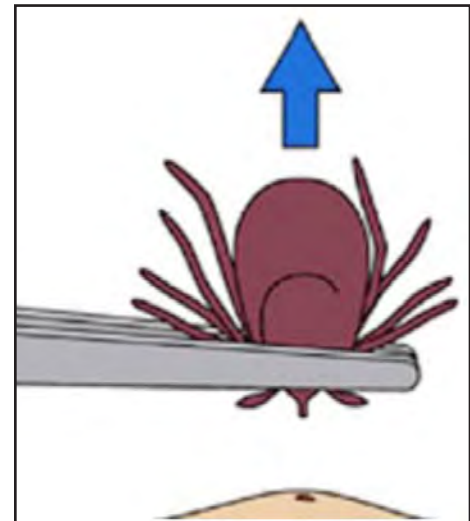
The risk is evolving in southern Canada, particularly in parts of BC, Manitoba, and eastern Canada. In most cases, the tick must be attached for 36-48 hours or more before the bacteria is transmitted.

What can you do to protect yourself from tick bites?

- Wear clothing to cover as much of your skin as possible (closed-toe shoes, long sleeves/pants/pull socks over pant legs). Light-coloured clothing can help you spot ticks more easily.
- Wear DEET insect repellent.
- Avoid tall grass/overgrown brush and stay in the centre of trails.
- Do a full body tick-check, including pets.

How can you safely remove ticks?

Use tweezers to grasp the tick as close to skin surface. Don't twist or jerk the tick which can cause the mouth parts to remain in the skin. The tick can be disposed of by submersing it in alcohol or wrapping it in tape. Do not crush it between your fingers. Avoid folklore remedies such as nail polish, petroleum jelly, or heat. Your goal is to remove the tick safely as soon as you find it.
Image: CDC
<http://www.cdc.gov/ticks/images/remove-a.jpg>



Any concerns?

After several weeks of the tick bite, if you develop a rash or fever, see your health care provider with information on where you were bit and how long it was on your skin. The sooner you get treatment, the better your chance of recovery.

For more information, contact your local public health office or refer to:

<http://www.cdc.gov/lyme/>
<http://www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php>

Building Safe Communities

Everyone wants a safer community. Reducing law enforcement costs while meeting community expectations about public safety is an ongoing challenge for provinces and municipalities. The Commissionaires is a non-profit organization that will provide an improved quality of life for your community within your budget. This will free up your professional resources, reduce costs, and generate revenue.

The Commissionaires work with police services in communities across Canada. As a non-core policing initiative it is gradually building its presence in rural Saskatchewan and is contributing to safer communities. The Commissionaires will tailor make a solution for your community within your budget.

Commissionaires train and retain employees who fit into police enforcement culture with common core values of discipline, responsibility, and public service. Commissionaires work within tough situations taking on the role of community educators of by-laws. Having a Commissionaire on duty affects behavior and enhances community safety.

We all want safe rural communities for those who live and work in rural Saskatchewan. For more information please contact Lorne Gelowitz, VP lgelowitz@commissionairesnsask.ca

Sun Safety

UV Radiation and Sun Protection: What you need to know

By Dr. Kerry Gardner, Tatiana Rac, 4th Year Medical Student (University of Saskatchewan)

Why is skin care important?

Skin is the largest organ in the body. Agricultural workers are at an increased risk for skin damage due to prolonged hours spent in the sun. UV radiation from the sun damages the DNA in your skin cells, increasing the risk for skin cancer. It also causes signs of premature aging such as wrinkles, sun spots, and spider veins on the nose, cheeks, and neck.

Skin cancer is the most common cancer in Canada, with over 80,000 new cases diagnosed each year. This is more than breast, prostate, lung and colon cancer combined! People who tan poorly and easily sunburn have a higher risk of skin cancer than people who have naturally dark skin. The 3 main types of skin cancer are basal and squamous, and melanoma. Melanoma, while rare, is often fatal.

How can you protect yourself?

Good news! Skin cancer is one of the most preventable types of cancer.

- Limit exposure when the sun is high. If your shadow is shorter than you, it is best to seek shade.
- *Sun precautions: wear long sleeved clothing, a wide brimmed hat, UV protective sunglasses, and sunscreen (SPF 30 or higher) 20-30 min before sun exposure. Reapply sunscreen every two hours.
- Avoid tanning. There's no such thing as a safe tan!
- Take vitamin D - 1000 IU per day.
- Remember to check your skin regularly, lips too! See your doctor for any changing or suspicious spots.
- You can check online, local radio or TV stations for the UV index forecast in your area.



UV Index	Description	Sun Protection Actions
0-2	Low	Sunglasses on bright days. Sunscreen if outside >1 hour. Snow can nearly double UV strength.
3-5	Moderate	Avoid direct sun midday. Sun precautions.*
6-7	High	Reduce time in the sun (11 a.m. - 4 p.m.) Full sun precautions.*
8-10	Very high	Unprotected skin will burn quickly. Avoid sun (11 a.m. and 4 p.m.) Seek shade. Full sun precautions.*
11+	Extreme	Sun can burn and damage in minutes. Avoid sun between 11 a.m. and 4 p.m. Seek shade. Full sun precautions.* Sand / bright surfaces increase UV.

Good to know:

- Shade can reduce UV levels by more than half.
- Snow, sand, and concrete increase UV intensity. During the winter, snow reflection can increase the UV index from 4 to 7.
- On cloudy days, UV levels can still be high due to water molecules scattering the light rays.
- Chemicals such as coal tar pitch and petroleum products may increase light sensitivity.
- Some medications may increase light sensitivity. Discuss options with your health care provider.

Oats

Injuries Are Costly

According to statistics released by the Canadian Agriculture Injury Surveillance Program (CAISP), 1,975 agricultural fatalities occurred in Canada between 1990-2008. The number of life altering injuries within the same time frame is unknown, but is likely many times that number. Of the recorded fatalities, 47% were owner/operators; 14% were children under the age of 15. That works out to more than 1 child fatality per month, for close to 20 years. It is for this reason that the Saskatchewan Safety Council created OATS.

What is OATS?

The Online Agriculture Training System or OATS, is a high quality, interactive agricultural safety awareness training course developed by the Saskatchewan Safety Council.

This training system is a general orientation for young or new farm workers and would be an excellent source of information for more experienced workers or other agricultural interested people. The course provides a general introduction and overview of health and safety hazards and risks on most farms.

The online format provides the use of interactive scenarios, visuals, audio and text based learning in a self-paced environment. Users

can save their progress and log in from multiple locations allowing them flexibility of completing the program. This removes barriers of time and location. Downloadable resources will also be accessible throughout the course.

The entire course takes approximately 3 hours to complete and users receive a printable certificate upon successful completion.

And It Is FREE

The course is offered to anyone who wants to take it at absolutely no charge. To register visit: <http://www.sasksafety.org/training/oats>

About the Saskatchewan Safety Council

Since 1955, the Saskatchewan Safety Council, a non-profit registered charity, has been dedicated to the prevention of injury in Saskatchewan... at home, at play, and at work.

Funded through donations, membership contributions, sponsorships, and the distribution of its safety programs and materials, the revenues generated by the Safety Council are invested within the province of Saskatchewan to further promote safety.

Water Safety

Factors in Drowning

No one is immune to drowning. Swimmers and non-swimmers of all ages die in water-related incidents each year and in various water environments such as lakes, dugouts, and sloughs. Approximately two thirds of those who drown in Canada did not intend to be in the water and experienced an unexpected fall or other experience that placed them in the water. They may have been fishing from a boat or shore, walking along the lake, fall through the ice or settling in for a relaxing bath. In the prairie provinces, a number of fatal drownings occur as a result of motor vehicle accidents where the vehicle becomes submerged underwater and the victim cannot escape. Almost all drownings occur in unsupervised areas (no lifeguards). Over 95% of drowning victims are not wearing a lifejacket or PFD. Alcoholic beverages are a factor in almost half of all drownings.

To assist everyone in being safe in, on and around the water, the Lifesaving Society recommends the following Water Smart® tips.

Water Smart® Tips to Preventing Drowning and Water-Related Injury:

- ✓ Learn to swim.
- ✓ Wear a lifejacket.
- ✓ Swim and boat sober.
- ✓ Stay within arm's reach of young children near water.
- ✓ Swim with a buddy.
- ✓ Don't dive into shallow or unknown water.
- ✓ Check for hazards and create a safe aquatic setting.
- ✓ Swim in supervised areas.
- ✓ Know before you go – check the weather forecast and plan ahead.
- ✓ Drive your boat or watercraft responsibly. Learn the boating "rules of the road".

About the Lifesaving Society

The Lifesaving Society is a national, not-for-profit and registered Canadian charitable organization. Our mission is the prevention of drowning and other water-related injuries.

We've been teaching water safety and water rescue in Canada since 1896. Established in England (1891) as The Swimmers' Life Saving Society, we became The Royal Life Saving Society Canada in 1904. Today, we're known to Canadians simply as the Lifesaving Society.

LIFESAVING SOCIETY - SASKATCHEWAN BRANCH

2224 Smith St. Regina, SK S4P 2P4

Ph(306)780-9255 F(306)780-9498



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."



"A person should not only plan for safety, but also for general wellness."

Darby Chappell, RM of Corman Park #344



"The farm is only as safe as the owner and the people living and working on it make it."

Emily Wushke, RM of Willowdale #153

2016 Scholarship

If you are a grade 12 student planning on studying at a post-secondary Saskatchewan school in the fall of 2017, you should consider applying for our scholarship. This year there will be two scholarships of \$1500 available. The deadline is December 15, 2016. Your parents must own or rent land and pay taxes to a Rural Municipality in Saskatchewan. 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 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:

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 2Z4
 Phone: 306-966-6647 • Email: agsafety@usask.ca

Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca