



The Agricultural Health and Safety Network

FALL 2020 EDITION #48



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Health
and Safety in Agriculture
CCHSA-CCSSMA.USASK.CA



CCHSA / CCSSMA



Network News

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

These Are Times To Build Resiliency And To Be Grateful For Those Around Us

The pandemic continues to impact our lives and challenge what is normal for us. Many of us have never experienced a pandemic and the feelings of stress and anxiety that accompany such a global upheaval. It is normal to feel anxiety and stress as we adjust to how to go about our daily lives in a changed world. But, these are also times to build resiliency in ourselves and to be grateful to those around us. Although we may not be able to physically be close to one another it remains important to connect with people in our lives to come together for support.

Gratitude may be the buzz word of the year after **COVID-19**, but it is important to take time to focus on our strengths and to

be grateful for what we have and are able to do especially during the pandemic. Maybe this year you are grateful for the fall weather that allowed for harvest to be completed before those subzero temperatures hit! Building resiliency especially in trying times such as these starts with yourself and your own mindset which may include addressing any stress or anxiety that you are experiencing. Farmers are the most important asset of the farm and now more than ever the world needs healthy and safe farmers. We hope in this issue of the Fall Network Newsletter you find resources for helping yourself, a family member or loved one, or a friend who may be struggling with mental health.

The Network News

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



IN THIS ISSUE

- 2/3 Helping Someone Struggling with Mental Health
- 4 Bridges Mental Health AVAIL App
- 5 Face Coverings & Respirators for Farm Work
- 6 Exoskeletons in Agriculture
- 7 Musculoskeletal Health and Access to Care (MHAC)
- 8 COVID-19 Resources
- 9 Kids' Activity
- 10 Rural Access to Dementia Care
- 11 Canadian AgriSafety Applied Science Program

How to Help Someone Struggling

It can be hard to see someone go through a hard time, and even harder when you are unsure of how to help them. We want to reach out, but worry we will say or do the wrong thing. So, we tend to steer in the direction of caution and at times, not do anything. Here are some tips for having a caring, respectful check-in with a friend, neighbour or loved one you are worried about:

1 Before the conversation:

- **Decide how you will approach the conversation.** The best way to broach the subject depends on the person and will help you decide whether to approach the conversation in a delicate or direct way.
- **Bring up the conversation when the person is most comfortable.** As long as there is no immediate danger of harming themselves or others, consider starting the conversation in a positive and relaxed setting and environment. Try and find a quiet place such as going for a drive, catching up over coffee, going fishing, or taking a walk.

2 Starting the conversation:

- **Start the conversation by** telling them that you have noticed changes in their behavior, routine, or usual self and describe these changes. Then share that you are worried about them and ask what is bothering them. Here are some suggestions:
 - > I've noticed you haven't been going out lately. Is there anything you'd like to talk about?
 - > You don't seem yourself lately. What's going on?
 - > I've noticed you've been late coming to the farm. Is everything okay?

3 Keeping the conversation going:

- **The most important thing you can do** after you've opened up the conversation is to listen and show understanding rather than give advice. Phrases such as "I'm here for you" and "you're not alone" let them know you are supportive.
- **You don't have to know or have all the answers.** Let them know you are thankful that they have talked to you about what they are going through, that you understand how hard it is to talk to someone about how they are feeling and reassure them that they have taken a positive step.
- **Encourage the person to get help.** Proceed with this step gently. Here are some great prompts to encourage a person to get help:
 - > Ask: How would you like me to support you?
 - > You could say: "When I was going through a difficult time, I tried this.... You might find it useful too."
 - > You could say: "It might be helpful to connect with someone who can support you. I'm happy to help find the right person to talk to."
- **Encourage the person to get help.** Proceed with this step gently. Here are some great prompts to encourage a person to get help:
 - > Ask: What have you done in the past that has helped you manage in similar situations?



The Do More Agriculture Foundation

with Their Mental Health

Article by **Lesley Kelly**,
Farmer and Co-Founder of the
Do More Agriculture Foundation

- **Watch out for signs of suicidal thoughts** so you can get emergency help. If they talk about taking their life, acquired the means to do so, changes in their normal routine in a way that worries you, begins to behave recklessly or gives away their belongings, they may be considering suicide. Now is the time to act and speak up. Don't be afraid to ask the person if they are feeling suicidal. If they say yes, help them contact their family, and get them to the emergency room if you can, or call the **National Suicide Prevention line at 1-833-456-4566** for guidance. If they say they don't have suicidal thoughts and you are unsure and worried, you may need to make a judgement call and take the above measures.

4 After the conversation:

- **Check in regularly.** Send a text, leave a voicemail and show them there are people in their life who care.
- **Support them through the process** by being patient and compassionate and these other suggestions:
 - > Have realistic expectations. Recovery doesn't happen overnight.
 - > Ask: What have you done in the past that has helped you manage in similar situations?
 - > Lead by example. Encourage a healthy lifestyle like eating better, avoiding alcohol and drugs, exercising and leaning on others for support.
 - > Encourage activity. Invite them to join you in uplifting activities like going out to a movie or having dinner at their favorite restaurant.
- **Support can be shown and felt in a variety of other ways too:**

- > Offer them a place to stay
- > Help them with administrative tasks
- > Make them a care package
- > Offer to help them with their livestock
- > Clean their place, truck, and equipment
- > Cook them food
- > Run errands for them
- > Accompany them to the doctor or professional support

- **Take care of yourself.** Caring for someone close to you can be challenging and often can be an isolating experience. During this time, it is important to look after your own mental health and wellbeing to provide the support and care that your friend and family member need.

If you are looking for more resources or support on how to help someone who is going through a hard time, visit our list of resources – www.domore.ag/resources.

The Do More Agriculture Foundation
www.domore.ag

The Do More Agriculture Foundation is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please visit your local emergency department or call 911 immediately.

avail



The New App to Help Support Farmer Mental Health

Article by Kyle Anderson, Bridges Health



The agriculture industry is a backbone of the Saskatchewan economy, with a foundation rooted in community and resilience. Producers face many unique challenges and stressors, which can lead to mental health issues. Rates of stress, anxiety, depression, and burnout are high within the agriculture community. Because of this, it is more important than ever to have appropriate tools and supports at our disposal as we continue to increase knowledge and awareness about mental health.

It is more important than ever to have tools and supports available to farmers to increase knowledge and awareness about mental health.

Through Innovation Saskatchewan, Bridges Health, a Saskatchewan founded health services company, was awarded the opportunity to work alongside the Government of Saskatchewan and the Ministry of Agriculture to customize the wellness app **Avail** to further support the mental health of Saskatchewan producers and their families. **Avail** offers a tool to assist individuals in tracking and improving their mental health and overall wellbeing.

Access hundreds of articles & videos to work on your well-being, and connect with care professionals in your area for additional support.

Avail allows users to gain important insights into their wellbeing through self-assessments and tracking progress over time. Users can identify areas of health they are doing well in, as well as opportunities for improvement. **Avail** contains a self-help library of hundreds of articles and videos that users can access to work on their wellbeing. Additionally, users can connect with care professionals in their area or virtually for additional support.

FREE Avail app is a tool available free of charge to Saskatchewan Producers.

Avail is available free of charge to Saskatchewan producers. Avail can be downloaded in the Apple or Android app stores, or accessed online at <https://avail.app>. When signing up for an account, please select the Organization Name "**Agriculture Saskatchewan**" from the drop-down menu to access your free account. All personal information will remain completely confidential. For any questions or more information, please contact Kyle Anderson at Bridges Health at kanderson@bridgeshealth.com.

Face Coverings & Respirator Use on the Farm



Article by Carolyn Sheridan, RN, Executive Director & Founder of the Ag Health & Safety Alliance



Respiratory hazards are common on the farm and a variety of exposures can cause significant respiratory issues that range in symptoms from minor discomfort to more serious illnesses. Protecting yourself from exposure to respiratory hazards should be a priority. With the significant demands of NIOSH-approved N95 masks during the COVID 19 pandemic many farmers have noted that it is nearly impossible to find their typical respiratory protection needed on the farm.

Q. What are some of the respiratory hazards that farmers and others in agriculture encounter?

- A.**
- Molds and dusts from grain and animals
 - Gases that are produced during many routine agricultural operations. Ammonia, Hydrogen sulfide, carbon monoxide.
 - Farm chemicals such as pesticides, fertilizers and sanitizers.
 - Animal diseases that are risks to people (Zoonosis) such as Hantavirus, Anthrax, Brucellosis and types of influenza.



Q. Disposable N95 masks are especially hard to come by, are there alternatives available?

- A.**
- If you are unable to find N95 respirators a good option is a reusable respirator. This type of respirator is designed to be reused and various cartridges can be used based on your exposures. For example, a P100 cartridges would be used for grain or livestock dust and a multi-gas cartridge would be used for other farm tasks such as disinfecting buildings or applying pesticides.

Q. Do I need a respirator fit test if I use this type of respirator?

- A.** Yes, it is good practice to have a respirator fit test if you plan to wear a reusable respirator. Contact The Agricultural Health and Safety Network (306) 966-6643 to find out how you can get a respirator fit test.

Q. I have a few N95 respirators – can I reuse them since they are “disposable”?

- A.** Yes, a disposable respirator can be worn more than once, but it cannot be shared with another person.



Q. Are there any other tips for conserving my respirator inventory while supplies are limited?

- A.** Store respirator in a clean, dry place between uses. Do not hang them in your shop or from your review mirror of the truck or leave them laying around your shop or in your tractor. Discontinue use and throw away when it is splashed on, becomes dirty, becomes difficult to breathe, or when a seal cannot be obtained.

Q. I have seen some businesses selling KN95 masks, are those an acceptable alternative?

- A.** KN95 respirators are made in another country and have not gone through the same approval process as N95 respirators so we can't guarantee that they will provide the same protection.



Q. What about cloth face covering? Can I use one for my respiratory hazards on the farm?

- A.** This can be a confusing time since we are relying on cloth face coverings to help protect ourselves and others from COVID-19 but cloth face coverings are NOT an acceptable replacement for a respirator at preventing exposure to respiratory hazards in the agricultural workplace. For more information on the guidance of cloth face coverings to prevent the spread of COVID-19, please scan the QR code (on the left) to go to the **Saskatchewan government's website page**.

For more information on the health effects of respiratory hazards in agriculture, and how farmers can protect themselves please review "*Save Your Breath: Respiratory Health in Agriculture and Breathe Easy*" DVD at aghealth.usask.ca.



CAN EXOSKELETONS HELP REDUCE BACK PAIN AMONG FARMERS?

Article by **Abisola Omoniyi** | Research Assistant, Canadian Centre for Health & Safety in Agriculture

Work around the farm frequently presents risks for musculoskeletal disorders (MSDs). Back pain is a common complaint among farmers due to the nature of the work and repetitive awkward postures. On the farm it is not always practical or possible to change your work environment to reduce musculoskeletal disorder exposures, especially when performing tasks at ground level such as calving or repairing fences since the ground height cannot be raised. There is a need to find ways to reduce the burden of back pain among farmers and contribute to their long-term health and productivity. One possible strategy is to wear a supportive structure such as an exoskeleton.

An exoskeleton is a wearable structure that supports the back while an individual is bending forward and could be a solution in reducing spinal loads during back bending. This technology has the potential to minimize, if not eliminate, awkward work postures and the associated MSD risk and back pain. Exoskeletons have been used successfully in the warehousing and manufacturing sectors, but before this study they had not been tested on farms. Researchers at the University of Saskatchewan have evaluated an exoskeleton during farm tasks on working farms in Saskatchewan, their results are summarized below.



The research project included 15 farmers from 2 poultry, 4 mixed and 9 grain farms in central Saskatchewan, and visited them during the growing and harvesting season (July to September 2019) when farming activities are the most intense. At the end of the trials, farmers participated in an interview to learn more about their experience with the exoskeleton and their perception of what would make the exoskeletons practical and feasible for farm use.

So... Is the exoskeleton good for prairie farming? The results are mixed:

- Good for some types of work and tasks and not so good for others
- Could reduce the workload on the back muscles during tasks that involve bending and stooping, heavy lifting, and forceful movements, shoveling, and other repetitive back motions
- Most effective when it fits the person well and is well-suited to the task
- Can cause problems in environments that include tight spaces or narrow openings, when climbing ladders or grain bins, driving or operating machinery, or when working near powered equipment that could catch on the exoskeleton frame or straps

Researchers at the Canadian Centre for Health and Safety in Agriculture think that the exoskeleton has potential, but since there are safety drawbacks they aren't ready to recommend that everyone get one. Future research could investigate further the cost-benefit of getting an exoskeleton just for specific tasks.



Musculoskeletal (MSK) conditions, such as low back pain, are a significant worldwide population health challenge. Rural and farming populations are more likely to experience MSK conditions like low back pain compared to those living in urban areas. MSK conditions, including chronic back pain, impair quality of life, and place economic burden on individuals, communities, and the health care system. MSK health is interconnected to physical, psychological, and social factors. Understanding causes and management of MSK conditions often requires taking a broad interdisciplinary perspective.



MHAC Researchers (left to right) Drs. Brenna Bath, Sara Oosman, Stacey Lovo and Veronica McKinney

Many rural and remote populations in Saskatchewan experience challenges accessing appropriate care for MSK conditions. Access is a multidimensional concept that can be defined as the opportunity to have health care needs fulfilled. Access to health care can be impacted by factors related to health care providers, organizations, institutions, and systems. Diverse populations experience MSK health challenges and access to care differently for a variety of reasons such as culture, where people live, and other social and economic factors.

Dr. Brenna Bath, faculty in the Canadian Centre for Health and Safety in Agriculture and School of Rehabilitation Science, and her team are leading several research projects in the area of Musculoskeletal Health and Access to Care (MHAC). MHAC research is focused on understanding root causes, barriers, and challenges of MSK health conditions in a variety of settings and finding unique and innovative ways to improve equitable access to affordable and cost-effective care. Most of the research projects within the MHAC research group have a focus on chronic back pain and access to non-pharmacological/ non-drug management and services. MHAC research projects range from exploring the risks and impacts of chronic back pain in farmers to developing a community-informed interprofessional back pain clinic in partnership with a northern Cree First Nation.



Sally Sewap (Ceremonialist and Traditional Knowledge Keeper) and her father Elder Elias Sewap with Dr. Stacey Lovo in Pelican Narrows talking with technicians in Saskatoon over "Rosie" the Remote Presence Robot.



April 2020. First research team meeting over "Zoom" for our "Mobilizing Patient Experiences for Chronic Back Pain" project.

One of MHAC's current research projects **Patient experiences of health care access challenges for back pain care across the rural-urban continuum**, involves gathering the experiences of Saskatchewan people with chronic back pain and the health care providers who serve them across rural, remote, and urban communities. The goal of this project is to develop a deeper understanding of health care access barriers and facilitators. This information will lead to enhanced access to more patient-centered care for chronic back pain among geographically and culturally diverse populations. This project is funded by the Canadian Institutes of Health Research.

For our latest news and events, as well as additional recruitment information for our current project "Patient experiences of health care access challenges for back pain care across the rural-urban continuum", please check out the MHAC website at chsa-ccsma.usask.ca/mhac

We are looking for VOLUNTEERS to take part in the study of:

"Patient experiences of health care access challenges for back pain care across the rural-urban continuum"

Eligibility to Participate: Must be over the age of 18 and have had or currently have low back pain for 3 or more months

What is involved?

- 1) Answer questionnaires regarding your chronic low back pain condition.
- 2) Participate in an individual interview (telephone or videoconference) to discuss your experiences in accessing care for your chronic back pain.

In appreciation of your time, participants will receive \$50 honoraria

For more information, please contact: **Brenna Bath**, Principal Investigator, College of Medicine at back.research@usask.ca or call **306-966-6573**

COVID 19

Ag Update

If you are looking for more information or resources on COVID-19 there are plenty available, the Agricultural Health and Safety Network has a resources section that includes links to reputable organizations that provide information on the global pandemic with a focus on agriculture. Our COVID-19 resources section is divided into sections for ease of use. Additional organizations that have good information on COVID-19 and the impact on the farm include the Canadian Agricultural Safety Association (CASA) and provincial safety agricultural safety organizations across Canada. The Canadian Centre for Occupational Health and Safety has also developed an agriculture specific Protecting Yourself and Others resource that can be accessed through our COVID-19 resources section at aghealth.usask.ca.

The global COVID-19 pandemic continues to impact our lives and the way we operate both on the farm and off. Coming into the fall and winter months where the common cold can mimic the symptoms of COVID-19 use the following chart to identify your symptoms.

Influenza, COVID-19 and Common Cold Symptoms

INFLUENZA
 muscle aches
 loss of appetite
 fatigue
 chills

Symptoms common to INFLUENZA and COVID-19
 nasal congestion
 headache
 fever
 cough
 diarrhea

COVID-19
 difficulty breathing
 new smell or taste disturbance
 pneumonia in both lungs

COMMON TO ALL
 sore irritated throat
 runny nose

COMMON COLD
 sneezing
 watery eyes

Flu shots are an important part of protecting yourself and those around you. Make sure to get your flu shot this fall and to find a clinic near you, please visit: www.saskhealthauthority.ca



SCAN ME



The farm is a great place to grow up! But it is also important to be aware of the hazards on your farm and to know how to stay safe. For more information and resources for kids on the farm visit: aghealth.usask.ca

FARM SAFETY WORD SEARCH

V	H	M	R	L	T	X	B	B	H	J	L	P	U	H
U	P	C	Y	U	N	R	R	W	A	Z	P	N	C	J
W	A	G	O	J	Z	U	A	F	Z	Q	X	S	E	F
H	B	K	Y	W	Z	R	P	L	A	Y	S	A	F	E
M	E	R	O	D	A	J	I	M	R	B	Q	X	R	L
A	A	R	U	A	N	N	U	S	D	Q	P	C	N	J
C	W	O	P	N	F	T	D	B	K	P	O	O	L	I
H	A	L	J	G	O	U	P	C	X	Z	L	M	A	N
I	R	L	H	E	S	V	G	R	A	I	N	B	I	N
N	E	O	F	R	A	U	E	K	C	L	B	I	L	X
E	L	V	Z	Q	F	Y	C	R	O	M	F	N	E	X
R	W	E	P	Q	E	A	F	U	W	I	N	E	A	H
Y	P	R	O	T	T	B	U	L	L	F	D	V	N	B
S	W	I	L	R	Y	H	T	R	A	C	T	O	R	J
J	N	G	F	F	A	R	M	Y	A	R	D	H	H	S

Find the farm hazards and related safety words below!

Safety	Cow and Calf
Hazard	Grain Bin
Risk	Rollover
Machinery	Runover
Combine	Play Safe
Tractor	Be Aware
Danger	Farm Yard
Bull	



FILL IN THE BLANKS Tractors & Equipment

Stay a _____ distance away from working equipment.
 Always make sure the _____ can see you.
 Tractors and equipment _____ have safety guards in place.
 Tractors should have first aid kits and _____ extinguishers.
 Remember, _____ seat, one _____!

Driver
Fire
One
Safe
Must
Rider

*Adapted from the Farm Safety Nova Scotia Activity Book.



Advancing Research in Rural & Remote Dementia Care

UNIVERSITY OF SASKATCHEWAN

RaDAR
RURAL DEMENTIA ACTION RESEARCH

For more information about RaDAR please visit www.ruraldementiacare.usask.ca



The interdisciplinary Rural Dementia Action Research (RaDAR) team's research is inspired by the needs of Saskatchewan's aging population with the main goal of improving dementia care in rural and remote settings. **Dr. Debra Morgan**, CCHSA Professor and Chair in Rural Health Delivery, has been leading the RaDAR team since 2003.

RaDAR research guided by The Knowledge Network in Rural and Remote Dementia Care

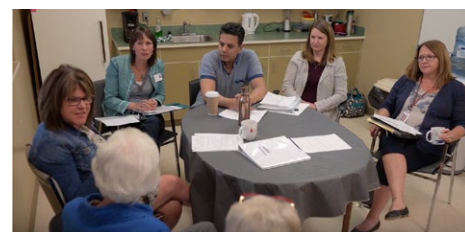
The Network includes people with dementia and family members, front-line health care providers and managers, health region representatives, international researchers, and individuals from governmental and community-based organizations. The Network meets at the annual Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where Network members provide input into new and ongoing research projects.

More information about Summit can be found at tinyurl.com/RaDAR-Summit



RaDAR collaboration with Primary Health Care teams in rural Saskatchewan

Dr. Morgan and Dr. Julie Kosteniuk are working with rural Primary Health Care teams in southeast Sask to support primary care professionals caring for people living with dementia in their home communities. Four teams have established 1-day memory clinics in Kipling, Weyburn, Bengough, and Carlyle, which are currently available only to patients of those primary care clinics. Team composition varies by location and includes a number of different professionals, including Alzheimer Society of Saskatchewan First Link Coordinators. RaDAR is conducting several projects related to spreading and sustaining RaDAR Rural PHC Memory Clinics, and outcome studies exploring the impact of the clinics. The goal is to continue spreading these clinics across the province.



For more information about the memory clinics visit <http://tiny.cc/RuralMemory>

Canadian Consortium on Neurodegeneration in Aging (CCNA), Team 15

CCNA Team 15 is led by Drs. Megan O'Connell and Debra Morgan and focuses on dementia care for rural populations. Dr. O'Connell is leading an interdisciplinary team in the development of RRMCI-interventions (RRMCI), a suite of psychological interventions to be delivered remotely via Telehealth across rural Saskatchewan.

More information about these interventions and how to get involved is available at <https://research-groups.usask.ca/memory/interventions.php>



RURAL AND REMOTE MEMORY CLINIC

The RRMCI has adapted to meet the circumstances of the COVID-19 Pandemic. We are continuing to provide diagnostic assessment through remote means for persons with cognitive impairment or possible dementia. We are also working remotely with families on behavioural interventions to help with day to day function or help patients or caregivers who are experiencing sleep disturbance.

For referral: Fax 306-966-1152 or Phone 306-966-5925

Download our fillable referral form from: www.remotememoryclinic.ca



2019 - 2024 Canadian AgriSafety Applied Science Program

Agrivita Canada Inc.

Introducing the 2019 – 2024 Canadian AgriSafety Applied Science Program!

The new Canadian AgriSafety Applied Science Program launched in fall 2019 builds on the success of the 2014 - 2018 Canadian AgriSafety Applied Research Program and is funded by Agriculture and Agri-Food Canada (AAFC) under the Canadian Agricultural Strategic Priorities Program (CASPP). The 2019 - 2024 Canadian AgriSafety Program focuses on developing practical solutions to key issues in health and safety in Canadian agriculture. There are six projects underway in the program which are complemented by program-wide knowledge translation activities. Agrivita Canada, a national not-for-profit organization located at the Canadian Centre for Health and Safety in Agriculture (CCHSA), is excited to be partnering with renowned organizations from across Canada on these projects. To learn more about the program please visit www.agrivita.ca.

AGRISAFETY PROGRAM PROJECTS

Improving Biosecurity and Welfare of Animals During Transport

The goal of this project is to integrate new technologies into the prototype trailer from the 2014–2018 AgriSafety Program to address the most recent issues in livestock transport and improve health and safety for workers, livestock, and the public.

Development and Assessment of Emerging Green Technologies to Reduce Aerosol Risks and Hazards in Livestock Production

Based out of the University of Saskatchewan's Chemical and Biological Engineering Department, this project is developing technologies to utilize electrostatic precipitation (ESP) and engineered water nanostructures (EWNS) to reduce dust and airborne microbes from the air of livestock production facilities to improve health and safety for workers and livestock alike.

Fugitive Emissions Following Manure Spreading – Risk Assessment and Engineering Controls

Primarily based in Québec at the Research and Development Institute for the Agri-Environment (IRDA) the overall goal of this project is identify the health risks associated with manure spreading including exposure to airborne particles and pathogens for workers and rural communities and to then determine the best strategies to mitigate these risks.

Developing Strategies to Minimize Health Risks in Next Generation Livestock Buildings Integrating Modern Animal Welfare Considerations

This project will compare the air quality of conventional and enhanced animal welfare barns in poultry, dairy and pig operations to evaluate and mitigate the hazards and risks to workers and livestock.

Take a Break from the Shake: Farm Machinery Operation Interventions

Producers and farmworkers are exposed to whole-body vibration (WBV) on a regular basis when operating farm machinery. This project conducted by the Canadian Centre for Health and Safety in Agriculture (CCHSA) Ergonomics Laboratory is working to develop a program for effective rest breaks during agricultural machinery operation to reduce the effects of WBV.

Roll Out of Low Cost Farmer Built ROPS into National Program

This project is continuation of a previous pilot project that was part of the 2014-2018 AgriSafety Program. Based on the success of the pilot project, the Low Cost ROPS National Program Rollout project aims to continue the ROPS project by developing engineered drawings for a greater variety of tractors that would be made available through a ROPS website.

2021 SCHOLARSHIP



If you are a grade 12 student planning on studying at a post-secondary Saskatchewan school in the fall of 2021, you should consider applying for our scholarship. This year there will be **two scholarships of \$1,500 available**. **The deadline is January 15, 2021**. Your parents must own or rent land and pay taxes to a Rural Municipality. The application includes a 1,000 word essay on one of the following topics:

- a. **The importance of health and safety on our farm**
- b. **Safety and health hazards on our farm**

Download the application and additional information at <https://cchsa-ccssma.usask.ca/aghealth/scholarship.php>

WE WANT TO HEAR FROM YOU!
DO YOU OR A FAMILY MEMBER HAVE SLEEP APNEA?

TAKE OUR SECOND SURVEY

We previously collected the questions and concerns of persons with OSA and the people who support them. We would now like to ask for your help in deciding which research questions are the most important. Help influence the future of research in sleep apnea in Saskatchewan.

Visit us at <https://tinyurl.com/saskosa> to take the survey

Survey closes December 7th!



Need more information?
 There are a variety of resources available online at: agsafety.usask.ca

From the Editors: Send your ideas, comments and suggestions to the **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: 306-966-6644

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



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

IF YOU ARE EXPERIENCING SYMPTOMS OF STRESS, THE FARM STRESS LINE IS AVAILABLE 24/7 AT 1-800-667-4442

Saskatchewan

Follow us on Social Media!
 Twitter: @SaskAgSafety
 Facebook: @AgricultureHealthSafetyNetwork

Moved? Retired? Not Farming?
 To remove your name from our mailing list call (306) 966-6644 or contact the editor.

Would you like regular email updates from the Network?
 If so, email us at aghealthandsafety@usask.ca