



The Agricultural Health and Safety Network

SPRING 2024 EDITION #54



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA



Network News

THE NETWORK: Providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988.

Have a Safe and Healthy Springtime, Saskatchewan!

Springtime in Saskatchewan isn't always a sure thing with the weather changing from sunny blue skies to grey snow clouds in a day! As you are gearing up to head out into the fields take some time to think about health and safety on your farm to make the 2024 growing season your safest season yet. Health and safety around the farm encompasses a wide range of hazards from sun exposure in the hot summer months to respiratory hazards from dusts and chemicals. This edition of the Network News provides plenty of quick reads to help you stay on top of safety this season.

The most important part of your farm is the people – you, your family and your farm workers are what make your farm a success! Both communication and farm safety are essential for a successful farm.

Creating an environment of communication provides a space for everyone to express their health and safety concerns and to discuss how to best stay safe on the farm. Spring is the perfect opportunity to take some extra time to talk about safety around the farm and to set-up a routine for incorporating time to “talk safety” as you head into the season. **We are stronger together in Ag Health and Safety!**

The Network News



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

SPRING 2024

MENTAL HEALTH

PRIORITIZING SELF-MAINTENANCE

Article by: Cynthia Beck, M.Sc., Registered Psychologist (provisional), Director – SaskAgMatters Mental Health Network Inc.

The seasons of the year bring about times of high production in agriculture and agriculture producers are all too familiar with the fact that high production seasons also come with added stress. Experiencing stress in the agriculture industry can be an everyday occurrence. Regardless of whether the stressors are within or outside of our control, the constant or chronic exposure to stress has an impact. It may be difficult to notice the impact of stress when living it day in and day out. One could think of stress as similar to water flowing over a large rock. At first glance, the water does not appear to impact the rock, but over time, one will be able to see the rock shape changing because of the water flow. If something isn't done to deal with the water, the rock may break apart or erode away. Stress impacts us in a similar way.

If something isn't done to manage the stress we're experiencing, our mental, physical, and emotional health can be chipped away.

It is difficult to manage stressors that are beyond our control, for example, nothing we do as a producer can change the weather. If only that were possible! That said, it is within our control to work on how we go about handling the stress. Some common ways that producers deal with stress include working harder and longer hours. They may skip meals and short change themselves on sleep in order to get more work done. Some people may isolate themselves or use substances like alcohol or drugs to cope with the stress. And there are times when thoughts of the worst-case scenario take over and drive an individual to push themselves further. These types of strategies for dealing with the stressors and workload may have worked so far, but in the long term, they contribute to mental, physical, and emotional health being chipped away. That statement may be hard to believe, given that we have learned within our agriculture that we solve our problems by working harder.

Here is some food for thought:

- How often have you done chores with only three tires on the tractor?
- Went fencing without wire?
- Harvested with no header on the combine?
- Expected your vehicle to get you places running on fumes?

The answer to all of those questions is that you probably haven't, or only done it once, because it would not be productive or a good use of your time – a waste of a work day.

As producers, we maintain and look after our equipment so that we get the work done – high productivity.

It is important to note though that the equipment cannot run itself. You and the people you work with are the most important asset on the farm.

Yet how often do you run yourself on empty by not eating adequately in a day, not drinking enough water, or not getting enough sleep?

**YOU ARE NOT ALONE.
HELP STARTS WITH**

211

2-1-1 Connects and supports Saskatchewan residents to resources within your community 365 days a year, 24/7.

2-1-1 is free, confidential, and available to call, text, live chat.

The **sk.211.ca** website contains a searchable repository of over 6,000 listings of social, community, non-clinical health, and government services across the province.



Text 2-1-1



Call 2-1-1



sk.211.ca



saskagmatters.ca

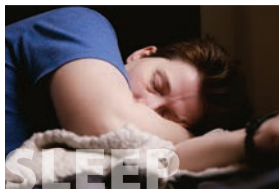
DOING SELF-MAINTENANCE IS WITHIN YOUR CONTROL AND IT IS AN ESSENTIAL STEP FOR MANAGING STRESS.



Self-maintenance includes drinking **water** for hydrating your body, eating a variety of nutritious **foods**, and getting adequate **sleep**. Think of **water** as the oil in a tractor. Oil makes a tractor run more smoothly and the engine work more efficiently. Gloopy, old oil forces an engine to work much harder to accomplish the same amount of work. Water helps with blood flow, muscle and organ function. Water also hydrates our brain so that we can think clearly, make good decisions, regulate our emotions, and work more safely. Drink a glass of water first thing in the morning and take water with you for the work day.



Think of **food** as the fuel in a tractor. An empty fuel tank leaves a tractor stranded without opportunity to do its job. Fuelling our body with nutritious food helps with energy, strength, brain and muscle function.



Think of **sleep** as shutting down our equipment for the night so it doesn't overheat and waste energy. Our bodies physically recover during sleep. Adequate sleep helps to increase performance and productivity. It also helps with clearer thinking and more balanced emotions.

Please do the self-maintenance. Take a little time to drink enough water, eat well, and get enough sleep. These are basic, yet effective, strategies that help with managing stress.

If you or someone you know is struggling with health, please consider seeking support. A list of resources and services can be found by contacting 211, which you can dial, text, or visit the **211 website**, or visit www.saskagmatters.ca.

SaskAgMatters Mental Health Network Inc.

Supporting the people who feed us.

- **FREE** mental health services for SK ag producers, their family members, and agricultural workers
- 6 hours of free therapy available per year
- Registered mental health professionals with agricultural background/knowledge

saskagmatters.ca

SaskAgMatters was founded in response to research findings from producers through the Saskatchewan Farmer and Rancher Mental Health (FARMh) Initiative

GET CONNECTED
SCAN with phone camera



Contact us: saskagmatters@gmail.com | 1-306-371-7644



Hey Kids! Check out the Farm Safety Drawing Contest on Page 16!

This is **Todd**, he is the official safety advisor of the Discovery Days program. For more information on the program go to aghealth.usask.ca and click on the activities tab.



The Agricultural Health and Safety Network offers rural member RM schools hands-on demonstrations to promote safety awareness among rural Saskatchewan children. These demonstrations aim to educate children on the potential hazards associated with farm work, equip children with the knowledge to identify and avoid risks. In person and virtual sessions are available for students in grades 4 – 6.

To book your class to have a Discovery Day presentation call: 306-966-6644 or email shs954@mail.usask.ca

Be Safe Around Power Take Offs (PTOs) WORDSEARCH

FIND THE WORDS LISTED IN THE WORD BANK

WORD BANK

Harvest	Dangerous	PTO
Cut	Safe	Blades
Hay	Ouch	React
Machinery	Combine	Lace

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



From May 13-19, 2024, Canadian Agricultural Safety Association alongside presenting sponsor BASF, is celebrating farm kids, and farm families everywhere by hosting the first-ever Kids FarmSafe Week!

Help us [#KeepFarmKidsSafe](https://www.instagram.com/keepfarmkidsafe). You can check out farm safety resources, share tips and learn more about farm hazards and risks at kidsfarmsafe.ca

Together, we can nurture the future of agriculture by keeping farm kids **SAFE, HEALTHY AND HAPPY.**



2024

SARM Scholarship Winners

The **SARM** Student Scholarship in Agricultural Safety and Rural Health provides **two \$1,500 student scholarships** for students who are planning to study at a Saskatchewan post secondary school and have a farming background, live in a rural area, and have parents or guardians who own/rent land and pay taxes to a rural municipality.



Thomas Ries

Humboldt, RM of Humboldt No. 370

"I am proud to be a farmer's son and be part of a farming family. I have learned respect for the land, equipment and wildlife. I have learned the value of hard work and accomplishing goals. It has taught me that not every year of farming is rewarded financially, but there is no better work or lifestyle than farming."

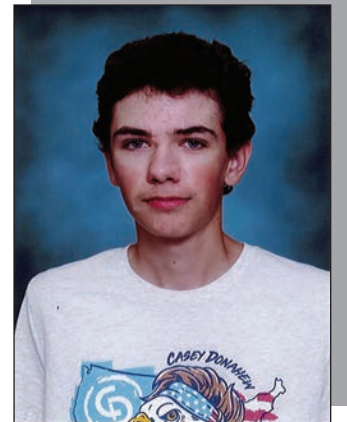
- Thomas Ries

Brady Hildebrandt

Limerick, RM of Stonehenge No. 73

"Farmers need to learn ways to improve their safety practices as equipment becomes more complex and chemical use evolves. Teaching the next generation of farmers is important so that we learn to identify these hazards and safety procedures. Even at the busy times of year we need to take time to be safe."

- Brady Hildebrandt



2024-2025 SARM SCHOLARSHIP

Don't miss the deadline for the **2024-2025 SARM Scholarship: January 17th, 2025**

For more information visit:
<https://cchsa-ccssma.usask.ca/aghealth/scholarship.php>



Importance of AEDs in Rural Communities

Article by: AED Advantage

Did you know that around 40,000 Canadians experience sudden cardiac arrest each year?

That's a staggering number, and oftentimes, the devices needed to address these emergencies before help arrives aren't available on-scene in Saskatchewan's rural communities. Let's talk about the importance of Automated External Defibrillators or AEDs in rural communities and how they can help keep the farming communities heart safe.



AEDs are lifesavers in any community, with numbers from the Heart & Stroke Foundation showing that when combined with CPR, AEDs can improve the likelihood of survival by up to 75%. These portable devices can make the difference between life and death during cardiac emergencies. AEDs are designed to be easily used by anyone, anytime to help save someone in need.

In rural areas, AEDs are even more crucial due to increased emergency response times in reaching remote spots and where getting to a hospital quickly may not be easy. Having AEDs available and easily accessible can make all the difference between life and death by bridge the gap between a cardiac emergency and receiving professional medical help.

But here's the catch: for AEDs to work their magic, they need to be visible for anyone to grab and well-maintained to be ready to go in the event of an emergency. Regular checks and servicing are a must to ensure AEDs are ready to go when needed. Plus, it's vital for community members to be trained in using AEDs and CPR. That way, you can jump into action swiftly and effectively during emergencies.



Do I need CPR training to operate an AED?

AEDs are designed to be used by the average person with little training; however, having basic first aid and CPR training is always a valuable skill to have. All public access AEDs are designed to be easy to use through either audio instructions, visual cues, or a combination of both to assist the rescuer.

How do I store an AED? Where do I put it?

The most important thing in an emergency is to be able to locate your AED quickly. The best thing to do is to put it somewhere visible, easily accessible, and in a high-traffic area. There are a variety of cabinets and wall-mounted brackets that provide easy AED access, mobile options, and signage are available to make sure members of the community can find and deploy the AED quickly in an emergency. There are even heated cabinet options for use outdoors.

Are there legal implications for using an AED?

Canadian provinces have "Good Samaritan" Legislation that protects laypeople who make a good faith rescue attempt from lawsuits.

What to do if patient is a child?

For patients smaller than 30kgs or younger than 8 years of age, use pediatric pads to lower the charge. If none are available, national and manufacturer guidelines advise to use the adult pads.

Let's prioritize AEDs and make our communities safer places to live. AED Advantage is invested in keeping rural communities across Saskatchewan safe, which is why we're offering **10% off** to any readers of this newsletter who wish to purchase an AED. Learn more below and browse our selection of AEDs to get one step closer to safety for your community.

If you have any questions regarding AED equipment and supplies, please reach out to:



AED Advantage

#4-2225 1st Ave North Saskatoon, SK S7K 2A5

Phone: 888.653.5028 Website: www.aedadvantage.ca



Lithium Batteries: HAZARDS



Around the house and in the shop lithium batteries are commonly used to power handheld tools. Lithium batteries are a high-energy-density power source and are generally considered to be safe, however, like all things they are not without hazards.

HAZARDS OF LITHIUM BATTERIES

- Thermal runaway reaction resulting in the battery exploding or bursting into flame
- Venting of toxic vapours
- Release of corrosive materials
- Electric shock
- Overhead
- Leak
- Burst
- Catch-fire and explode

Source: AgSafe Alberta

FACTORS THAT CAN CAUSE LITHIUM BATTERY FAILURE

- **DROPPING, CRUSHING AND PUNCTURING A LITHIUM BATTERIES**
Don't use batteries that are swollen or dented, have torn plastic wrappers, or show other signs of damage or wear.
- **VERY HIGH TEMPERATURES OR EXPOSURE TO EXTERNAL HEAT SOURCES**
Keep batteries in dry location at room temperature. Do not leave lithium batteries out in the sun or in a hot or cold car.
- **CHARGING A LITHIUM BATTERY IN FREEZING TEMPERATURES**
- **AGE OF BATTERY**
- **FAILURE TO CHARGE LITHIUM BATTERIES AS DIRECTED BY MANUFACTURER**





SAVE YOUR BREATH!

Article by: Lauren Ritchie, Fourth Year Medical Student, University of Saskatchewan

WHAT IS A RESPIRATOR?

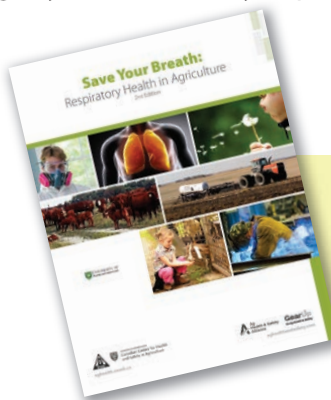
Respirators are a type of Personal Protective Equipment (PPE) used to prevent the user from inhaling potentially harmful particles in the air. Air purifying respirators are commonly used in agriculture and function by removing dusts, gases, vapours, and aerosols from the air before they are inhaled using filters, cartridges, and canisters.

WHEN TO USE A RESPIRATOR

It is important to use a properly fitted respirator when working with potentially hazardous materials such as dusts, moulds and fungi, gases, metal fumes, and chemicals. Activities that may expose you to these hazards include shovelling grain, cleaning out mouldy bins, welding, preparing and spraying chemicals, and working with animals. Proper use of a respirator can help to reduce exposure to allergens and prevent health conditions including farmer's lung, bronchitis, asthma, and organic dust toxic syndrome.

RESPIRATOR USE AND FIT

Respirators should be chosen with the specific job in mind, ensuring that the respirator and filter are rated for the hazards you may encounter. The respirator should be inspected before each use to make sure it is clean and undamaged. A respirator user seal check should be completed before starting any job where a respirator is necessary. Respirators come in various sizes and shapes so take the time to find one that fits your face and seals tightly. Facial hair may impact the seal of the respirator, so being clean-shaven is important when using a respirator.



For more information use the QR code in this box, or contact the Agricultural Health and Safety Network at aghealthsafety@usask.ca to find out more about fit checks.



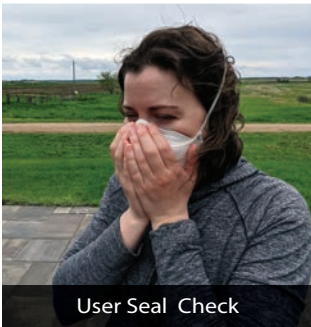
WHEN TO CHANGE RESPIRATORS

Disposable respirators should be discarded after each use and changed if they become soiled. Reusable respirators should be thoroughly cleaned after each use using soap and warm water, and stored in a cool, dry place out of the sun. Reusable respirator cartridges should be changed based on expiry date or when it becomes difficult to breathe when wearing the respirator and/or when you can smell or detect the hazard while wearing the respirator, whichever comes first.

The importance of using a RESPIRATOR

HOW TO COMPLETE A RESPIRATOR USER SEAL CHECK

- 1. Put on respirator and adjust the straps so it fits comfortably.**
- 2. Positive pressure check:**
While blocking the exhalation valve, exhale gently and hold for ten seconds. The facepiece should bulge slightly with no leaks between your face and the facepiece for a proper seal.
- 3. Negative pressure check:**
 - a. Disc-style particulate filters: place thumbs over the centre of the filters.
 - b. Cartridges: place palms over the cartridges or the open area of the facepiece.
 - c. Next, breathe in gently. You should feel the facepiece collapse slightly and pull closer to face with no leaks.



User Seal Check



Positive Pressure Check



Negative Pressure Check (a)



Negative Pressure Check (b)

- If a leak is present, adjust the respirator on your face and tighten the straps, then repeat the user seal check.
- If a leak persists, you may need to try a different size or type of respirator to achieve a proper seal.

Moving farm machinery on public roadways means paying attention.

Before heading out, do a pre-operational inspection, secure any loads and plan your route.

And remember, no extra riders!

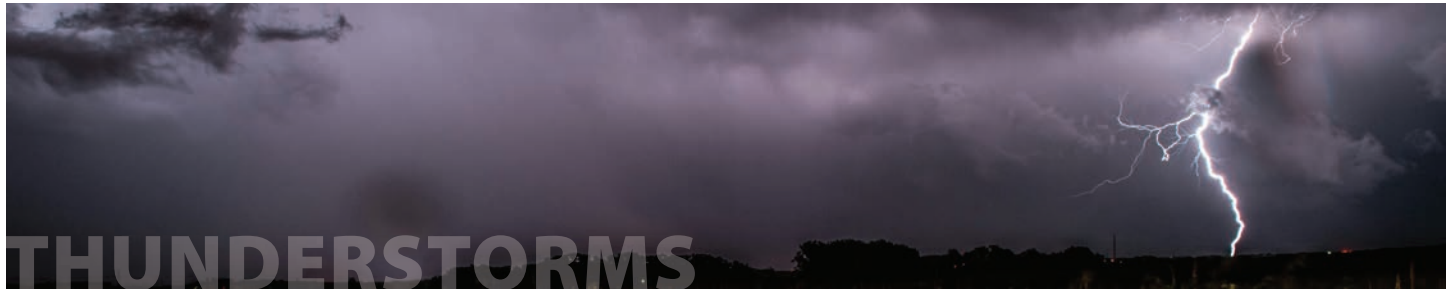


CASA | ACSA
CANADIAN AGRICULTURAL PARTNERSHIP
ASSOCIATION CANADIENNE DE SERVICES AGRICOLES

Canada

EXTREME WEATHER EVENTS

The prairie skies can be breathtaking in the summer months and the often-accompanying thunderclouds add to these dramatic skies. Working out in the field or around the farm can leave you at risk of being caught up in severe storms. Pay attention to the skies and know how to stay safe should you be caught out in a storm.



THUNDERSTORMS

- Often accompanied by high winds, hail, lightning, heavy rain and in rare cases tornadoes
- Usually over within an hour, but a series of thunderstorms can last several hours
- On average 10 people die each year and up to 160 are injured due to thunderstorms in Canada



30/30 RULE

To estimate how far away lightning is, count the seconds between the flash of lightning and thunderclap.

Each second represents over 300 metres. If you count fewer than 30 seconds, take shelter immediately.

How to Stay Safe During a Thunderstorm

- Take shelter immediately. If no shelter is available look for low lying areas such as a ditch. Never go under a tree as roots extending from the tree can conduct electricity.
- If you are caught out in the open in a thunderstorm do not lie flat. Crouch down with your feet close together and your head down in a “leap-frog” position, place your hands on your knees. The key is to minimize your contact with the ground and make yourself a smaller target to reduce the risk of electrocution.
- If you are in a car or farm machinery, stop the vehicle away from trees and powerlines. Stay inside the vehicle.

TORNADOES

- Rotating columns of high winds of up to 70 kmh
- Peak months for tornadoes are June and July
- Canada averages 50 tornadoes per year and gets more tornadoes than any other country except the United States

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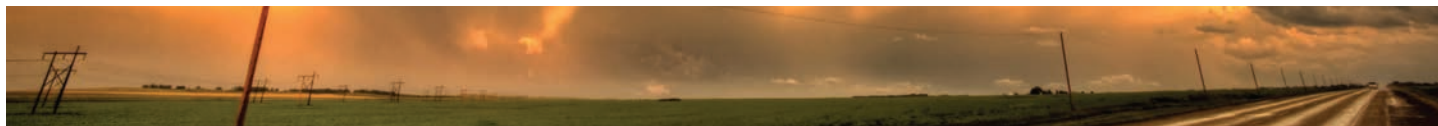
THUNDERSTORMS & TORNADOES

Warning Signs of a Tornado

- Severe thunderstorms
- Extremely dark sky sometimes highlighted by green or yellow clouds
- Rumbling or whistling sounds caused by flying debris
- Funnel cloud at the rear base of a thundercloud often behind a curtain of heavy rain or hail

How to Stay Safe During a Tornado

- If you are caught out in the open go to a low-lying area such as a ditch or ravine and lie flat on the ground protecting your head and neck with your arms and watch for flying debris.
- If you are indoors, go to the basement or take shelter in a small interior ground floor such as a bathroom, closet, or hallway. Stay away from windows, outside walls, and doors.
- If you are in a vehicle and spot a tornado in the distance, do not try to outrun the tornado in your vehicle! Go to the nearest solid shelter if one is near, if no shelter is available pull over and put your head down below the windows and cover your head and neck with your arms.



Weather Watch

An advisory from Environment Canada indicating that a particular hazard is possible, for example that the conditions are more favourable than usual for its occurrence. A watch is a recommendation for planning, preparation, and increased awareness.

Weather Warning

A warning issued by Environment Canada forecast offices indicating that a particular weather hazard is either imminent or has been reported. A warning indicates the need to take action to protect life and property. Weather warnings are issued for snowstorms, blizzards, heavy blowing snow, heavy rain, frost, cold waves, freezing rain, severe thunderstorms, and strong winds such as plow winds and tornadoes.

For more information on emergency planning for you and your farm visit www.getprepared.ca for details on developing an emergency plan.



SET UP YOUR SASKALERT TODAY!

SaskAlert is Saskatchewan's Emergency Public Alerting Program, which is used to alert the public in real-time of an emergency situation in the province. It provides information to residents of Saskatchewan and those travelling in the province.

Visit saskalert.ca to learn more and download the SaskAlert app for free on your mobile device.



GAS IN THE CARBURETOR:

Article by: Merle Massie, PhD, Professional Research Associate

A peanut butter jar doesn't seem like a deadly weapon. But when you fill it half full of gas, things can go wrong in a hurry.

Larry Anderson, a farmer in the Wynyard area, was out with his son, Shawn, in April 2008 to try and start an old John Deere combine. They'd been at an auction sale earlier in the day and maybe seeing old equipment fired up, just to check it out, seemed like a good idea. But the combine hadn't been running (it was spring, after all) and they were having trouble getting it going.

Starting it was a two-person operation – one at the ignition, the other ten feet up a ladder to the top of the engine at the back of the combine, to pour gas right into the carburetor.

Instead of crawling up the ladder with a heavy gas can, Shawn poured a handy peanut butter jar half full of gas, and up Larry went.

Shawn cranked the engine, Larry poured – and the motor backfired.

BANG! All the gas in the peanut butter jar blew back over Larry and ignited.

He was immediately engulfed in fire – his face, hands, arms and coat were all in flames. The jar flew and skidded through the building, setting tarps and other items on fire too, including the gas tank.

"It took mere seconds for the explosion and fire to happen. And it was mayhem."

Shawn scrambled across and up the ladder where Larry was screaming for help. With gloved hands, he wiped fire from Larry's face and swaddled his Dad with his own arms until the flames went out. *"Can you breathe?"* Shawn asked and was met with a string of curses. Luckily, Larry didn't inhale any gas, and his glasses protected his eyes from the flames.

Right then, Shawn's two sons, then 10 and 12, arrived home from school. They swung into action to help Shawn beat back and douse flames throughout the building so Shawn could call 911. He then got his Dad down the ladder and into the truck to roar toward town and meet the ambulance. Every second counted.



Larry went first to Wynyard where he was stabilized for transport to Regina. He was awake the whole way, only succumbing to the pain and shock when the ambulance got to Regina. He spent the next several weeks in the ICU in an induced coma, with doctors fighting first for his life, then to save his skin.

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A Lesson in Farm Safety



Shawn, who worked full time in the oil patch, managed to get just three of their farm quarters seeded that spring, with help from neighbors. But farming was the least of their concerns. When Larry awoke, he faced numerous skin grafts, then relearning to walk and eat. Hospital recovery, then outpatient rehabilitation, took months. The post-traumatic stress disorder, Larry reported, was severe, and he worked with a psychologist to find his way through the trauma and shock.

If Larry shares his story with you, he will stop. And you'll hear the trauma, pain, and terror overcome his voice.

It's a moment and a memory of recovery seared in his mind, and marked on his body.

Eventually, after many months, Larry and his wife returned to the farm and to farming, though his body bore its scars. His arms and torso were covered in skin grafts, and his left hand was often quite stiff.



The watch he wore marked his skin. Grafted skin is extra sensitive to cold, and winter now sees him in the yard with a full-face mask and lots of layers.

What made the burn so terrible was not the gasoline. It was his clothing. On that April day, Larry was wearing a light shirt and work coat, both lined with polyester. As the gasoline fire engulfed him, the fabric melted immediately, coated and stuck, burning, right to his skin. And continued burning, almost to his intestines. It was all very bad.

In flash fires and explosions, clothing can spell the difference between life and death.

Cotton clothing and fire-retardant coveralls need to be standard protective wear for anyone working around engines, gas, or oil. It's standard in the oil patch, and should be standard everywhere.

The incident taught Larry, Shawn, and the whole family a hard lesson in farm safety. Though he went back to farming, Larry said he was much more aware of all kinds of potential safety issues, from PTO shafts and augers to what clothing he was wearing for any job.

And, Larry adds, use proper equipment. Take the time to find a good gas can with a long thin funnel, if you're putting gas straight into a carburetor. Peanut butter jars (or whatever else is handy around your shop and yard) may be quick, but in the long run, safety is always the better choice.

Do it properly, and you'll never regret it.

RESEARCH STUDIES RECRUITING SASKATCHEWAN FARMERS



ARE YOU A FARMER OR FARM WORKER AND LIVE IN SASKATCHEWAN?



RESEARCHERS AT THE UNIVERSITY OF SASKATCHEWAN ARE LOOKING FOR VOLUNTEERS (MALE AND FEMALE THAT ARE ADULT 18YO OR OLDER), TO TAKE PART IN AN ON-FARM MOTION-TRACKING STUDY OF THE UPPER LIMB.

As a participant in this study, you would be asked to complete a few arm-focused tasks while your motion is tracked on your farm. Your participation would involve 1 session of approximately 1.5 hours.

FOR MORE INFORMATION, OR TO VOLUNTEER, PLEASE CONTACT:

Dr. Angelica Lang
 Email: angelica.lang@usask.ca
 Phone: 306-966-5544

"This study has been approved by the University of Saskatchewan Biomedical Research Ethics Board".



Feasibility of virtual exercise program for men with prostate cancer: The TARGET study



Are you biologically of male sex and are aged 60 or over? Have you received treatment for prostate cancer?

You are invited to participate in a research study regarding perception of remotely delivered exercise programs.

- Participation Requirements**
 You can join a ZOOM focus group by phone or video conference. The one-time focus group lasts 60–90 minutes. There will be a survey that takes 5–6 minutes to complete.

For more information
 ☎ 639-590-3592 ✉ exercise.focusgroup@usask.ca

Participants will receive a gift card for their time

This study is approved by the University of Saskatchewan Behavioural Research Ethics Board, Beh ID 4050





Tick season is back in Saskatchewan!

Ticks can be found in tall grass, brush, and wooded areas in Saskatchewan. They are active when the weather warms up (above 4°C) and remain active until freeze-up occurs. The risk of being bitten by a tick can exist for the entire spring, summer and fall periods. Ticks can vary in size ranging from as small as a poppy seed to the size of a blueberry when fully engorged.

In Saskatchewan, most ticks (about 96 per cent) are the American dog tick, which is not capable of transmitting Lyme disease to people. Blacklegged ticks, also known as Deer ticks, are known to carry Lyme disease, but are not commonly found in the province. However, Blacklegged ticks are spreading to new areas in Canada due to climate change and Saskatchewan contains large areas with suitable conditions to support the establishment of tick populations. Lyme disease is caused by the bacteria *Borelia burgdorferi* which is transmitted to humans or animals through bites from infected ticks.

HOW TO PREVENT TICK BITES:

- Wear long sleeves and long pants (light colors so you can see ticks)
- Wear closed toe shoes with your pants tucked into your socks
- Put on insect repellent that contains DEET or picaridin
- When returning from outdoors, shower or bathe to wash off loose ticks and do 'full body' tick checks for yourself, your family and your pets

HOW TO REMOVE A TICK:

- Use fine-tipped tweezers
- Grasp the parts of the tick as close to the skin as possible
- Slowly pull the tick straight out (don't twist or yank)
- Use soap and water to wash the area where the tick was attached
- Watch for signs of infection

It is important to remove the tick as soon as possible. If the tick is infected with Lyme disease, it will take time to transmit that disease, so the sooner you get it off the better!

For more information, please visit <https://www.saskatchewan.ca/residents/health/diseases-and-conditions/lyme-disease>

Protect Your Skin and Eyes From the Sun

Exposure to ultraviolet (UV) radiation can cause skin cancer, sunburn, skin damage, cataracts, and other conditions. **Outdoor workers are at risk!**

Six Simple Steps

1. **Cover up** - wear long sleeves and pants
2. **Protect your eyes** - use UV protective eyewear
3. **Cover your head, neck and ears** - wear a wide brimmed hat, hard hat with a brim and use a neck flap
4. **Take your breaks in the shade** - get out of the sun when you can, especially between 11am-3pm, when UV radiation is the strongest
5. **Use sunscreen and lip balm** - use at least an SPF 30 broad spectrum, water-resistant sunscreen and don't forget to reapply
6. **Be skin safe** - report changes in skin spots and moles to your doctor as soon as possible - early detection is important

Visit sunsafetyatwork.ca or sunsmartsk.ca for more information.



Project funded by the Canadian Partnership Against Cancer and Health Canada



Work to live.



Image provided by the Queensland Department of Health





FARM SAFETY DRAWING CONTEST

APRIL 15TH - AUGUST 15TH
AGES 5 - 13

DRAW A PICTURE ABOUT SAFETY ON THE FARM FOR A CHANCE TO WIN A NEW IPAD! MAKE SURE YOUR PICTURE SHOWS ONE OF THESE FUN FARM SAFETY IDEAS:



HEY KIDS! I WANT YOU TO SHOW ME WHAT FARM SAFETY MEANS TO YOU!

TO LEARN MORE, VISIT:



AGHEALTH.USASK.CA

- GRAIN SAFETY
- MACHINERY SAFETY
- ANIMAL SAFETY
- SUN SAFETY

ENTER FOR THE CHANCE TO WIN AN IPAD!

THE NETWORK WILL BE GIVING TWO IPADS AWAY, ONE FOR EACH AGE GROUP:

AGES 5-8 \ AGES 9-13

DO YOU HAVE A FARM HEALTH OR SAFETY STORY TO SHARE WITH OTHER FARM FAMILIES? OR HAVE YOU DEVELOPED A FARM SAFETY INNOVATION?

If so we would love to hear about it! Contact us with your story.

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



IF YOU ARE EXPERIENCING SYMPTOMS OF STRESS, THE FARM STRESS LINE IS AVAILABLE 24/7 AT

1-800-667-4442



Saskatchewan

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



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to the Ministry of Agriculture for their support!



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