



The Agricultural Health and Safety Network

**STRONGER TOGETHER
IN AGRICULTURAL HEALTH & SAFETY**



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

SPRING/SUMMER 2025 EDITION #56



NetworkNews

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



With seeds in the ground and cattle out to pasture, summer is kicking off - and across Saskatchewan we are all looking forward to favourable growing conditions. This issue of Network News is full of timely tips, heartfelt stories, and practical tools to support your health and safety on the farm.

Inside, we take a closer look at the emotional side of farm transition planning, share Karrie's powerful story of finding purpose after tragedy, and highlight the importance of staying safe on ATVs and keeping immunizations up to date. There's also a fun kids' activity page to help spark safety conversations at home.

We are excited to include our new Sun Safety in Agriculture resource with this edition of the Network News, developed in partnership with Sun

Smart Saskatchewan. With warmer summer temperatures, protecting yourself from the sun is essential and so is staying hydrated during long, hot days in the field. You will find simple, practical tips for both inside.

It's never too early, or too late, to consider the value of a Farm Safety Plan. As summer gets underway, now is a great time to start thinking about key safety measures that can make a big difference on your farm.

Wishing you a safe and productive summer season on the farm!

The Network News



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

SPRING/SUMMER 2025

MENTAL HEALTH

PRIORITIZING MENTAL HEALTH DURING FARM TRANSITION PLANNING & DISCUSSIONS

We celebrated Farm Transition Appreciation Day on Jan. 9, 2025 by attending an engaging virtual fireside chat webinar, *Prioritizing Emotional Well-being While Finding Harmony in Farm Transition*.

PRIORITIZING EMOTIONAL WELL-BEING WHILE FINDING HARMONY IN FARM TRANSITION

Moderated by:
Dr. Merle Massie, Executive Director of The Do More Agriculture | www.domore.ag

Panelists:
Lydia Carpenter of Farm Family Coach Services | elainefroese.com/coaching/coaching-team/
Patti Durand of Brightrack Consulting | www.thefutureleader.ca/our-story
Heather Watson, Executive Director of Farm Management Canada | fmc-gac.com/transition-planning/

Webinar panelists emphasized the significant role that emotional well-being plays in farm transition planning as owners and successors work through this process. Often, finances and operational concerns take priority. But emotions and relationships can become turbulent throughout the process. Farm transitions can raise all kinds of social and emotional feelings.

It is important to prioritize mental health during farm transition discussions and planning. Panelists provided strategies to manage emotional dynamics including how and when to encourage conversations.

- Questions discussed by panelists during the 1-hour webinar included:**
- How might farmers know when they are ready to transition from the farm?
 - When should transition planning start?
 - How do farmers open and facilitate the discussion with their families/successors?
 - What tips do you have for successful farm transition planning?



Key webinar takeaways to manage emotional health during farm transition planning:

- Prioritize your mental and physical health.
- Take time to think about your plans and ideas for the farm, and for after the farm or not farming. Write them down. Use notes or a script to help you express your thoughts if you find it hard to find the right words in the moment.
- Don't assume that you know what anyone else wants, or that they know what you want. Being open, honest, and clear about your needs is key.
- Have those tough conversations. Not everyone may agree but try to listen and understand each other's viewpoints. It may take many discussions, and more time than you think, to get things on a good path.
- You may need outside support to help facilitate discussions. Assemble a good team that understands finances, legal, accounting, taxes, and people to help.
- Don't give up when things don't go quite according to plan.
- Be hopeful and optimistic – a good attitude helps everyone.



 **Prioritizing Emotional Well-Being While Finding Harmony in Farm Transition**
Please scan the QR code to watch the video on YouTube.



TRANSITION PLANNING RESOURCES

- Bridging the Gap: Farm Transition Workshops. Farm Management Canada. <https://fmc-gac.com/programs-services/btg/>
- Farm Transition Guide. Farm Management Canada. <https://farmtransitionguide.ca/en/>
- How to foster open communication and support on the farm. The Do More Agriculture Foundation. <https://www.domore.ag/wellness-tips/how-to-foster-open-communication-and-support-on-the-farm>
- Let's Talk Transition. Farm Credit Canada. <https://www.fcc-fac.ca/en/resources/transition-planning>
- Resources. National Farm Business Management Resource Centre. <https://agriresources.ca/resources/>
- The Future Leader: The Successor's Guide to family Business Leadership. Patti Durand. Buy the book at <https://www.thefutureleader.ca>

FARM SAFETY CALL FOR STORIES

SHARE YOUR STORY WITH US!

WE WELCOME YOUR STORIES AND LESSONS IN FARM
SAFETY TO SHARE ON OUR WEBSITE AND
PUBLICATIONS

EMAIL
AGHEALTHANDSAFETY
@USASK.CA



PURPOSE IN TRAGEDY: THREADS OF LIFE

Article by: Susan Haldane, Threads of Life

September 15, 2014 was the worst day of Karrie’s life. It was also the day that would change the course of her life forever.

She was on her way home from work when she saw a call coming in from her husband. She answered expecting him to ask her to pick-up something on her way home. Instead, he told her that their son Kelly had been in an accident and was taken to the hospital.

Karrie was hoping that the accident was minor. But something inside her urged her to call the hospital as she was driving there through rural Saskatchewan.

She soon received the news that every parent fears most: The doctor informed her that her son, Kelly, had died as a result of his injuries.

Kelly was working for a construction company assembling grain bins on a farm. He was electrocuted when a crane moving the metal bins touched a power line. He was only 23.

Especially in a smaller community, when tragedy happens, friends, neighbours, and relatives will rally around. But before long, they need to go back to their regular lives, and the family is left feeling isolated. For Karrie, that’s where an organization called Threads of Life came in. Threads of Life - formerly called the Association for Workplace Tragedy Family Support, is a national charity working to bring hope and healing to workers and families following a serious workplace injury, occupational disease or death on the job.

“Friends don’t know how to deal with it,” Karrie says. “They’re so afraid to say the wrong thing, that sometimes they say nothing at all – and then it feels like you’ve lost them too.”

“Sometimes it’s very frustrating because people expect you to get over it, like the grief is only supposed to last so long. But the grief of losing a child goes beyond years.”

Threads of Life offers one-to-one peer support, in-person and virtual workshops where people can share and learn, opportunities to honour the losses brought by workplace tragedies, and ways to work towards preventing future injuries, illnesses and deaths.

At a Threads of Life weekend forum, Karrie met others who have experienced workplace tragedies and participated in workshops to learn new ways of coping with grief. Since then, she has had opportunities to share Kelly’s story with others and has become a volunteer for Threads of Life.

While Karrie wishes she could go back in time to before this life-changing tragedy, she has found a way to channel her grief and the memory of her son into helping to build a future where no family will have to go through what hers did.

“Talking about my son somehow brings me closer to him,” she says. “When I talk about Kelly, he doesn’t feel so far away.”



Association for Workplace Tragedy Family Support

To learn more about how Threads of Life can help, or to get involved, visit www.threadsoflife.ca or call 888-567-9490



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DOES YOUR FARM HAVE A FARM SAFETY PLAN?



We can support you in
the process!

Attend upcoming training
sessions on How To Build Your
Farm Safety Plan!

- **Save Time** by using pre-developed tools, templates & policies.
- **Learn** the importance of documentation and communication.
- **Help** family and farm employees better understand their roles and responsibilities in staying safe and healthy.
- **Improve** your overall occupational health and safety culture and compliance.



For more information, please
contact:
aghealthandsafety@usask.ca

aghealth.usask.ca



Sustainable Canadian
Agricultural Partnership
Competitive. Innovative. Resilient.

Saskatchewan Canada

KIDS' ACTIVITY PAGE





Hey Kids!
Now that the weather is warmer, I want to remind you of some safety tips for the season.

There is more to check out on page 12! Make sure your ATV helmet fits properly!



*If you need help, the answers for this page can be found on the back cover of this newsletter.

LAWNMOWER SAFETY: How Much Do You Know?

1. How fast can a stick or toy fly out of a lawnmower discharge chute?

a. 16 Km per hour

b. 32 Km per hour

c. 321 Km per hour

d. 804 Km per hour

2. Always mow across slopes and inclines when using a walk-behind mower.

a. True

b. False

3. What kind of shoes should you wear when operating a walk-behind mower?

a. Sandals

b. Canvas/fabric athletic shoes

c. Bare feet

d. Leather shoes

4. Which of the following pieces of Personal Protective Equipment (PPE) should you wear when mowing the grass?

a. Safety glasses

b. Earmuffs or ear plugs

c. Gloves

d. Leather shoes/boots

e. All of the above

ARE YOUTH MOW READY?

Protecting youth from mower injuries



SUPERVISING YOUTH

Assess, train and supervise to save limbs and lives!



Annually, there are about 10,000 child/youth lawn mower injuries, with 5% of them resulting in amputations.





Assess youth's ability to do the job safely



Train youth on how to operate a mower safely



Wear close-fitting clothes, sturdy shoes & sunscreen



Wear sun/safety glasses & hearing protection



Ensure good mowing conditions: daylight, good weather & dry grass



Ensure the mower is mechanically sound



Protect against bites & stings



Clear area of debris & bystanders

FARMERS WANTED FOR STUDY PARTICIPATION!

ATTENTION FARMERS: Do you have an older tractor that could use a roll bar ROPS?

WE NEED VOLUNTEERS FOR OUR LOW-COST ROLLOVER PROTECTIVE STRUCTURE (ROPS) RESEARCH PROJECT

YOU WILL:

- Have some fun
- Build a ROPS
- Help increase farm safety and save lives
- Get paid for your materials and time
- Show that farmers are great fabricators

The project is looking for **10 FARMERS** to build prototype ROPS:

- We will explain our program, send you drawing and fabrication instructions, and answer any questions
- You will build 2 prototype ROPS: 1 for your tractor and 1 for us to test
- We will pay your material costs + a fee for your time
- You will tell us how it went and how we could make it easier and better

▶ YOUR PARTICIPATION WILL HELP SAVE LIVES!



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If you are interested or if you want more information, please email:
jim.wassermann@usask.ca





PARTICIPANTS NEEDED FOR SHOULDER RESEARCH

Construction workers | Hairstylists | Nurses or Nurse aides | Maintenance workers or Caretakers | Farmers

WHO

- People working in the jobs listed above
- 18+ years old
- People able to safely participate in physical activity
- People who have no current shoulder pain
- People who have no history of shoulder pain (pain that resulted in a clinician visit or stoppage in regular activities - work or sport/leisure - for 1 month or more)

WHERE

- Research lab at the Health Sciences building on USask campus

WHY

The goal of this study is to explore the connection between shoulder movement and rotator cuff syndrome in high-risk occupations.

WHAT

- Come to our lab for a 2 hour data collection
- Complete a few arm-focused tasks while your motion and muscle activity are measured with surface sensors
- Short follow up surveys every 3 months
- You will be compensated for your time

For more information about this study, or to volunteer for this study, please contact either:

Dr. Kenzie Friesen
kenzie.friesen@usask.ca
306-966-5971

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

This study had been approved by the University of Saskatchewan Biomedical Research Ethics Board





usask.ca



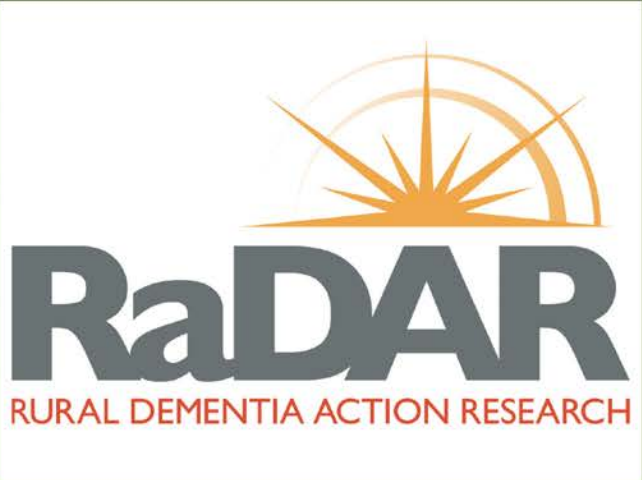
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RURAL DEMENTIA CARE

Improving the care of persons with dementia in rural and remote areas

RaDAR

- Improving the delivery of rural dementia care
- Involved in early detection, diagnosis, and management
- Services include research, knowledge exchange, resources, and memory clinics
- Bringing a new approach to delivering services for rural communities



Saskatchewan's aging population

- As of 2021, 17.5% of the population of Saskatchewan is aged 65 years and over
- Older adults in Saskatchewan are much more likely to live in rural areas
- Dementia is not a normal part of aging, but age is the primary factor associated with the onset of dementia
- Rural adults with dementia may have trouble accessing health care services

EARLY DETECTION
AND CARE ARE
IMPORTANT!

Scan this QR code and
visit the RaDAR website!



www.ruraldementiacare.usask.ca



Rural & Remote Memory Clinics
Specialized dementia care for people in rural areas

"It's a "one-stop-shop". They come, they do everything at once, and it's beneficial for families, for clients, that they don't have to come back again. They get a diagnosis, peace of mind for the family that they get a diagnosis at the end – that what they're seeing isn't 'crazy'."
Memory Clinic professional



Specialist Memory Clinic

RaDAR's specialist memory clinic in Saskatoon provides specialist assessment and diagnosis focused on atypical and complex dementia. An interdisciplinary specialist team coordinates an in-depth one-day assessment to reduce repeated travel. Contact us at 306-966-2109



Primary Health Care Memory Clinics

These local memory clinics are established throughout the province. Trained by RaDAR, they provide team-based dementia care right in rural communities.

Communities with local memory clinics:

- Bengough - 306-268-2222
- Kipling - 306-736-2559
- Radville - 306-869-3111
- Lampman - 306-487-2811
- Carlyle - 306-453-6795
- Weyburn - 306-842-8790
- Maryfield - 306-646-2133
- Esterhazy - 306-745-6681



"The team of health care workers made me feel at ease by explaining each in their way some of the early signs of dementia that I am starting to see in myself. I feel that the time spent with them was very worthwhile."
Patient

Check out the memory clinic videos:

Specialist Clinic



Primary Health Care Clinics



RaDAR is seeking primary care teams interested in establishing a memory clinic. Please contact:

Dr. Debra Morgan
RaDAR Lead
rural.dementia@usask.ca



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.



Regan Keisig

“In the end, safety on the farm is not just about avoiding accidents; it’s about creating an environment where everyone - family members, and workers - can thrive. If there’s one thing, I wish I could tell every farmer and rancher it’s that safety should never be an afterthought. Farming is a rewarding but demanding way of life, and no task is worth risking life.”

- *Regan Keisig* (Balcarres, RM of Tullymet No. 216)

Zayden Anderson

“Each generation has learned from the one before, adapting to new challenges and finding better ways to keep our family safe. Farming is more than a job for us, it’s a way of life that brings us together. At the end of the day, the most important thing isn’t how much work we get done, it’s making sure everyone comes home safe.”

- *Zayden Anderson* (Marquis, RM of Marquis No. 191)



\$1,500

Don’t miss the deadline for the 2025-26 SARM Scholarship: January 16th, 2026
For more information visit: <https://cchsa-ccssma.usask.ca/aghealth/scholarship.php>

The Ike Thiessen: Building the Foundation Award Winner of 2024

Ike Thiessen was a farmer in RM # 343 and past president of SARM who was instrumental in recruiting the first RMs in 1988 to join the Agricultural Health and Safety Network and setting the foundation for growth.

This year’s Ike Thiessen: Building a Foundation Award goes to **Ray Orb!**

Ray served on the SARM board for over 20 years and was elected as the president of SARM in 2014.

This award is in recognition of Ray’s exceptional support, dedication, and contribution to promoting health and safety in Saskatchewan.



Photo courtesy SARM

QUICK TIPS TO STAY SAFE IN THE SUN THIS SUMMER

Sun exposure at work is an important and often overlooked occupational risk factor in Canada.

It is estimated that approximately **1.5 million** Canadians are exposed to the sun at work. The largest number of workers exposed to the sun in Canada work in **construction, farming, and building care and maintenance**. Working outdoors has a 2.5 – 3.5 times greater risk of skin cancer compared to working indoors.

WHY IS THIS IMPORTANT?

- Occupational sun exposure is responsible for at least **5,000 skin cancers yearly**
- **1,200** Canadians will **die** from melanoma skin cancer
- The Canadian Dermatology Association reports that the lifetime risk of melanoma in Canada for **men is 1 in 59 and for women 1 in 73**



Article by: Gregory Kost, PGY2
Dermatology University of
Saskatchewan

HOW CAN I PROTECT MYSELF?

There are several preventative measures and strategies that everyone can employ:

- Limit sun exposure during the highest UV radiation time of the day, from 11:00 am – 3:00 pm
- Seek shade whenever possible while at work (On breaks or with specific tasks)
- Check Canadian Daily UV index forecast (3 or above is higher risk)
- Apply sunscreen and lip balm with at least SPF 30 or higher
- Apply sunscreen 15 minutes prior to sun exposure and every 2 hours
- Wear a broad brimmed hat
- Wear sunglasses with UVR protection
- Wear SPF protective clothing
- Avoid tanning bed use

Come Visit Us!

The Ag Health and Safety Network will be at **Ag in Motion July 15 – 17th in Langham!** And will be partnering with SunSmart Saskatchewan to provide on-site skin screenings and giving away sunscreen and hats!



in partnership with:



PROTECT YOUR BRAIN:
ALWAYS WEAR A HELMET WHEN RIDING ATVS AND UTVS

All-terrain vehicles are motorized off-highway vehicles designed for use on unpaved surfaces such as dirt, grass, or gravel. The term ATV includes quads, side-by-sides, dirt bikes, off-road utility vehicles, and utility terrain vehicles (UTVs).

ATV use has resulted in devastating injuries and death to Saskatchewan residents. According to the Saskatchewan Prevention Institution, these injuries span across all geographic locations and age groups, including seniors and toddlers. ATVs are often used on family farms for work and recreation. ATV safety involves education, safe operating practices, and wearing personal protective equipment (PPE). A critical piece of ATV safety gear is a properly fitted ATV helmet. Wear it every time you are riding an ATV!

1. Why Helmets Matter:

- **Critical Gear:** An approved ATV helmet is the most important piece of riding gear.
- **Risk Reduction:** Helmets reduce the risk of brain injuries in crashes.
- **Life-Long Impact:** Brain injuries can cause disabilities affecting speech, motor control, personality, memory, and emotions.

2. Safety Practices:

- **Always Wear a Helmet:** Even for short rides on your farm or to a neighbour's.
- **Roll-Cage Protection:** Helmets are necessary even in ATVs with roll-cages to prevent head injuries during roll-overs.
- **Legal Requirement:** Saskatchewan law mandates helmets and eye protection on public property or property not owned by the rider.

3. Choosing the Right Helmet:




- **Certified Helmets:** Look for DOT, Snell, ANSI, or ECE certification.
- **Proper Fit:** Ensure the helmet fits snugly and comfortably, covering your forehead and secured with a well-made chin strap.
- **Helmet Types:** Full-face helmets offer the most protection, while open-face helmets require additional eye protection.

Remember: Wearing a helmet every time you ride can protect your brain and save your life. Stay safe and ride responsibly!



FITTING AN ATV HELMET

HELMET TYPES

-  • **FULL-FACE HELMETS:** Extend out in front of your mouth and chin and provide extra protection for the face, eyes, mouth and chin.
-  • **OPEN-FACE HELMETS:** Lack the mouth and chin-area molding, providing no protection for the face or eyes, so additional eye protection must be worn.
-  • **OFF-ROAD OR MOTOCROSS HELMETS:** Helmets provide the greatest amount of face, mouth and chin protection.



Helmets must be certified for ATV use - bicycle helmets, hockey helmets and industrial hard hats are not a legal substitute.

STEPS TO ENSURE THE RIGHT FIT:

- 1 MEASURE YOUR HEAD CIRCUMFERENCE:** Wrap a flexible measuring tape around the widest part of your head (usually about 2.5 cm above your eyebrows and ears), not too tightly. Write down the measurement to compare with the helmet size chart for each brand you are trying on.
- 2 TRY ON SOME HELMETS:** The helmet should feel snug everywhere but shouldn't hurt or pinch. You should not be able to fit more than one finger into the space at your temples. Shake your head from side to side and nod up and down; if it moves on its own, it's too loose. For a full-face helmet, you need at least one-finger space from your chin to the helmet.
- 3 ADJUST THE HELMET:**
 - a. Fine-tune the fit:** Once you find the helmet that feels good, you can adjust the fit by changing out interior pads.
 - b. Fasten the helmet:** Adjust the chin strap using the two-finger rule when adjusting the chin strap, there should be just enough space to fit two fingers between the strap and your chin.
- 4 DO A 5-MINUTE FINAL HELMET CHECK:**
 - a. Wear the helmet for at least 5 minutes:** Move your head around. The helmet should stay in place and feel comfortable. You should not be able to pull the helmet off your head when the chin strap is secured.
 - b. Ensure the helmet:** is comfortable and there are no irritation points.
 - c. Rider position check:** Look forward, to the right, to the left to ensure your vision is not obstructed by any parts of the helmet. If you have glasses, make sure to have them on while doing this check.



20%

OFF ALL PYRA HELMETS

FFUN MOTORSPORTS SASKATOON

UNIVERSITY OF SASKATCHEWAN Canadian Centre for Rural and Agricultural Health

NETWORK

Partnering to promote ATV UTV helmet use in rural SK!

No expiry date. See dealer for more details.



IMMUNIZATION SAVES LIVES!

MEASLES IS ONE OF THE WORLD’S MOST CONTAGIOUS DISEASES AND CAN BE VERY SERIOUS. MEASLES CAN BE PREVENTED BY IMMUNIZATION.

The Saskatchewan Health Authority is your go-to web resource for everything related to measles
<https://www.saskhealthauthority.ca/measles>

This webpage tells you:

- Symptoms to watch for (fever + red eyes, runny nose, cough + rash)
- Immunization details
- Up-to-date information on public exposures in Saskatchewan

Do not attend clinics, health care facilities or hospitals in person if you have symptoms.

If you have symptoms of measles and possible exposure, call HealthLine 811.



KEEP UP TO DATE ON YOUR IMMUNIZATIONS!

LEARN MORE ABOUT WHY MUSCULOSKELETAL HEALTH IS IMPORTANT FOR BREAST CANCER SURVIVORS!

Participants Needed!
FOR
BREAST CANCER RESEARCH



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We are looking for **breast cancer survivors** to take part in a new study to characterize upper limb movements in functional tasks.

You will be compensated for your time.

Participants will be asked to complete a number of arm-focused tasks while your motion and muscle activity are measured with surface sensors. Ultrasound images of your shoulder will also be taken. You will also be invited to participate in an optional phone interview about your post-treatment experiences.

ELIGIBLE PARTICIPANTS MUST:

- Be between 18 and 70 years old
- Have had mastectomy OR reconstructive surgery for breast cancer more than 6 months ago
- Be able to safely participate in physical activities
- Be available for 1 session of approximately 2 hours at our laboratory at the University of Saskatchewan

For more information or to volunteer:

Sarah Fitzgerald
inu584@mail.usask.ca

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

research-groups.usask.ca/ergolab



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

STAY HYDRATED IN THE HEAT!

Working on the farm is physically demanding, especially during hot weather. High temperatures, humidity, direct sun, physical effort, and wearing protective gear can all increase the risk of health-related illness. Age, medications, and underlying health conditions can further increase risk.

Hydration Tips:


- **Drink Water Regularly:** Aim for at least 8 oz (1 cup) every 15 - 20 minutes while working. Hydrate before, during, and after work.
- **Carry a Water Bottle:** Keeping water on hand makes it easier to stay hydrated.
- **Take Shade Breaks:** Rest in shaded or cool areas often on hot days.
- **Eat Hydrating Foods:** Include water-rich produce like cucumbers, watermelon, strawberries, lettuce, and oranges.
- **Replace Electrolytes:** If sweating for hours, try small amounts of coconut water, milk, or electrolyte-infused drinks. Snacks like bananas, yogurt, pretzels, nuts, and pumpkin seeds also help.
- **Limit Caffeine:** Cut back on coffee, energy drinks, and soda—they can dehydrate you.
- **Dress Smart:** Wear sunscreen, a hat, and loose, light clothing to stay cool.
- **Check Your Urine:** Light yellow or clear urine usually means good hydration. Avoid overhydrating, which can be dangerous too.



Be Alert: Learn the signs of heat stress - like dizziness, nausea, or heavy sweating - and keep an eye on yourself and others.



Staying Cool: HUMAN vs. TRACTOR

	HUMAN BODY	TRACTOR
FLUID REQUIREMENT	Needs adequate water to stay hydrated and function properly	Needs sufficient coolant to prevent the engine from overheating
COOLING MECHANISM	Sweating	Uses radiator to dissipate heat from the engine
DEHYDRATION/OVERHEATING	Symptoms include thirst, dizziness, heavy sweating, nausea, weakness, and dark urine. Dehydration can lead to heat stroke or death if untreated	Engine damage
MAINTENANCE	Drink plenty of water, eat hydrating foods, replenish electrolytes and take breaks in cool areas	Regularly check coolant and oil levels, and keep the radiator clean

If your safety is at immediate risk, call 911

SaskAgMatters - free counselling services	call 1-306-371-7644
211 Saskatchewan	call or text 2-1-1
Family Service Saskatoon	call 1-306-244-0127
Counselling Connect Saskatchewan	https://www.counsellingconnectsask.ca/
Farm Stress Line	call 1-800-667-4442
National Farmer Crisis Line - 24/7 support	call 1-866-327-6701
AgTalk - non-crisis peer to peer support platform	visit domore.ag/agtalk
Kids Help Phone	text 686868 or call 1-800-668-6868
HealthLine	call 8-1-1
Suicide Crisis Helpline	call or text 9-8-8
Mobile Crisis Services	call 1-306-757-0127
Problem Gambling Helpline	call 1-800-306-6789
Adult Sexual Assault Helpline	call 1-800-214-7083
First Nations & Inuit Hope for Wellness Help Line	call 1-855-242-3310
Dementia Helpline	call 1-877-949-4141

Mental Wellness for Saskatchewan Farmers & Ranchers

Immediate Support

If you or someone you know is struggling with mental well-being, remember...
You are not alone—there is hope and there is help!



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Supporting Rural People in Agricultural Health and Safety

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



Farm Credit Canada



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Thank you
to the **Ministry of Agriculture** and the
Saskatchewan Rural Municipalities for their support!



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 Rural and Agricultural Health
University of Saskatchewan
104 Clinic Place PO Box 23, Saskatoon, Saskatchewan S7N 2Z4
Phone: 306-966-6644

Kids' Activity Page 6 Answers:



1. c - 321 Km per hour;
2. a - True;
3. d - Leather shoes;
4. e - All of the above



The Agricultural Health and Safety Network

STRONGER TOGETHER
IN AGRICULTURAL HEALTH & SAFETY



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**

Would you like regular email updates from the Network?

If so, email us at aghealthandsafety@usask.ca