



The Agricultural Health and Safety Network

STRONGER TOGETHER
IN AGRICULTURAL HEALTH & SAFETY



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
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SPRING/SUMMER 2026 EDITION #58

PARTICIPATE IN THE
**SUN
SAFETY
STUDY**
THIS SUMMER!



Canadian Centre
for Rural and Agricultural Health

40 YEARS STRONG

ROOTED IN COMMUNITY,
DRIVEN BY RESEARCH



NetworkNews

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

Heading Out Into The Fields For The 2026 Growing Season

After a few false starts, spring is (hopefully) here to stay! And with it comes the familiar rhythm of heading out into the fields for the 2026 growing season. This year marks the International Year of the Woman Farmer, a chance to recognize and celebrate the essential contributions women make across every part of agriculture. It is also a special milestone for the Canadian Centre for Rural and Agricultural Health as we celebrate 40 years of supporting the health and safety of Rural and Agricultural People through research, education, service and community partnerships.

Staying healthy and safe on the farm means paying attention to both the expected and the unexpected. Long days, heavy workloads, and changing weather all take a toll, and seasonal hazards like wildfire smoke, heat, and stinging insects can impact your health when working on the farm. Emergencies are, by nature, unpredictable, but being prepared and knowing what to do can make all the difference, especially in rural areas where help may

take longer to arrive.

As the season gets underway, take a moment to check in with yourself and those around you. Small habits like staying hydrated, taking breaks, using protective gear, and watching out for one another, help to keep everyone on the farm safe. Building safety into your daily routine is one of the most valuable investments you can make for a healthy, productive season!

The Network News



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

AN INTERVIEW WITH LORI BROOKHOUSE:

WOMEN'S HEALTH & SAFETY IN AGRICULTURE

BACKGROUND

Lori is a Canadian Registered Safety Professional (CRSP) and Certified Health and Safety Consultant (CHSC) and the owner of Vital Insight Safety & Human Resources Consulting. She has worked extensively with farms, rural businesses, and agricultural organizations during her 18 years in the field. Lori's deepest interest in farm safety, particularly for women, grew out of her professional work and personal observations: women are essential partners in Canadian agriculture, yet their contributions and unique safety needs are often overlooked.

The Network News interviewed Lori recently to learn more about the challenges and opportunities for women in ag health and safety.

What unique safety risks and issues do women face in agriculture?

Women are actively involved in all aspects of operations from machinery operation and livestock handling to financial management and off-farm work.



KEY ISSUES:

- ♀ **Gender stereotypes:** Women may still be seen as “helpers” on the farm, limiting access to leadership, training opportunities, and safety planning.
- ♀ **Access to land, capital & equipment:** Women-led farms are often smaller and face barriers accessing financing and machinery designed for larger-scale operations.
- ♀ **Ill-fitting PPE:** Many women struggle to find properly fitting personal protective equipment (PPE), increasing injury and illness risk.
- ♀ **Fatigue & work-life balance:** Balancing farm work, childcare, household duties, and off-farm jobs can lead to stress and burnout.
- ♀ **Limited tailored training:** Safety training often doesn't reflect women's needs (equipment sizing, physical differences, scheduling).
- ♀ **Physical demands & childcare risks:** Equipment may not be ergonomically suited; childcare on farms can introduce added hazards.
- ♀ **Mental health pressures:** Isolation, “invisible work” and pressure to prove competence can impact well-being.





INTERNATIONAL YEAR OF THE
WOMAN FARMER
 2026



PRACTICAL WAYS TO IMPROVE FARM SAFETY FOR WOMEN

- **Better PPE & Equipment:** Support development of properly fitted gear and ergonomic tools.
- **Tailored Training:** Offer women-focused, hands-on safety training that fits real farm schedules.
- **Childcare & Family Supports:** Advocate for rural childcare solutions and include children in farm safety planning.
- **Mentorship & Networking:** Connect women farmers to share experience, solutions, and leadership opportunities.
- **Mental Health Supports:** Expand accessible, stigma-free resources and peer networks.
- **Include Women in Planning:** Integrate women in safety, business, and succession planning from the start.

POSITIVE DEVELOPMENTS EMPOWERING WOMEN IN FARM SAFETY

- + **National Awareness Campaigns:** Including Women's Leadership in Agricultural Safety during the 2026 Canadian Agricultural Safety Week and Farm Credit Canada's nine-part series "Empowering Women's Role in Farm Safety".
- + **Leadership & Mentorship Programs:** More opportunities for women to connect, learn, and lead including Farm Credit Canada's Connecting Women in Ag series.
- + **Improved PPE & Safety Resources:** Increased attention to inclusive design and practical tools.
- + **Recognition of Women Leaders:** More farm organizations and events are spotlighting women as safety leaders, not just participants.

INTERESTED IN HEARING MORE?

Check out the Empowering Women's Role in Farm Safety webinar with Lori

Scan the QR code >>



SCAN ME



SCAN ME

Learn more about
WOMEN'S LEADERSHIP AND DEVELOPMENT IN AG

<< Scan the QR code



Staying Physically Healthy on the Farm

Article by: *Eric Wang, 4th year medical student, University of Saskatchewan*

Here are some reasons to keep ergonomics in mind as you work on the farm and a few tips and tricks to stay healthy and safe this season.

Understanding the Risks

Farming is a profession built on strength and endurance. However, the demanding and varied tasks ranging from lifting heavy weights to working machinery and livestock put farmers at high risk of injury. In Saskatchewan, over 85% of farmers report musculoskeletal injuries, and many are bothered by more than one injury. Common areas of injury include the shoulder, lower back, neck, and knees.

The Cost of Injury

Injuries can lead to long-term disability and can make it more difficult both to work on the farm and to enjoy activities outside of work. Injuries also increase the risk of developing chronic pain and medication dependency. Make sure to identify and treat any problems early to prevent them from becoming costly down the line.



Tips and Tricks for Farm Work

Here are some simple but effective ergonomic pointers to remember when you are working on the farm. Take time to put health first. As the old saying goes, "health is wealth".

Ergonomics

- Keep your work at a comfortable height and directly in front of you to avoid bending or twisting
- Use ladders and tools to avoid repeatedly reaching overhead

Alternate tasks

- Mix up the tasks you are doing to avoid overusing the same muscle groups
- Switch tasks with coworkers when possible

Take breaks

- Short breaks of just a few minutes every two hours can help to reduce fatigue
- Walk around, stretch, and rest your eyes by looking in the distance to reduce risk of physical injury and mental exhaustion

Listen to your body

- Pay attention to symptoms like stiffness, tingling, or recurring pain
- Resting when needed can help you stay strong and productive in the long run

Seek Help

- Don't be afraid to find medical attention or other help if needed
- Easy problems might become more difficult over time if not addressed

The next time you find yourself hard at work, take a moment to consider what steps you can take to protect your health and longevity. Here's to a safe and successful season out in the fields and pastures.

HEART & STROKE FOUNDATION

KNOW THE SIGNS OF A STROKE

You could save the life of someone you love. Time is everything during a stroke. In fact, there is a saying that “time lost is brain lost.”

Stroke occurs when the blood supply to the brain is cut off. Brain cells die at a rate of 1.9 million per minute after a stroke, so the sooner blood flow can be restored, the better the chances of survival and a better recovery.

If you, or someone with you, experiences any of these signs, call **9-1-1** or your local emergency number **FAST**.



FAST is an easy and memorable way to remember the major signs of stroke:

Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST

or your local emergency number
heartandstroke.ca/FAST

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Don't drive yourself or the person having a stroke to the hospital. **Call an ambulance. Paramedics will take the person having a stroke to the nearest facility that provides urgent stroke treatment.**

Stroke treatments work best when they are given quickly. Fast action can reduce the severity of a stroke and reverse some of its effects.

More signs of stroke

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are additional signs of stroke that some people experience. They include:

- Vision changes - blurred or double vision
- Sudden severe headache – usually accompanied by some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

Stroke is a leading cause of adult disability with nearly **1 million people** in Canada currently living with stroke and more than 108,000 strokes occur each year - or approximately **one every five minutes**.

We can all beat stroke. Share the signs and help save lives.

For more information, visit
heartandstroke.ca/FAST





Hey Kids!
Look below for some farm health and safety tips and how to become a great SAFETY SCOUT!

SCAN THE QR CODE AND BECOME A SAFETY SCOUT >>



FARM HEALTH & SAFETY TIPS:

- Wear high visibility vests- get your parents to scan the QR code (above) and you can become a safety scout.
- Always tell an adult where you are going, when you will be home, and what you will be doing.
- If you see machinery coming into the yard, give the driver a wave. If they don't wave back, they don't see you.
- Don't play around idle machinery.
- Never play in a grain bin, truck or farm wagon/cart.
- Only go in a pen with animals with an adult; even good-tempered animals can become dangerous. Learn how to recognize stress or aggression in animals.
- Wear a bucket hat, sunscreen and appropriate clothing when outside.
- Always wear a full-face helmet, goggles, gloves, boots, long pants and long sleeves when driving an ATV.

ATV SAFETY CHALLENGE - FILL IN THE BLANKS

1. Wear a H _____ when riding on an ATV.
2. Call 9-__-__ if there is an emergency on the farm.
3. If there is only one seat in the tractor, then there is only O ___ rider.
4. Tractors or equipment should have a S_____ moving sign when travelling on the road under 40 km/hr.
5. Do not play alone near W _____ to prevent accidental drowning.
6. The area in which an animal can't see you is called the B _____ S _____.
7. Do not use B _____ equipment.
8. You can F _____ when using a broken ladder.
9. Stay back from M _____ tractors or equipment.
10. P _____ on stacked or stored materials can be hazardous.



What protective gear is he missing?



DID YOU KNOW THAT 92% OF ATV RELATED FATALITIES INVOLVE ONE OR MORE OF THESE THINGS?

- No Personal Protective Equipment (PPE)
- Riding on a paved surface
- Allowing passengers
- Riding an ATV larger than recommended



ANSWERS ATV SAFETY CHALLENGE: 1. Helmet 2. 1-1 3. One 4. Slow 5. Water 6. Blind Spot 7. Broken 8. Fall 9. Moving 10. Playing



KEEP KIDS SAFE ON THE FARM THIS SEASON

BASF offers free **Safety Scout** kits to help children learn farm safety in a fun, hands-on way. The Safety Scouts program invites children to take the roles of **BASF Safety Scout** or **Safety Captain** depending on their age and encourages them to act as safety ambassadors on their family farm.

Farm families can request a BASF Safety Scout kit free of charge and are a great way to celebrate Kids FarmSafe Week (May 11 – 17, 2026).

To request a BASF Safety Scout Kit scan this QR code

For more on Kids FarmSafe Week scan this QR code

Stinging Insects Around the Farm: **Bees & Wasps**

Bees, wasps, and hornets often nest in trees, shrubs, equipment, roof awnings, and underground areas around farms. This makes encounters during fieldwork or equipment use common. Most stings cause temporary pain and swelling, but for some people can trigger severe allergic reactions.



Preventing Insect Stings

- Scan the work area for insect activity before getting started
- Wear long sleeves, pants, and closed footwear to reduce the risk of stings
- Keep buildings and equipment sealed to prevent nesting
- If a bee or wasp enters the cab of a vehicle, stop and open the windows so it can escape

Bees and wasps rarely sting unless startled! Avoid swatting or sudden movements. Stay clear of nests. If you disturb one and hear loud buzzing, cover your face and run away.

TREATING MOST INSECT STINGS

- Remove the stinger quickly
- Wash area with soap and water
- Apply ice for swelling
- Use antihistamines for itching or redness
- Seek immediate medical care if stung on the mouth or nose due to swelling risk

SIGNS OF SEVERE ALLERGIC REACTION

Call emergency services if someone experiences:

- Difficulty breathing or throat tightness
- Hives or widespread swelling
- Dizziness, weakness, or signs of shock
- Abdominal cramps, vomiting or diarrhea

HANTAVIRUS AWARENESS



SASKATCHEWAN RESIDENTS REMINDED TO TAKE PRECAUTIONS FOR HANTAVIRUS



As spring cleanup begins, Saskatchewan residents are reminded to take precautions against hantavirus, a rare but serious illness by deer mice. People can become infected by breathing in airborne particles contaminated with infected mouse droppings, urine, or saliva.

Deer mice are found throughout Saskatchewan, particularly in rural and semi-rural areas. The risk of exposure is highest when cleaning enclosed or unused spaces where mice may have nested such as sheds, barns, cabins, trailers, RVs, old vehicles, garages, and storage buildings.

HOW TO CLEAN SAFELY

If you find signs of rodent activity, take the following steps to reduce your risk:

- Open doors and windows to ventilate the space, then leave the area for at least 30 minutes before cleaning.
- Avoid dry cleaning methods like sweeping, vacuuming, or blowing dust, which can stir up contaminated particles.
- Use wet cleaning methods instead, such as damp mopping.
- Wear rubber or plastic gloves, goggles, and well-fitting industrial N95 mask.
- Dampen mouse droppings and contaminated areas with a bleach disinfectant before wiping or mopping.
- Steam clean or disinfect upholstered furniture that may be contaminated.
- Wash exposed clothing and bedding with detergent in hot water.

SYMPTOMS & WHEN TO SEEK CARE

Hantavirus can affect anyone who comes into contact with mouse droppings. Symptoms usually appear one to six weeks after exposure and may include fever, muscle aches, headache, nausea, vomiting, and cough. Some people can develop severe lung symptoms, including shortness of breath. Seek medical care immediately if you experience fever, cough, and difficulty breathing.

REDUCE RODENT PRESENCE YEAR-ROUND

You can lower the risk of rodents by sealing entry points to buildings, storing food and garbage in pest-resistant containers, reducing nesting materials, and moving woodpiles away from homes.

Hantavirus infections are rare but serious. Between 1994 and 2024, 38 cases were reported in Saskatchewan including 13 deaths.

DEER MOUSE *Peromyscus maniculatus*



For more information, visit

<https://www.saskatchewan.ca/residents/health/diseases-and-conditions/hantavirus> or **CALL HEALTHLINE 811** for advice.

WILDFIRE SMOKE EXPOSURE

Wildfires are becoming more common during summer months. Even when flames are far away, wildfire smoke can travel long distances and the smoke from these fires can affect your health.

Wildfire Smoke Facts

- Wildfires release carbon dioxide, carbon monoxide, hydrocarbons and particulate matter.
- Smoke toxicity varies based on weather, fire behaviour, and what type of materials are burning.
- Smoke can drift hundreds of kilometres from the original fire.

Health Impacts

Fine particles in smoke are small enough to enter the lungs and bloodstream. People may be impacted differently by wildfire smoke exposure depending on their age and other health conditions.

Who is Most at Risk?

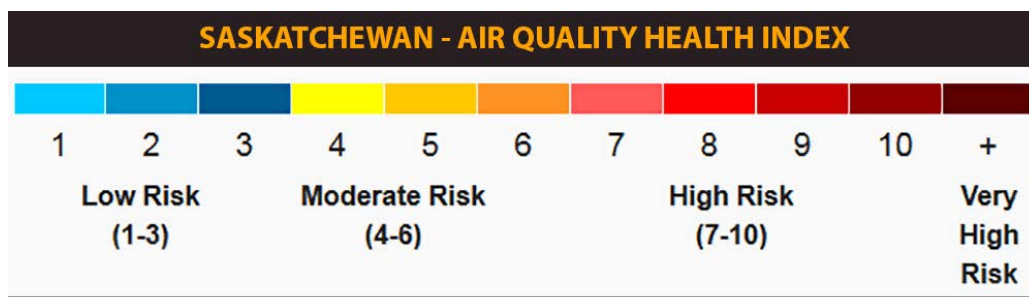
- People over 65 and children
- Pregnant women
- People with heart or lung conditions
- People with weak immune systems

How to Reduce Exposure

- Check the Air Quality Health Index (AQHI) regularly.
- Reduce the level of strenuous outdoor work during smoky periods.
- Take frequent breaks in clean, indoor air.
- Wear a properly fitted N95 respirator when air quality reaches unhealthy levels.
- Cloth masks and single-strap face coverings do not filter wildfire smoke particles.

SHORT-TERM SYMPTOMS	LONG-TERM SYMPTOMS
<ul style="list-style-type: none"> • Eye irritation • Sore throat • Runny nose • Chest pain • Fatigue • Coughing • Difficulty breathing • Rapid heartbeat 	<ul style="list-style-type: none"> • Cough • Asthma • Bronchitis • Pneumonia • Cardiovascular issues • Pregnancy-related complications

Air Quality Health Index is available through the Government of Canada website. Scan the QR code below for more detailed information.



SCAN ME

STARS® Milt Mastad's Story: AN UNEXPECTED BRONC RIDE IN THE DARK

After returning from work, Milt Mastad joined his daughters for an evening ride on one of his young horses, Partner. As they were heading back to the yard, one of the girls' colts spooked, setting off a chain reaction. Partner began bucking, and the rolling landscape, coupled with the lack of daylight, spelled disaster.

"It was probably four or five jumps, and it felt like he was getting higher and higher and higher, and I couldn't see where we were going. On one of the jumps I came down in the saddle and I could feel my pelvis just blow apart."



Milt slid off and hit the ground. His daughters, Tressa (11) and Peyton (13), got their own horses under control and found their dad lying on the ground and asked if he was all right.

"I said, 'No, I'm really not,'" Milt recalled. "'I've split my pelvis and my SI joint came apart!"

Peyton raced home for help while Tressa stayed with him. Paulette, Milt's wife, drove out with their SUV. Back at the house, they called 911. First responders made the long drive to the ranch and determined Milt was in critical condition, transporting him to the nearest town, where STARS® picked him up and flew him to a trauma centre that would have otherwise been a three-hour drive away.

"When I met with my STARS® crew... Mack the medic (flight paramedic Ryan MacMillan) said, 'We knew how bad it was. We knew that it could be critical, and that's why we came.'"

"To have that, to have people that know that and can respond that quickly to somebody whose life might be in danger, it's crucial."

The Mastads were STARS® supporters long before the accident. *"It's because where we live we don't have easy access to medical attention,"* said Milt. *"I was just kind of looking at it as insurance: if I support it maybe I won't have to use the service."*

Milt resumed riding within four months on a different horse, and before the one-year anniversary of his accident he was back on Partner, a horse he now rides regularly. And he continues to support STARS®.

"I can guarantee that everybody in the province either already knows someone or they are going to know someone that needs the service," he said. *"I do take comfort in the fact that if something does happen STARS® might be there to give me medical attention again."*

SCAN for full story on
STARS® website



SCAN ME

FARM SAFETY TOOLS

Cell Phone Compass & GPS

- Use your phone's **compass and GPS** to confirm your exact location.
- Keep **location services turned on**.
- Make sure your phone is **fully charged** before heading to the field.
- Carry a charger or power bank when possible.

Farm & Field Location List

Maintain a written and posted list of all farm locations.

Include:

- Field names or numbers
- Road names
- Nearest intersections
- GPS coordinates (if available)
- Gate access instructions

Post copies in:

- House
- Shop
- Barns

Keep copies in:

- Tractors
- Combines
- Farm trucks
- Employee phones

Regular Check-In System

- Check in at scheduled times when working alone.
- Always check in when:
 - Moving machinery
 - Working in remote fields
 - Working after dark

If a check-in is missed:

1. Call the person immediately.
2. Attempt secondary contact.
3. Begin location check if no response

Moving Machinery Between Fields

Before moving equipment:

- Tell someone where you are starting.
- Share your planned route.
- Give your destination.
- Provide an estimated arrival time.

Equipment & Emergency Safety:

- Fire extinguisher in all machinery
- Fully stocked first aid kit



STARS[®]



FARMERS NEEDED



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

CCHSA-CCSSMA.USASK.CA

VOLUNTEERS FOR OUR LOW COST ROPS PROJECT:

- Have some fun
- Help improve farm safety and save lives
- We will pay all of your material costs + \$500 for your time
- Show that farmers are great fabricators



WE NEED 10 FARMERS TO BUILD PROTOTYPE ROPS:

- We will send you drawings and fabrication instructions
- You will build a prototype ROPS and ship to us
- You will tell us how it went and how we could make it easier

If interested, please send us an email at agropscanada@usask.ca or contact Jim Wassermann by phone at 306-231-7987

FARMERS NEEDED FOR SHOULDER RESEARCH



UNIVERSITY OF
SASKATCHEWAN

Who:

- Farmers or farm workers
- 18+ years old
- People able to 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 of regular activities (work or sport/leisure) for 1 month or more

What:

- Come to our Health Sciences building lab on USask campus for a 2-hour data collection
- Complete a few arm-focused tasks while your motion & 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 has been approved by the University of Saskatchewan Biomedical Research Ethics Board



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SHAKE THINGS UP!



UNIVERSITY OF SASKATCHEWAN
School of
Rehabilitation Science
COLLEGE OF MEDICINE
REHABSCIENCE.USASK.CA

Participate in our farm safety research!

We are looking for people with a farming background who have no history of work-related pain in their back, neck, or limbs in the past six months to volunteer in our study. This study will look at whether farm vehicle vibrations affect decision-making.

IF YOU ARE INTERESTED, CONTACT

Dr. Steve Milosavljevic
stephan.milosavljevic@usask.ca
306-966-8655

OR

Dr. George Katselis
george.katselis@usask.ca
306-966-1397

FOR MORE INFORMATION

As a Participant, You Will:

- Fill out a questionnaire
- Take part in in-lab vibration testing
 - One session about 3-hours long
- Come back the next day for follow-up testing
 - Follow-up session about 30 minutes long
- We will collect blood and urine samples before and after vibration testing
- You will be compensated for your time



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

RECRUITING RESEARCH PARTICIPANTS

Title: *Women's awareness concerning asthma management during pregnancy*

Who is invited?

We are currently inviting any women and gender-diverse individuals who are capable of pregnancy living in Saskatchewan between the ages of 18 to 50 years

What is involved?

You will be invited to complete a short (less than 30 minutes) survey about your knowledge of asthma during pregnancy, which can be completed either online or written.

We will ask you some questions about yourself as well as about your knowledge of asthma including how asthma can affect or should be treated during pregnancy.

If you participate, we will enter your name into a draw to compensate you for your time.

If you are interested:

Please scan the QR code below to access the survey or go to:

<https://redcap.link/maternal-asthma-women-26>



If you prefer a handwritten survey, please contact us at maternal.asthma@usask.ca or 306-966-5566

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



BE WHAT THE WORLD NEEDS



2025-2026 Scholarship Winners & Ike Thiessen Award

Saskatchewan Association of Rural Municipalities 90th Anniversary Scholarship
SARM launched its Agricultural Safety and Rural Health Scholarship in 1995 using funds from auctioning the first copy of its history book, and since 1996 the Canadian Centre for Rural and Agricultural Health has maintained the award a \$1,000 student scholarship, expanding it in 2013/14 to two \$1,500 scholarships.

2025-2026 SARM SCHOLARSHIP WINNERS



Keith Daae

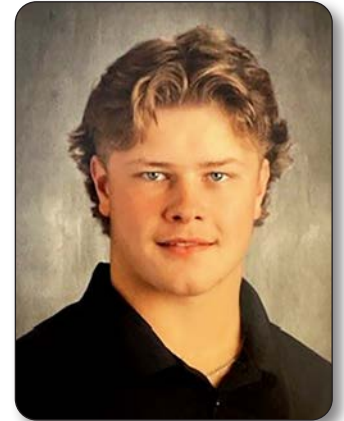
"When safety and health are taken seriously, the farm runs smoother and people feel more confident doing their jobs. Making safety a priority helps protect everyone on the farm and helps make sure everyone goes home safe at the end of the day."

- Keith Daae (RM of Cambria #6, Div. 1)

Liam Reeve

"To establish the safety of our farm, we focus on communication and preparation for our employees. We have weekly Monday morning meetings which we use to discuss potential close call accidents and how to properly complete tasks safely."

- Liam Reeve (RM of Big Quill #308, Div. 4)



Ike Thiessen: Building A Foundation Award

The Ike Thiessen: Building a Foundation Award, first presented in 2020 to SARM, honours the organization's pivotal role in supporting and expanding the Agricultural Health and Safety Network (AHSN), a legacy rooted in Ike Thiessen's leadership in recruiting the first participating RMs in 1988. Awarded annually, it recognizes outstanding dedication to the AHSN and its mission to build a strong foundation of health and safety for agriculture in Saskatchewan.



**2025 – 2026 Ike Thiessen:
Building a Foundation Award Winner**

Sheri & Darin Pederson

Sheri and Darin are strong supports of the Canadian Centre for Rural and Agricultural Health (CCRAH) and the AHSN. Darin chairs the AHSN steering committee and Sheri presents the AHSN Discovery Days program to rural member RM schools.



BRING "DEEP ROOTED" TO YOUR COMMUNITY

Host a screening of the powerful short documentary *Deep Rooted* and spark meaningful conversations around mental health in agriculture.

This impactful film sheds light on the very real mental health challenges faced by farmers and ranchers across Canada. Featuring four voices from the field - including first-generation Saskatchewan rancher Kole Norman - *Deep Rooted* offers an honest look at the emotional toll of farming and ranching.

With insights from mental health experts and researchers, the documentary also explores how farm culture influences mental well-being, helping to break down stigma and build understanding.

FROM THE FILM'S WEBSITE

"The harsh reality is that those working in the agriculture industry continue to be one of the most vulnerable and underserved populations in relation to their mental health. *Deep Rooted* seeks to connect with farmers and agricultural workers; to give them a voice and humanize their struggle to bring attention to a problem that continues to worsen." - deeprootedfilm.ca/about-the-film

INTERESTED IN HOSTING A SCREENING?

Whether you're planning a public in-person event, a virtual viewing, or a Q&A session, the *Deep Rooted* team can help you bring the film to your community or organization.

Submit your request at deeprootedfilm.ca/screening-requests



Scan the QR code to register for upcoming workshops or access templates, online course, manual, and workbook.

BUILD YOUR FARM SAFETY PLAN TODAY!

WHY YOUR FARM NEEDS A SAFETY PLAN?

- **Protect Your People:** Prevent injuries, illnesses, and tragedies for family and workers.
- **Stay Compliant:** Meet legal requirements and build a strong safety culture.
- **Boost Productivity:** Cut losses from downtime, equipment, livestock, and finances.
- **Enhance Communication:** Clarify roles so everyone goes home safe.
- **Strengthen Your Business:** Smart risk management for sustainable success.

The Agricultural Health and Safety Network will provide resources and support as you embark and continue your journey in developing a **Farm Safety Plan!**



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PROTECTING OUR FARMS, FAMILIES, WORKERS, AND FUTURE.



Participate in a sun safety study for farmers and agricultural workers!

Who can join

- Work in farming or agriculture
- 18 years of age or older
- Work outdoors for 2 or more hours each workday
- Understand English
- Have a smartphone to access the study app



What you'll do

- Receive sun-safety messages via the study app
- Complete surveys during the study period

Scan the QR Code to register for the study or email tess.kelly@usask.ca.



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The research team is based at the University of Saskatchewan and the University of British Columbia. Ethics #H24-03843.

NOT 1 one MORE

Ag producer lost by suicide

#NotOneMoreAgProducer

National Farmer
Crisis Line Call
1-866-FARMS01
(1-866-327-6701)
- 24/7, 365
days a year

SaskAgMatters Mental
Health Network
- 6 hrs free
therapy



www.saskagmatters.ca

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



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



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