

The Agricultural Health and Safety Network

Canadian Centre for Health and Safety in Agriculture



FALL/WINTER 2021 EDITION #50



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

TAKING CARE OF YOURSELF ON THE FARM

With the fight against COVID-19 continuing on in the background, this year producers faced additional stress and uncertainty due to extreme drought across the province.

These hard times underscore the importance of taking care of yourself during stressful times and the changing perceptions of mental health in the agricultural sector.

In this edition of the Network News we are highlighting many of the new projects and resources that are available to producers through the Agricultural Health and Safety Network and our collaborative partners. Resources are available on a wide range of topics including Fostering Resiliency in Ag, Respiratory Health in Agriculture, Farm Safety Plans, and many more.

As ever, you the producers are the driving force behind the development of these resources and projects and we value your input.

The Network News

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Agriculture is one of Saskatchewan's largest and most hazardous industries. Approximately 13 people are killed on Saskatchewan farms each year. Of these fatal injuries, most involve machinery and equipment. Incidents occur most often between seeding and harvest and can cause needless suffering and consequently reduce farm revenues. All injuries and accidents are preventable. Whether overseeing a large-scale farming operation or tending to a small farm, everyone wants those working on the farm to get home safe at the end of the day. Together, as a community, we need to make a commitment to eliminate all workplace injuries and illnesses and the needless suffering they cause.

A Farm Health and Safety Plan can help you improve farm safety and profitability on your farm.

A recent survey conducted in 2020 by the Canadian Agricultural Safety Association (CASA) of 1,200 farmers from across Canada demonstrated that 7 in 10 producers had experienced an accident or incident on the farm that resulted in an injury or near miss at some point in their lifetime. Survey results also showed that only 1 in 10 producers have developed a written safety plan with 70% of those saying they thought their safety plan was effective in preventing injuries; however, 60% of respondents said they had unwritten safety practices and procedures in place.

Did you know?

7 in 10

PRODUCERS HAVE EXPERIENCED AN ACCIDENT OR INCIDENT ON THE FARM Only 1 in 10

PRODUCERS HAVE DEVELOPED A WRITTEN SAFETY PLAN

The results of this survey illustrate the need for and importance of developing a farm safety plan. Developing a farm safety plan can seem like a daunting task – especially when faced with trying to understand and implement the various rules and regulations. To this end, the Agricultural Health and Safety Network, the Canadian Centre for Health and Safety in Agriculture and the Ministry of Agriculture in collaboration with Farm Safety Nova Scotia have taken the initiative to prepare A Guide to Your Farm Safety Plan resource. This manual will be created to help you navigate through the development of a farm safety plan and to also remind you that this plan not only serves to help protect your workers – it also protects your farm's bottom line. Complementing this manual will be a workbook that includes specific forms you will need, templates, examples of farm safety best practices, and materials to walk you through establishing your farm safety plan.

As you navigate creating your farm safety plan, know that the Agricultural Health and Safety Network and the Ministry of Agriculture, in collaboration with Farm Safety Nova Scotia are here to support the development and implementation of your farm safety plan, working with you to create a safe and healthy work environment for your team, your family, and your community.

Top **5** Reasons to Build Your Farm Safety Plan

- 1. Help family and all employees/workers on the farm understand their roles & responsibilities to work toward a common goal of incident, illness and injury prevention.
- **2.** Engage workers. An engaged worker is a safe worker.
- 3. Consistent method of communicating hazards and hazard control measures on the farm.
- 4. Reduce the human, livestock, material, and financial losses associated with incident, occupational illness, and injury.
- 5. Improve compliance with laws and regulations for occupational health and safety within the province.





Seeking Producer Participation

Farm Safety Plan Pilot Project: Building a Farm Safety Plan

We are inviting Saskatchewan producers to participate and provide feedback in farm safety plan workshops.

Participants will learn how to develop a farm safety plan tailored to their operation. The workshops will discuss:

- Management commitment;
- Hazard assessments;
- Hazard control; and
- Emergency response plans.

Your feedback will help us develop a functional and effective Farm Safety Plan for Saskatchewan.

/irtual and in person options will be available this winter.

For more information or to register, please contact the Agriculture Health and Safety Network at 306-966-6644 or email aghealthandsafety@usask.ca.



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Fostering Resiliency in Agriculture Project

It is no secret that farming is a stressful occupation and way of life, but now more than ever farmers are faced with growing pressures and additional uncertainties related to the COVID-9 pandemic and a season of extreme drought in the province. Too often farmers silently suffer through mental health problems and stress and this needs to change. We need to do more to take care of our farmers. By helping farmers take care of their mental health we can improve their overall wellness and contribute to a stronger and healthier farming community.

Agriculture is rooted in strength and resiliency. We need to continue to help farmers cultivate their resiliency by providing mental health supports that are accessible to those in rural areas and foster the unique lifestyle of farming.

The Agricultural Health and Safety Network

understands that farmers are facing tremendous pressures in 2021 and that now more than ever it is essential to deliver continued services and resources.

Farming populations are vulnerable to mental health concerns and high levels of stress, anxiety, depression and burnout are all too common.

There are numerous factors that contribute to the overall health, safety and happiness of farmers. For most, economic pressures underscore the majority of stress experienced. Unfortunately, the majority of stressors that impact farmers are out of their control and the need for strengthening resiliency and effective stress management techniques is crucial.

According to a recent study by Farm Credit Canada (FCC) the following rates of mental health concerns were experienced by the farming population in Canada:

> 35% of producers met the criteria for depression 45% of producers were classified as having high stress levels 58% of producers met the criteria for anxiety



As part of the Fostering Resiliency in Ag project, the Agricultural Health and Safety Network partnered with Bridges Health to develop a series of short 5 minute videos and the new "Fostering Resiliency in Agriculture": The Importance of Self-Care & Stress Management to Maintain Mental Health - resource that are available on our website at aghealthandsafety.ca

We will also be offering a series of webinars throughout the winter months from a variety of health professionals. Watch our website and social media for upcoming webinars!

SELF-CARE

We hear the word self-care regularly these days and it means something different to everyone.

That's also why it comes as no surprise that selfcare, both prioritizing and neglecting it, has a significant impact on farm safety. Many people have a preconceived notion of what self-care looks like, or what it is supposed to look like.

Self-care is not simply a day of pampering or relaxing bubble bath, but rather any activity that helps someone emotionally, physically, or mentally.

Self- care is different for everyone! Do what works for you!

Self-Care is as unique as you are! Maybe you go for a walk or catch up with a friend or family member, or spend some time on a hobby that you haven't had time for lately.



10 Ways to Build Resilience



ACTIONS











Things Resilient People Don't Do



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Church groups

Service clubs



"Solo work" on the farm to



Giving yourself

permission to pause

give your mind a rest



Spending time with

family and friends

...as well as having your own space



"Farm friends"

Eating well

Taking walks in your field

On-farm "stay-

cations" or

"home days"...



...or your neighbour's field

...and off-farm

vacations (within

driving distance)

"Non-farm

friends"

Spending time with pets

Sleeping well

(including naps)

advertised in local newspapers)

Community dinners (often

Playing cards

Puzzles



Hunting



Fishing

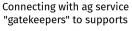
Social media ...as well as "cell phone free" time



Access to help lines, doctors, mental health workers, and other health professionals



Supports for Farmer Mental Health





Farm financial advisors and succession planners





Developed by the Stakeholder Working Group for farmer mental health at the University of Guelph Contact: Dr. Briana Hagen et Dr. Andria Jones-Bitton, University of Guelph Illustrated and designed by Dr. Alex Sawatzky, www.alex-sawatzky.com

Respiratory Health in Ag Resource

The Agricultural Health and Safety Network is grateful to have partnered with Ag Health and Safety Alliance™ and CanaCanadian Communications in the development of this new comprehensive Respiratory Health in Agriculture Resource that will serve as an excellent guide and reference tool for all generations of agriculture. Respiratory health is important in the agricultural industry as the exposures to hazards can be very high. There are many hazards on the farm that may affect the respiratory health of farmers.

These hazards may result in minor, short term illness or may progress to chronic symptoms, permanent disability or death. With awareness of these risks, illnesses are preventable! This resource was made possible through funding support of the Canadian Agriculture Safety Association, the Canadian Agricultural Partnership Program Government of Canada, Ag Health and Safety Alliance™ and Canadian Centre for Health and Safety in Agriculture, University of Saskatchewan.

RESPIRATORY DISEASES DUE TO AGRICULTURAL EXPOSURES **ARE PREVENTABLE!**

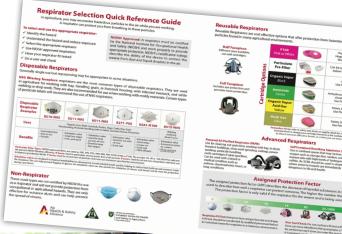
This resource is available online at www.aghealth.usask.ca

Save Your Breath: Respiratory Health in Agriculture

RESOURCE HIGHLIGHTS:

- What are the Respiratory Hazards in Ag?
- How to Reduce Your Exposure to Respiratory Hazards
- How do I know which masks & respirators to use in agriculture?
- Featuring: Respirator Selection Quick Reference Guide >>
- And more!!

This new resource will help you better understand respiratory hazards that exist in agriculture and assist you in applying a combination of controls to protect your respiratory health.























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Here are some winter safety tips:

- Dress in layers
- Make sure to wear a hat that covers your ears
- Tell someone where you will be Saskatchewan has unpredictable winter weather
- Remember: Shivering is an early warning sign of hypothermia, and your body is losing heat faster than it can be replaced.

Todd, he is the official safety advisor of the Discovery Days program. Discovery Days is an outreach program of the Agricultural Health and Safety Network that raises awareness among Saskatchewan farm children of hazards on the farm and how to recognize and avoid risks. For more information on the program go to aghealth usask.ca and

Tractor Safety

Adapted from FarmSafetyforJustKids.org

Start with the three words "CARRY NO PASSENGERS" and follow the direction to complete the thought:

CADDV NO DACCENCEDO

CARRY NO PASSENGERS	WDITE THE ANG
Remove the first letter of the last word	WRITE THE ANS
Remove all double letters	
Replace all 'C's with 'S's	
Add 'rid' after the second 'a'	
Duplicate the 5th letter	
Add a space and 't' between the double letters	
Remove the 2 vowels right together	
Remove 'na'	

WER HERE





Animal Safety - Clue Game

Peter, John and Nate plan to ride the horses out to the back pasture to check on the cattle. They have a choice of three horses to ride and each of them also chooses something to wear on their head. Using the following clues, see if you can determine who rode each horse and who made the safest choice of head protection.

Clue 1: The person who rode the black horse wore a ball cap.

Clue 2: The person who rode the Pinto horse did not use the protective helmet.

Clue 3: John rode the Chestnut.

Clue 4: Nate did not use ball cap.

Q	PINTO	CHESTNUT	BLACK	BALL CAP	TOQUE	HELMET
PETER						
JOHN						
NATE						

The protective helmet is the only headwear to give protection to the rider. Who wore it?

Animal Safety Puzzle: Mate rode the Pinto wearing the toque, John rode the Chestnut wearing the helmet and Peter rode the black horse wearing the ball cap.

Answers: Tractor Safety Puzzle: Say no to riders.



Women that work in agriculture face many unique risks, there are even greater risks if the women are pregnant and farming. Pregnancy can have an impact on your immune system, your strength, flexibility and your balance. Pregnancy has an impact on the immune system, a weakened immune system may alter your susceptibility to germs that are spread between animals and people. There may be the potential for complications during the pregnancy and an impact on the fetus if these diseases are contracted while pregnant. Make sure your Personal Protective Equipment fits and you wear it when working with animals.

Fluid builds up around the median nerve can cause pressure, numbness and tingling in the wrist and fingers which could result in loss of strength in the hand and wrist. As your pregnancy advances your core muscles are stretched thin. Be careful doing tasks that involve a lot of abdominal muscles.

Agriculture has significant health & safety concerns for all women







As your body changes you may have reduced flexibility. Lack of flexibility reduces the joint range of motion, which can affect your ability to climb over things, it could also result in muscle tears.

Your center of gravity changes as the baby grows which may affect the way you walk and your balance. When your balance changes you have an increased risk of falls from climbing over fences, working on uneven surfaces as well as working around livestock that move quickly.

If you will be working with chemicals, please read the label to be aware and understand the health risks, as well the safety protocols in using the product.

Take care of yourself and your future, farmer. Modify tasks if you need and don't be afraid to ask for help.

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Ivermectin and COVID-19

Article by Dr. Stanley Enebeli, MD, FRCPC, Medical Health Officer

Ivermectin is a medication used to treat certain infections caused by internal and external parasites. When used as prescribed for approved indications, it is generally safe and well tolerated.

At this time, Health Canada is advising Canadians not to use either the veterinary or human drug versions of ivermectin to prevent or treat COVID-19. There is no evidence that ivermectin in either formulation is safe or effective when used for those purposes.

Recommendations for the Public:

- Be aware that currently, ivermectin has not been proven as a way to prevent or treat COVID-19.
- Do not swallow ivermectin products that should be used on skin (e.g., lotions and creams) or are not meant for human use, such as veterinary ivermectin products.
- Seek immediate medical attention for advice if you have taken ivermectin or a product that contains ivermectin and are having symptoms. Signs and symptoms include gastrointestinal effects (nausea, vomiting, abdominal pain, and diarrhea), headache, blurred vision, dizziness, fast heart rate, and low blood pressure. Other severe nervous system effects have been reported, including tremors, seizures, hallucinations, confusion, loss of coordination and balance, decreased alertness, and coma.
- Get vaccinated against COVID-19. COVID-19 vaccination is approved by Health Canada and is the safest and most effective way to prevent getting sick and protect against severe disease and death from SARS-CoV-2, the virus that causes COVID-19, including the Delta variant.
- Protect yourself and others from getting sick with COVID-19. In addition to vaccination, wear masks in indoor public places, practice staying at least six feet from other people who don't live in your household, avoid crowds and poorly ventilated spaces, and wash your hands often or use hand sanitizer that has at least 60 percent alcohol.

For more information on covid vaccines visit https://cchsa-ccssma.usask.ca/aghealth/covid-19/vaccinations.php



References

- 1. Health Canada. Available at https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2021/76365a-eng.php
- 2. US CDC. Available at https://emergency.cdc.gov/han/2021/han00449.asp



COVID-19 Vaccines

Article by: Anthony Ojukwu, Medical Student, University of Saskatchewan

COVID-19 is a highly infectious respiratory virus that can have serious negative health effects. Aside from masks, proper hand hygiene, and social distancing, getting vaccinated is a crucial way to help protect yourself, your family, and your community. Many people have had guestions about the vaccines.

Here are a few common questions and concerns that are brought up, and answers to them.

How does the vaccine work?

Whichever vaccine you receive will NOT have the live COVID-19 virus. mRNA vaccines teach our bodies to make a protein found on the COVID-19 virus, so our immune systems can learn to fight the virus without needing to get infected. The other approved vaccines use a harmless virus that has been adjusted to produce a protein found on COVID-19. These also do not cause a COVID-19 infection, but help our bodies learn to fight it.

Can I still get COVID-19 after getting vaccinated?

Although less likely than for unvaccinated people, a small percent of people who have had one or both doses of their vaccines can still get COVID-19 if they are exposed to the virus. Often, this is due to an underlying medical condition or an already reduced immune system for other reasons. The vaccines available are more effective in people that have received both of their doses. It also takes a few weeks after the second dose for the vaccines to be fully effective, the body needs time to build up its immune response. The effectiveness of the vaccines may also decline over time, requiring a booster dose. Some booster doses are already being advised for certain ages and populations. Listen for more information about booster doses from Saskatchewan Health in the near future.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a PCR (molecular) or rapid antigen test?

None of the authorized and recommended COVID-19 vaccines cause you to test positive on a lab-based PCR test or a rapid antigen test, which are used to see if you have a current infection. If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody (or serology) tests indicate you have developed antibodies in your blood, either from a previous infection, or from immunization. Antibody tests are not used to diagnose a current infection with the virus that causes COVID-19.

Any concerns you have would be good to bring up to your family doctor or or health care provider. Vaccines are considered very safe and very effective, and we would advise all those who are eligible to receive their vaccines as long as they have no medical reasons not to. For these and other questions and concerns regarding vaccine safety the government of Saskatchewan has an excellent resource to address them:

https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-vaccine/covid-19-vaccine-information/covid-19-vaccine-question-and-answer

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Producers: You Can Help Be the Voice of Reason for Vaccines



 ${f T}$ here is no escaping the question of vaccinations these days with the development and implement of the COVID-19 vaccine. Often these are emotional arguments, which may be guided by misinformation, as producers you are in a unique position to help others understand important aspects of vaccination including to vax or not, vaccine efficacy and safety, importance of herd immunity, and the risk of variant viruses.

Cattle and swine producers are all too aware of the need to protect their valuable stock from infectious disease that can have a devastating effect on a herd in terms of lost animals and the additional financial toll. Infections in livestock herds spread quickly from animal to animal due to close contact and common surfaces such as water troughs – not dissimilar to COVID-19 and without the preventative action of vaccines the livestock industry would face the loss of valuable livestock due to disease far more frequently.

Rarely are adverse reactions noted for livestock vaccines. Producers, and even those of us with pets trust the advice of veterinarians with regards to the care of livestock and pets, similarly it is important for the human population to trust and reach out to the medical community with their concerns about COVID-19 vaccination.

Source: https://www.grainews.ca/cattlemans-corner/producers-need-to-be-the-voice-of-reason-for-vaccines/









PROJECT SEEKING STAKEHOLDER ADVISORY **COMMITTEE MEMBERS & STUDY PARTICIPANTS**



our **Stakeholder Advisory Committee** for studies evaluating rest breaks activities to reduce negative nealth effects of whole-body vibration exposure during gricultural machinery use. The Stakeholder Advisory Committee will aid in providing valuable feedback in working guidelines for rest breaks during agricultural

We are also recruiting producers, farm workers, and farm equipment operators for in-field evaluation of rest break activities developed to reduce negative health effects of whole-body vibration exposure during on-farm harvesting this fall & are interested please





For more information or to volunteer for this initiative, please contact:

Dr Dena Burnett

Post-Doctoral Researcher, School of Rehabilitation Science

306-241-8727 or e-mail: dena.burnett@usask.ca

usask.ca

Dugouts Are Not Just A **Summer Hazard**

Check the ice, before you go on it!

Thin ice in the winter poses a hazard make sure to check the thickness of ice before venturing out onto a frozen body of water.



Recommended Minimum Ice Thickness

7 cm (3") or less **STAY OFF!**



10 cm (4")

lce fishing, walking, crosscountry skiing, hockey

> 12 cm (5") Snomobile ATV





20 - 30 cm (8 - 12") Car or small pick-up truck



Medium pick-up truck

Large pick-up truck

or small tractor



50+ cm (20"+)



If you break through the

- DO NOT PANIC! Calm yourself and your breathing.
- Turn toward direction you came from and place your hands and arms on the unbroken surface.
- Kick your feet and push yourself forward on top of the unbroken ice on your stomach like a seal.
- Once you are lying on the ice, do not stand up. Roll away from the break until you are on solid ice.

Venturing out onto the ice to save others including pets puts you at risk

- Stop and proceed with caution before heading onto the ice to rescue someone or a pet
- Call for help
- Keep an **buoy** or **empty** plastic jug such as an old windshield washer fluid jug tied to a rope near the dugout and other bodies of water to be used in rescues





Source Lifesaving Society Saskatchewan Branch

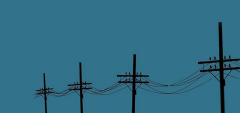
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ELECTRICAL INJURIES

Article by: Anthony Ojukwu, Medical Student, University of Saskatchewan



Whether for work or in the home electricity is an essential part of all our lives. We are around it so often we usually don't think about how dangerous it can be. Even small amounts of electricity can be harmful. Most home circuit breakers are set for 15-30 amps of current, but currents as low as 20-50 milliamps can stop your breathing muscles and 50-100 milliamps can cause dangerous irregular heartbeats.

Types of Injuries

High voltage injuries are probably what first comes to mind with electrical injuries. On the farm these usually come from any kind of tall equipment (for example, grain augers) that can come into contact with power lines. Contact of equipment with power lines can be prevented by locating all overhead power lines before starting a job and being aware of their location throughout the job. An excellent resource on electrical safety is available at on our website.

It is important not to stack objects near power lines or other high voltage sources and be sure to teach children about the dangers of playing in these areas. Low voltage injuries are typically caused by electric outlets, power cords and sometimes by exposure to high voltage areas. Some ways of preventing low voltage shock include using outlet covers if you have young children at home, not letting children play with electrical cords, and ensuring that if you have to use an extension cord it is rated for the current that will be drawn by whatever is being powered.

What to do if Exposed and/or Injured

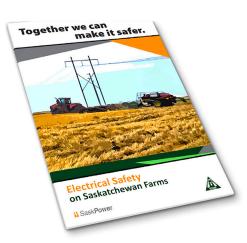
If you see a downed power line stay at least 10 metres away and either call SaskPower (310-2220) or 911. If you are in your equipment and make contact with a power line, stay in the equipment (if it is safe to do so) and call SaskPower or 911. Make sure that if anyone approaches you tell them to stay 10 metres away. If the vehicle catches fire, then as a last resort you need to exit the vehicle, follow these steps:

- Make sure no wires are in your way
- Stand at the doorway with your arms crossed and feet together
- Jump as far away as possible, landing with your feet together
- DO NOT touch the vehicle
- Keeping your arms crossed and feet together HOP 10 metres to safety

Some of the damage from electricity can't be seen so it is important to get medical attention as soon as possible. Exterior injuries can be easy to miss, and exposure to enough electricity also has the potential to cause internal damage such as muscle breakdown, irregular heart rhythms, and kidney damage.

Remember, electrical injuries are largely preventable. By being aware of the potential risks and taking the needed precautions, you and your loved ones can stay safe.

For more information, check our **Electrical Safety Resource booklet** using the QR code on the bottom right corner of this page. >>







there were 65 animal-related fatalities on Canadian farms, 45% (30 fatalities) were caused by cattle. (Canadian Agricultural Injury Report, 2012)

During calving time cattle exhibit maternal instincts with their young which cause them to be more difficult to handle. The new mother will often perceive you as a threat and charge to protect their newborn. The younger the calf, the more protective the mother. Keep calves as close to the cow as possible when handling.

Heifers can be very dangerous because they have never had a calf and it is impossible to know how they will react to motherhood. Extra precaution should be taken.

Even a previously 'quiet' cow may become fiercely protective of her calf.

NEVER UNDERESTIMATE THE RISK FROM COWS AND HEIFERS AROUND CALVING TIME.

Safety Tips for Calving Season

- Watch for warning signs of aggression
 - o Pawing the ground
 - o Erratic movements
 - o Tail flicking
 - o Bellowing
 - o Head and tail positions
- Have an escape route planned before entering the corral or pen
- Try to avoid working alone when calving
- Stay alert and vigilant
- Move slowly and calmly
- Dress appropriately
 - o Leather gloves
 - o Workboots
 - o Wear gloves if there is a risk that the cow or calf is sick

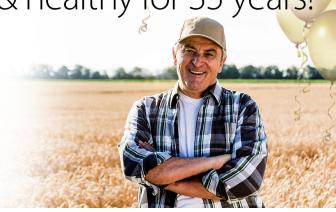






Canadian Centre for Health and Safety in Agriculture 1986 - 2021







DO YOU KNOW SOMEONE WHO HAS DEVELOPED A FARM SAFETY INNOVATION?

If so we want to hear about it!

Contact us with your story and innovation to be featured in our Network Newsletter.

FREE TRAINING FOR ANYONE
AGED 14-21

Upon completion receive a recognized safety construction certificate.



GROUND DISTURBANCE FOR SASKATCHEWAN WORKERS is an entry level understanding of the importance of digging safely around underground and overhead infrastructure.

Agricultural Health and Safety Network



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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