



The Agricultural Health and Safety Network

SPRING/SUMMER 2021 EDITION #49



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



CCHSA / CCSSMA

Hoping for rain for a good growing season!



NetworkNews

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

STAYING SAFE & RESILIENT ON THE FARM

We are excited to bring to you this Spring/Summer Network Newsletter! Inside you will find a variety of articles on topics that affect the health and safety of farmers and rural families in Saskatchewan. It is a great time to refresh our minds and think of the hazards that can be lurking around the farm, and not just the obvious ones such as farm machinery, but other more insidious hazards such as **UV exposure, ticks, and Hantavirus**. Awareness of hazards is the first step in addressing and preventing exposure and injury.

As the COVID-19 pandemic continues to impact our lives and, as we adapt, it remains imperative that we continue to follow public health regulations to keep ourselves and our families safe. Stay 2-metres apart, wear a mask, avoid gatherings, and when you are eligible sign up for your vaccine and Stick it to COVID! In this edition of the Network Newsletter, we are highlighting vaccinations, how they work, and some of the **FAQs about the COVID-19 vaccines**.

The Network News

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



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SPRING/SUMMER 2021

Ticks & Lyme Disease in SK



It is once again tick season in Saskatchewan!

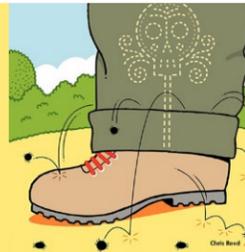
Ticks can be found in tall grass, brush, and wooded areas in Saskatchewan, and they become active when the temperature hits +4 degrees Celsius. Ticks can vary in size ranging from as small as a poppy seed to the size of a grape when fully engorged.

The *American Dog tick*, *Rocky Mountain Wood tick*, and the *Winter tick* are the most common species of ticks found in Saskatchewan. These species of tick **DO NOT** transmit Lyme disease. The *Western Black legged Deer tick* is sometimes found in Saskatchewan, and is known to carry Lyme disease. Lyme disease is caused by the bacteria *Borelia burgdorferi*. The bacteria is transmitted to humans or animals through bites from infected ticks.

The risk of getting Lyme Disease in Saskatchewan is low but it is not ZERO!

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 Icaridin
- Check your self and pets when you come indoors.



TICKS LIKE TO HIDE ON PEOPLE

- Hair and hair line
- Back of neck
- In behind your ears
- Armpits
- Bellybutton
- Back
- Waist
- Groin area
- Behind knees
- Ankles
- Between your fingers and toes

For more information:
www.tickawarenesscanada.com/prevention

Did you know?

If you find a tick you can submit photographs of the tick for identification on the web-based platform, eTick, by following these steps:

1. Take a photograph of the tick using your smart phone or digital camera
2. Submit the photograph to etick.ca

Researchers at the University of Saskatchewan will use these photographs to identify the tick species. Following confirmation of the species, you will receive timely public health information about your risk of exposure to tick-borne diseases.

For more info on ticks in Saskatchewan:



SCAN ME

School of Rehabilitation Science & Canadian Centre for Health & Safety in Agriculture

UNIVERSITY OF SASKATCHEWAN

PARTICIPANTS NEEDED FOR RESEARCH IN FARM SAFETY

We are looking for agricultural producer volunteer members for our Stakeholder Advisory Committee for a series of studies evaluating rest breaks and rest break activities to reduce negative health effects of whole-body vibration exposure during on-farm agricultural machinery use.

Stakeholder Advisory Committee Members will aid in providing valuable feedback in interpreting study outcomes with the aim in developing feasible working guidelines for rest breaks during on-farm agricultural machinery use.

The Stakeholder Advisory Committee will include members with diverse backgrounds, including health professionals, researchers, and agricultural producers.

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

Dr Dena Burnett
 Post-Doctoral Researcher, School of Rehabilitation Science
 at 306-241-8727 or e-mail: dena.burnett@usask.ca





My skin and I

Article by: **Dr. Tosin Odeshi,**
MD, PGY2 Dermatology, University of Saskatchewan

Do You Know Your ABCDEs?

With the increasing incidence of skin cancer worldwide, it has become more critical than ever that we all take some time to look closely at our skin. One in every three cancers diagnosed worldwide is skin cancer, and each year, over 80,000 cases of skin cancer are diagnosed in Canada. Although those are astounding numbers, skin cancer, unlike other cancers that develop inside the body, is usually visible. Identifying the early signs by regularly examining your skin can allow for early detection, and significantly improve treatment and survival. The Canadian Skin Cancer Foundation recommends monthly self-examinations using the ABCDEs of early detection. The ABCDEs are a simple way to remember the key characteristics for identifying a potential melanoma.

Here are the ABCDEs of early detection:

- **A** is for Asymmetry: Most melanomas are asymmetrical. If you draw a line through the middle of the lesion, the two sides won't match.
- **B** is for Border: Concerning lesions tend to have uneven and poorly defined borders.
- **C** is for Colour: Benign moles usually are a single shade of brown. Multiple colors are a warning sign.
- **D** is for Diameter: Take a close look at lesions > 6mm in size or larger than a pencil eraser.
- **E** is for Evolving: Any change in size, shape, or colour of a spot is concerning, especially if these changes occur quickly.

KNOW YOUR ABCDE's

A	B	C	D	E
ASYMMETRY	BORDER	COLOR	DIAMETER	EVOLUTION
One half does not match the other half	Outer edges are uneven	Dark black or have multiple colors	Grows larger than the size of a pencil eraser	Evolving (changing in size, shape and color)

How to Check your Skin at Home

We all know that it is important to take care of our skin. However, due to their occupation, skin health is even more so important amongst the farming population. Farmers are often exposed to ultraviolet rays for long periods of time, significantly increasing skin cancer risk.

Here are some basic steps to doing a skin self-exam at home:

1. The best time to do a skin self-exam is after a bath or shower. Take your time to go over all surface areas carefully. Learn about your skin and its moles, freckles, and other marks. This way, you can recognize changes in the shape, size or colour of these lesions.
2. Facing the mirror, examine your face, ears, neck, chest, and belly. Women should lift their breasts to also check the skin underneath. Check your arms, underarms, hands, in between your fingers, and under your fingernails.
3. Sit down and examine the front of your thighs, shins, tops of your feet, and in between your toes.
4. Use a handheld mirror to look at the bottoms of your feet, calves, and the backs of your thighs. Make sure also to check areas that are not exposed to sunlight, such as the buttocks, genital area, lower and upper back.
5. Ask someone to help check hard-to-see areas like the back and scalp.

In addition to self-examinations, annual skin exams by a dermatologist or your family doctor are suggested for individuals with:

- A family history of melanoma or skin cancer
- Those with a personal history of skin cancer
- Adults over the age of 50
- Those with large or unusual moles
- Those with more than 50 moles
- Individuals who are at "high risk" for skin cancer, such as outdoor workers

Learning what to look for on your skin gives you the power to detect cancer early.
If you see anything that concerns you, especially something rapidly changing in size and colour, be sure to have it checked by a doctor!



Sun Exposure on the Farm An Occupational Hazard

Article by: **Nicole Braun**, MHP, Population Health Promotion Practitioner, Saskatchewan Cancer Agency

The arrival of spring in Saskatchewan means longer days outdoors and higher levels of exposure to cancer-causing ultraviolet radiation (UV) for farmers. Yes, that sunshine we love is a known carcinogen.

Saskatchewan sees more sunshine than anywhere else in Canada so it is no surprise that skin cancer is the most commonly diagnosed cancer in the province. Approximately **3,300** new cases of non-melanoma skin cancer and 190 cases of melanoma, the more deadly form of the disease, are diagnosed each year.

As outdoor workers, farmers are at an increased risk for skin cancer. While the familiar “farmer’s tan” may be worn with pride as a sign of many hours of hard work, it is also a sign of skin damage from sun exposure faced on the job. Over the years that damage adds up and contributes to an increased risk of skin cancer.

Sun exposure is a serious occupational hazard to be managed like any other hazard on the farm.

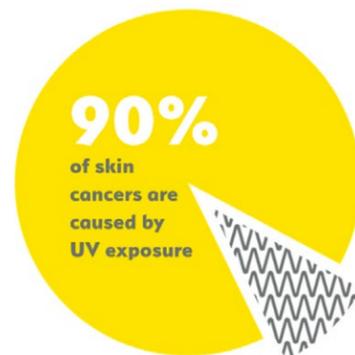
It’s not possible to eliminate UV exposure altogether, but farmers can reduce their exposure by adding shade structures to equipment like combines and tractors, and installing clear or tinted UV protective films to windows. Farmers can also practice personal protection to reduce their risk of skin cancer by:

- Covering up with long sleeved shirts with collars and long pants. Choose breathable fabrics to keep you cool.
- Wearing a hat that shades your face, head, ears, and neck. Swap your ball-cap for a wide-brimmed hat for better protection.
- Using sunscreen and lip balm labeled “broad spectrum” and “water resistant” with at least SPF 30.
- Wearing wrap-around sunglasses when you’re not wearing other forms of protective eyewear.
- Knowing your skin. If you notice a mole or spot on your skin that is changing, itching, bleeding or growing, see your doctor.

 **Skin Cancer, including melanoma, is largely preventable. Protect yourself from sun exposure on the farm and reduce your risk of cancer.**

Sun Smart Saskatchewan is a coalition of partners committed to skin cancer prevention in the province.

For more information visit sunsafetyatwork.ca and sunsmartsk.ca



UPDATED COVID-19 RESOURCES FOR FARMERS

Looking for COVID-19 resources for the farm? The Agricultural Health and Safety Network has developed a library of COVID-19 links and resources from reputable organizations that provide information on the pandemic with a focus on agriculture. The most recent addition to our resources sections includes information on COVID-19 vaccination. Visit aghealth.usask.ca and click on the COVID-19 menu option.



Vaccine development and approval in Canada

Vaccine development

- Exploratory:** Scientists develop a potential vaccine.
- Preclinical:** Scientists conduct lab and animal studies before testing on humans.
- Clinical Trials:**
 - Phase I:** 10s of volunteers. Questions: Is the vaccine safe? What is a safe dose? Are there any side effects?
 - Phase II:** 100s of volunteers. Questions: How well does the vaccine work? Is it safe on a larger number of people? Safety and most effective dose?
 - Phase III:** 1000s of volunteers. Questions: Does the vaccine prevent disease? What are the side effects?
- Application:** Manufacturer submits application to Health Canada for review.

Review and approval of vaccines

- Scientific Review:** Teams of Health Canada experts conduct a thorough and independent review of all vaccine data.
- Approval:** Health Canada approves a vaccine if it is safe, it works, it meets manufacturing standards, and the benefits outweigh the risks.
- Distribution:** Governments coordinate the purchase, logistics and distribution of vaccines across Canada.
- Vaccination:** All Canadians have access to the vaccine.
- Ongoing Monitoring and Review:** Continue monitoring and review to confirm the safety of the vaccine, and that benefits outweigh risks.

* For COVID-19 vaccines, Health Canada is using a fast-tracked process that allows manufacturers to submit data as it becomes available, and for Health Canada experts to start the review process right away. Vaccines will only be authorized once we have all necessary evidence.

Stick it to COVID 

The facts about COVID-19 vaccines

Vaccination is one of the most effective ways to protect your health. Vaccines work with the body’s natural defences to develop protection against a disease. COVID-19 vaccines provide instructions to your body’s immune system to recognize and fight off the virus that causes COVID-19.

Free vaccines will be available to everyone who lives in Canada. Provinces and territories have developed detailed vaccination rollout plans for their residents.



Why get vaccinated for COVID-19?

- Vaccines Work**
Scientific and medical evidence show that vaccination can help protect you against COVID-19. Studies are also showing that vaccinated people may have less severe illness if they do become ill from COVID-19.
- Vaccines Are Safe**
Only vaccines that are proven to be safe, effective and of high quality are authorized for use in Canada. The COVID-19 vaccines have been rigorously tested during their development and then carefully reviewed by Health Canada.
The vaccines cannot give you COVID-19 because they don’t contain the virus that causes it. The vaccines also cannot change your DNA.
- mRNA vaccines** provide instructions to your cells for how to make a coronavirus protein. This protein will trigger an immune response that will help to protect you against COVID-19.
- Viral vector vaccines** use a virus that’s been made harmless to produce coronavirus proteins in your body without causing disease. Similar to mRNA vaccines, this protein will trigger an immune response that will help to protect you against COVID-19.

Continue to follow public health measures

 COVID-19 vaccines are important tools to help us stop this pandemic. Right now, we still need to follow public health measures to reduce the spread of COVID-19 and save lives.

Federal, provincial and territorial governments will continue to assess the risk of COVID-19 spread in communities. Measures will be adjusted over time as more people are vaccinated, and we learn more about the science. Everyone is looking forward to a future when we can be together. Until then, we need to protect each other, especially those who are still vulnerable to severe disease from COVID-19.

Scientific evidence shows COVID-19 vaccines are safe, effective and of the highest quality.

How to Learn More and Book Your COVID-19 Vaccine in SK

To stay up to date on vaccination eligibility and to book your appointment visit Saskatchewan.ca or use the QR code in this box.



VACCINE BOOKING OFFICE
1-833-727-5829

For all other inquiries related to the COVID-19 vaccine, call **Health Line 811**



COVID Vaccination

The what, so what and now what?

COVID-19 is caused by the SARS-CoV-2 virus, which spreads from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing, or breathe heavily. Viral spread is more likely to happen when people are in direct or close contact (less than 2 metres apart) with an infected person.

Fortunately, there are now vaccines available which can protect us from this virus. Most COVID-19 vaccines being developed help the body build an immune response against the viral proteins. As of June 1st, 2021 there are four covid vaccines authorized for use in Canada. The ones authorized for use here are the Pfizer-BioNtech, Moderna, AstraZeneca and Janssen (Johnson & Johnson) vaccines. These vaccines have been subjected to rigorous scrutiny during development and have been found to be effective and safe.

How it Works

COVID-19 mRNA Vaccines: Many existing types of vaccines use a weakened or inactivated virus (or part of a virus) to trigger an immune response inside our body. mRNA vaccines, on the other hand, teach our cells how to make a part of the virus (a protein) that will trigger an immune response to make antibodies. These antibodies are then ready to help fight an infection if the real virus does enter our body in the future. The COVID-19 mRNA vaccines approved in Canada are the Pfizer-BioNtech and Moderna vaccines.

Viral vector-based vaccines: These covid vaccines use a safe version of the virus that cannot cause disease but serves as a blue print for the body to generate an immune response. Through this process, the body is able to mount a strong immune response against the coronavirus without exposing you to the virus that causes COVID-19. The COVID-19 viral vector-based vaccines approved in Canada are the AstraZeneca and Janssen covid vaccines.

Benefits of Getting Vaccinated

The COVID-19 vaccines produce protection against the disease, as a result of developing an immune response to the SARS-CoV-2 virus. Developing immunity through vaccination means there is a reduced risk of developing the illness and its consequences. This immunity helps you fight the virus if exposed. Getting vaccinated may also protect people around you, because if you are protected from getting infected you are less likely to infect someone else. This is particularly important to protect people at increased risk for severe illness from COVID-19, such as older or elderly adults and people with other medical conditions.

Who should get the COVID-19 vaccine?

The COVID-19 vaccines are safe for most people 12 years and older, including those with pre-existing conditions. These conditions include: hypertension, diabetes, asthma, pulmonary, liver and kidney disease, as well as chronic infections that are stable and controlled.

[Read more... >](#)

Article by: Dr. Stanley Enebeli,
PGY5 Public Health & Preventative Medicine Resident,
University of Saskatchewan

While a COVID-19 vaccine will protect you from serious illness and death, we are still learning about the extent to which it keeps you from being infected and passing the virus on to others. To help keep others safe, continue to maintain at least a 2-metre distance from others, cover a cough or sneeze in your elbow, clean your hands frequently and wear a mask, particularly in enclosed, crowded or poorly ventilated spaces. Always follow guidance from local public health authorities. Public health guidance may have changed between the time this is written and it arrives in your mailbox, check the Ministry of Health website for current information.

FOR THOSE WHO HAVE HAD COVID-19 IN THE PAST, YOU SHOULD STILL BE VACCINATED WHEN IT IS OFFERED TO YOU.

COVID-19 Vaccine Safety

Health Canada has a strong vaccine safety monitoring system to detect and treat any side effects associated with these vaccines.

There have been minor side effects that people can live with associated with these vaccines. These include symptoms at the injection site such as pain, redness, swelling and flu like symptoms. There is a small chance of a serious allergic reaction to a vaccine, called anaphylaxis which includes symptoms of itchy rash, swelling of the lips, face, coughing and difficulty with breathing. Anaphylaxis usually happens shortly after a person receives the vaccine and is treatable. To identify and address this should it occur, your health care provider will ask you to stay at the clinic for at least 15 minutes after vaccination.

COVID Vaccines & Variants

The COVID-19 vaccines are expected to provide at least some protection against new virus variants and are effective at preventing serious illness and death. This is because these vaccines create a broad immune response, and any virus changes or mutations should not make vaccines completely ineffective.

In summary covid vaccines are safe and effective, they protect against serious illness, and we recommend that you get your shot when it's offered to you. Remember to always follow local public health guidance in your area.

Disclaimer:

The information provided in this section is current as of **June 1, 2021**, but may have changed by the date of publication and distribution. Please check the Saskatchewan Health Authority website for the most up-to-date information.
www.saskhealthauthority.ca



References

WHO: Coronavirus disease (COVID-19): How is it transmitted? (who.int)
BBC: Covid-19 deaths pass three million worldwide - BBC News
Health Canada: COVID-19 Vaccines: Authorized vaccines - Canada.ca
Health Canada: COVID-19 mRNA vaccines - Canada.ca
Health Canada: Viral vector-based vaccines for COVID-19 - Canada.ca
Health Canada: Vaccine safety and possible side effects - Canada.ca

PREVENTING AND PLANNING FOR FIRES ON THE FARM

Article adapted from the Manitoba Farm Safety Program, through the Keystone Ag Producers www.kap.ca

The Network would like to encourage producers to consider the following tips to both limit their risk of sparking a fire and to be ready to fight one.

Have a plan! Discuss and establish roles in the case of a FIRE.

- Post your farm location information next to all landlines and inside equipment to make it easy for all farm staff to call for help in the event of an emergency and let 911 know where to send help.
- Think about whether livestock could be evacuated from corrals/pasture in the event of encroaching wildfire. How could that be done, where could you move them to, etc.?
- Have tillage equipment ready to go; in the event of a fire you can use tillage equipment to create a fire break when no flammable materials are present which can stop the spread of a fire.
- Ensure there is a working fire extinguisher in every farm building and every farm vehicle. Get trained on how to use these to fight small fires.

LIMIT RISK OF SPARKING A FIRE

- Before planning to burn anything (including lighting burn barrels, etc.) check the Municipal Burning Restrictions Map to ascertain if burning in your area is allowed.
- If burning is allowed and required for farm activities, have buckets of water on hand and ensure the fire is safely contained within a structure to prevent accidental fires.
- If performing hot work (welding, angle grinding, metal cutting, etc.) ensure that the surrounding area is free of flammables and damp down surrounding area. Have a ready supply of water available in case sparks ignite something and perform a good "Fire Watch" repeatedly for several hours after the work has been completed.
- Keep vegetation as short as possible in yards, near buildings and around houses to help prevent wildfire encroaching into the yard area. Mow any tall dead/dried grasses in machinery storage areas and yards to decrease the risk of fires that can start when machinery backfires.
- Avoid riding ATV's in long dry grasses where vegetation has little moisture (for example, when pasture checking).
- Ensure equipment is well maintained. Faulty or worn bearings and belts frequently heat up and cause fires.
- Pressure wash all equipment before first use to remove grease/oil/crop residue, etc. Then frequently remove any accumulated dry matter with an air compressor. Ensure that there is no accumulation of flammable debris around vehicle exhaust systems.

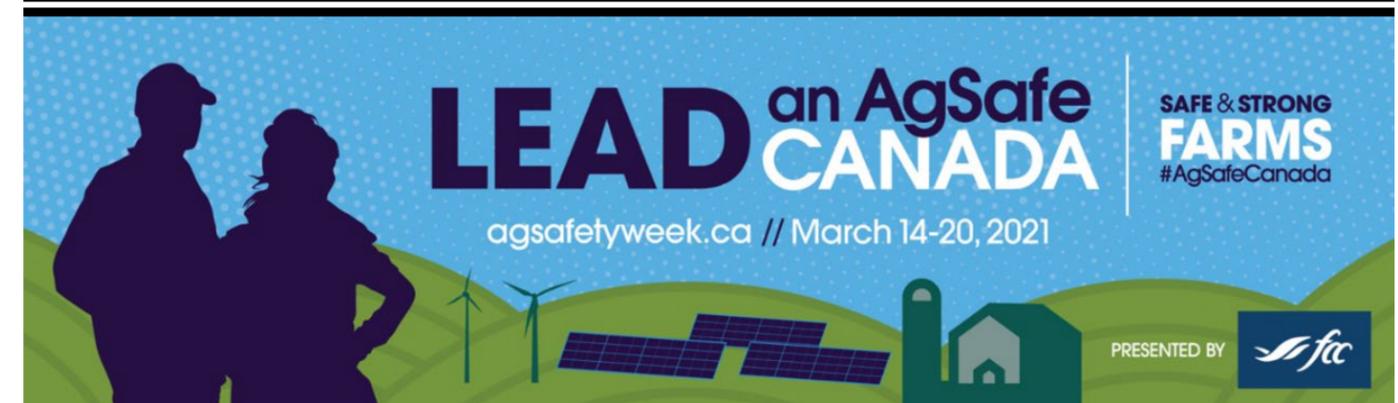
[read more >](#)

- If you have a water tank on a trailer or truck, fill it now so that it is readily available in the event of fire. Plan ahead for how you would put a fire out on your farm property. If the fire truck needs a source of water, what is available and is it accessible? Are your hoses ready to go to wet your house or the area around the farmyard and buildings?
- Dispose of oily rags properly, in a lidded container so they don't have a source of oxygen, to avoid spontaneous combustion.
- Limit smoking to areas of the farm that have proper disposal in place.
- Remove flammable items from public areas (example- straw bales stored next to a public roadway) to decrease the likelihood of arson fires.
- DO NOT Start Fires in windy days, remember wind can pick up speed and change directions quickly- think ahead and plan!

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CANADIAN AGRICULTURAL SAFETY ASSOCIATION (CASA) RIBBON CAMPAIGN

The **AgSafe Ribbon Campaign** is a celebration of **Safe & Strong Farms** and a way to declare your support and raise awareness about farm safety. CASA in cooperation with sponsor Farm Credit Canada is asking all Canadians to share the virtual AgSafe ribbon in support of **Safe & Strong Farms**.

While the **AgSafe Ribbon Campaign** is typically in full swing during Canadian Agricultural Safety Week (CASW) safety on the farm is everyday of the year and ribbons can be worn to show support year-round.

This year, with the continued COVID-19 pandemic, **CASA** developed a virtual ribbon that could be shared and posted on social media platforms to spread the word and awareness.

For more information on the **AgSafe Ribbon Campaign**, Canadian Agricultural Safety Week and ag safety resources visit: casa-acsa.ca



POST & SHARE ON SOCIAL MEDIA
casa-acsa.ca



CAREX Canada (CARcinogen EXposure) is a multi-institution team of researchers and specialists with expertise in epidemiology, risk assessment, toxicology, geographic information systems, and knowledge mobilization. The purpose of CAREX Canada is to provide a body of knowledge about Canadians' exposures to known and suspected carcinogens, in order to support organizations in prioritizing exposures and in developing targeted exposure reduction policies and programs.

One of the guiding principles of CAREX Canada is to act as a credible, go-to source of information about Canadians' exposures to known and suspected carcinogens where people live and work. Check out the following example of the information that can be accessed at www.carexcanada.ca

QUICK SUMMARY 2,4-D Profile

- **A pesticide** used in agriculture, forestry, and industrial sites
- **Associated cancer:** Non-Hodgkin lymphoma (inadequate evidence)
- **Most important route of exposure:** Skin contact, diet
- **Uses:** Kills annual and perennial weeds, weedy trees and brush, and aquatic weeds
- **Occupational exposures:** An estimated 31,000 to 44,000 workers are exposed to 2,4-D in the agricultural sector
- **Environmental exposures:** Over 2 million people in Canada live in areas with higher potential for 2,4-D exposure
- **Fast fact:** The mutagenic effects of Agent Orange were originally attributed to 2,4-D, but have since been credited to TCDD, a contaminant of Agent Orange.

Workers exposed to 2,4-D by Industry

44,000 WORKERS (EST.)		2,4-D EXPOSURE IN CANADA
FIVE LARGEST EXPOSURE GROUPS BY FARM TYPE		PROPORTION OF FARM TYPE
Other grain farming	14,000	28%
Dairy cattle and milk production	4,300	9%
Fruit and tree nut farming	3,800	8%
Beef cattle ranching and farming	3,500	7%
Corn farming	2,800	28%

Hantavirus

Article by: Dr. Stanley Enebeli, PGYS Public Health & Preventative Medicine Resident, University of Saskatchewan



Hantavirus is a virus that is found in the urine, saliva, or droppings of infected deer mice and some other wild rodents. It causes a rare but serious lung disease called Hantavirus pulmonary syndrome (HPS). Symptoms appear within 1 to 6 weeks after exposure and begins as a flu-like illness. Between 1994 and 2020, 36 cases of Hantavirus Pulmonary Syndrome have been reported in Saskatchewan, 12 of which cases resulted in death.

Most people are exposed by breathing in air particles contaminated by deer mouse saliva, urine or feces containing infectious hantavirus. This can occur when cleaning out or demolishing enclosed or poorly ventilated buildings that have had mouse infestations (i.e. grain bins, sheds, barns, garages, ventilation systems, trailers, etc.) or cleaning equipment such as combines or vehicles that have been in storage.

When cleaning rodent-infested areas people are advised to reduce the risk of contaminated air particles becoming airborne, and prevent direct contact and inhalation.

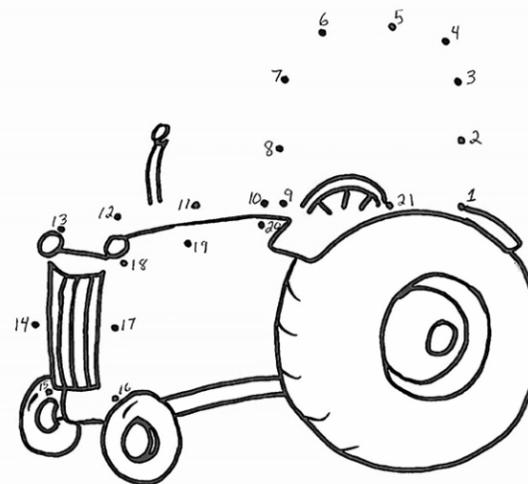
HOW TO REDUCE THE RISK WHEN CLEANING INFESTED AREAS

- ✓ Ventilate the building by opening doors and windows for at least 30 minutes before cleaning;
- ✓ Use wet mopping methods and wear gloves;
- ✓ Wear goggles and use a P-100 respirator when cleaning areas where mouse dropping could exist
- ✓ Dampen areas contaminated with rodent droppings with bleach disinfectant (1 part bleach to 9 parts water), let sit for 10 minutes and remove droppings with a damp mop or cloth;
- ✓ Avoid using dry cleaning methods such as dusting, sweeping, vacuuming or air-hosing; and
- ✓ After cleaning, wash gloves in disinfectant and hot soapy water before taking them off. Wash hands thoroughly.



This is **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 click on the activities tab.

Tractor Safety Dot-to-Dot



ROLLOVER PROTECTIVE STRUCTURES PAIRED WITH SEATBELTS ARE THE SAFEST FOR THE DRIVER!

Farm Hazards Maze

REMEMBER: Lots of things stored on the farm look fun to play on **BUT they are very dangerous.** Do NOT play around stacked or stored material.



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

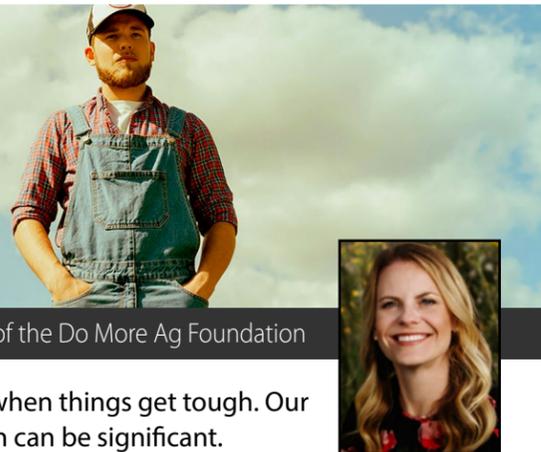
STORED MATERIAL
Find your way safely through the maze. Don't run into the hazards!

START

*Maze adapted from the Farm Safety Nova Scotia Activity book

Home Safe!

What Should Be Included In Your Mental Health Plan?



Article by: Leslie Kelly, Farmer and Co-Founder of the Do More Ag Foundation

In farming, we know having a plan can positively impact us, especially when things get tough. Our mental health is no different. That's why creating a mental wellness plan can be significant.

What is it?

Think of it as a guide for you to create a routine that works for you.

How To Get Started?

Getting started can be difficult; sometimes, consulting a professional can help or read into different self-care methods. Check out our blogs for more tips and guides.

What should be included in your plan?

1. An understanding of your mental wellness. Check out different trackers to gauge how you are doing.
2. Identifying your triggers and major stressors that challenge your ability to maintain your mental health.
3. A daily routine of mental wellness activities to create balance for your health. ie: Morning stretch, journaling, or maybe gardening.
4. A list of coping strategies that help you cope with stress you may face.
5. A list of support you can reach out to when you need some help. From friends, family, or professional help. Check out domore.ag/resources for more sources.
6. Extra space that allows for you to reflect on your mental health journey and/or room to make changes with your plan if unforeseen items occur.
7. A way to record your accountability for your mental wellness plan so that you see the progress you are making.
8. Allow space for grace. Your mental health fluctuates and so does our plan but that's okay.

If you are in need of mental health resources or information during this uncertain time, the Government of Saskatchewan has several services available to residents: HealthLine 811 providing 24/7 crisis support, advice to help manage a caller's situation, information and connection to community resources. Farm Stress Line provides support for farmers and ranchers and is available 24 hours per day, seven days per week. **TO GET HELP, CALL 1-800-667-4442**



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

www.domore.ag

From the Field

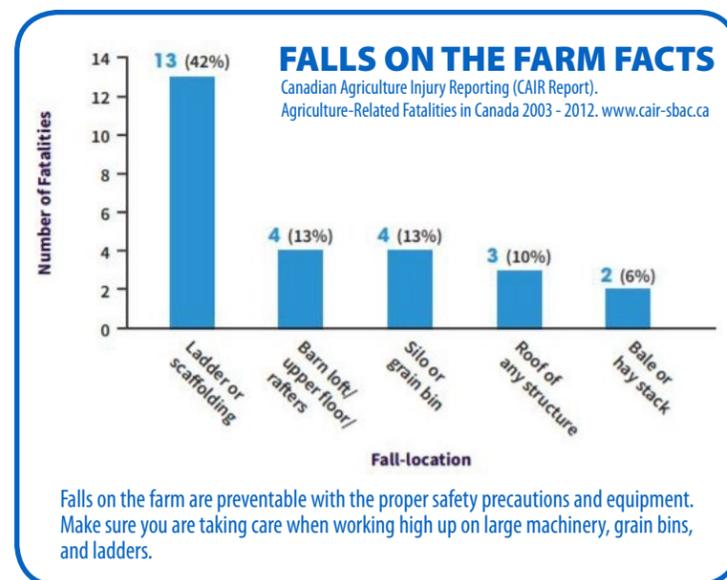


Farmer Developed Farm Safety Innovations

"Cleaning windows on a combine during harvest has always been a problem. I had tried various long-handled mops and squeegees but without much success. After falling 6 ft off the header, I decided a safer way was needed. I decided I must create safety railings and a walkway before I or someone else had a fatal injury.

After a couple of models I decided to manufacture the one in the picture below. All three of our combines are now equipped with these safety railings and walkway. Since my accident I have heard of many farmers who have also fallen and received injuries. All combines need safety railings to help prevent falls."

- Ron Silvernagle, Saskatchewan Farmer



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.



USED AIR FILTERS WANTED

We are conducting a research study evaluating how bioaerosols differ across Canada. We are using cabin air filters from vehicles to evaluate these differences.

If you are changing cabin air filters in your vehicles or agricultural implements and you are willing to share these with us for this research project, please call or email us and we will send you a self-addressed, postage paid, shipping package for the filter.

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SPRING/SUMMER EDITION



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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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