



**THE AGRICULTURAL HEALTH
AND SAFETY NETWORK**



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



DISCOVERY DAYS

Activity Booklet

2nd Edition





Hi everyone, my name is Todd! I am the Agricultural Health and Safety Network's Discovery Days Mascot. I hope you enjoy all the farm safety activities and messages in this book! Lots of kids live, play, visit, and work on the farm. Your most important job on the farm is to stay healthy and safe!

Dear Parents,

We know that you want your children to keep safety on the farm in mind, we do too. We hope this activity booklet helps your child understand some of the hazards on the farm. Look through it with your child and it may spark a conversation about safety.

For more farm safety information go to The Agricultural Health and Safety Network website: agsafety.usask.ca or call 306-966-6644

Make sure your friends know how to stay safe when they come to visit you on the farm!





WATCH OUT! *Blind Spot Activity*

Family Blind Spot Activity Initial First Steps:

- Take the key out of the equipment, apply the brakes, and turn the wheel sideways.
- Put your vehicle (tractor, skid steer loader, forklift, car, or truck) in an open area where there is no moving traffic, so everyone is safe. You can repeat this demonstration with different vehicles to show how blind spots vary from one piece of equipment to another.

- 1) Have one youth sit in the driver's seat.
- 2) Position other youth around the vehicle: including the front, both sides and back of the vehicle.
- 3) Each youth, one at a time, will walk slowly from their spot until the driver sees their shoes (using only his or her mirrors or windows).
- 4) The driver can indicate when he/she sees the person's shoes by beeping the horn or saying, "I see your shoes".
- 5) Mark that spot with a box, bucket, or jug. Repeat until you have located all the edges of the blind spots.
- 6) Measure the size of the blind spot for that driver. You can use a tape measure to measure the distance.



HAZARD POINT Definition

A crush point is when two objects move towards each other, or one object is still, and the other object hits it.

Did you know?
Farm machinery run-overs are the #1 cause of death in children on Canadian farms.



FARM HAZARDS – CAN YOU SPOT THEM?

See if you can spot the 5 differences between the two pictures. There are at least seven hazards in picture one can you find them all.

PICTURE 1



PICTURE 2



Protect Yourself and Your Animals!

Animal Safety Activity

Fill in the blanks with a word from the word bank below. Each word can only be used once.

WORD BANK

Protective, hurt, drop, front, head, laid back, calm, roll, wash, helmet, showing, soap, biting, lowered, movements, head, water, frightened, aggressive, kicking, run.

- 1) Mother animals are very _____ of their young.
- 2) Do not approach an animal that has its ears _____ its teeth _____ and has its head _____. It may be angry and could _____ you.
- 3) When you enter a pen with animals in it you should be _____ and deliberate. You should not make any sudden _____. Don't go into the pen yelling and screaming and waving your arms.
- 4) You should approach an animal from the _____.
- 5) Children and Adults should always _____ their hands with _____ and _____ after handling farm animals.
- 6) If an animal attacks you, you should _____ to the ground, _____ into a ball and cover your _____ and face with your arms.
- 7) Always wear a _____ when riding a horse!
- 8) Animals try to move away from loud noises. They may try to _____ through you to get away from a loud noise.
- 9) Removing an animal from its pen may cause it to become _____ and _____.
- 10) Animals may develop behaviors such as _____ and biting. The handler should be aware of these traits and take precautions.



HAZARD POINT Definition

A wrap point is any rotating part such as a PTO on a tractor



FEELING UPSET? MAKE YOUR OWN STRESS BALL!

A stress ball can help relieve tensions, think of it as a portable stress reliever!

Things you need to make your own stress ball:

- 1) 1 round balloon,
- 2) 1 cup of flour/ cornstarch
- 3) Funnel or plastic bottle (a one-time use water bottle works well) that has the bottom cut off (a parent's job)
- 4) 1 pencil to poke the cornstarch/flour down with.



Directions

Step One: Blow the balloon up to about $\frac{1}{2}$ way, then let the air out.

Step two: Attach the balloon to the funnel/ water bottle.

Step three: Add the flour to the funnel about $\frac{1}{4}$ cup at a time. You will have to poke it down with the pencil. Keep adding flour until you have about a cup in the balloon. You can add more or less if you want.

Step Four: Remove the funnel from the balloon.

Step Five: Tie the balloon and decorate!

Use what you have at home to decorate or don't decorate it at all. You can draw a face on with markers, add yarn hair or just decorate with stickers.

It's okay to have "not so good days", remember to share your feelings with parents or friends. If you're feeling stressed or grouchy, try hanging out with you pet/animals or try watching a funny video!



HAZARD POINT Definition

A pinch point is two parts that move together and there is a possibility of a part of your body being caught between them.



Chemical Safety



Chemicals are all around us. They can be found in food, in clothing, in water, on our lawns, and in fields to help produce crops. Some chemical related actions happen all the time like mold on bread. Some examples of why farmers use chemical is to increase the yield of a crop and to keep livestock healthy.

The following 10 statements are about Chemical Safety. Check either true or false for each statement below with what you think is correct answer.

	TRUE	FALSE
1) A herbicide is used on the farm to destroy unwanted plants.	<input type="checkbox"/>	<input type="checkbox"/>
2) Chemicals can enter your body through our eyes, nose, and skin.	<input type="checkbox"/>	<input type="checkbox"/>
3) The label on a chemical container does not tell you what Personal Protective Equipment to wear when using the chemical.	<input type="checkbox"/>	<input type="checkbox"/>
4) Jugs with a small amount of chemicals in them should be emptied into a small container.	<input type="checkbox"/>	<input type="checkbox"/>
5) Farm chemicals should be stored in a locked and labeled shed or room.	<input type="checkbox"/>	<input type="checkbox"/>
6) If you find a container that has chemical in it you should smell it to make sure.	<input type="checkbox"/>	<input type="checkbox"/>
7) You should leave an area with a strong chemical smell.	<input type="checkbox"/>	<input type="checkbox"/>
8) This sign on a chemical bottle means its flammable.	<input type="checkbox"/>	<input type="checkbox"/>
9) This sign on a chemical bottle means its toxic.	<input type="checkbox"/>	<input type="checkbox"/>
10) If you suspect chemical poisoning you should call 911.	<input type="checkbox"/>	<input type="checkbox"/>



HAZARD POINT Definition

A sheer point is when two parts of a machine move across each other.

Electrical Safety

Crossword Puzzle



Stop and imagine what your life would be like without electricity. What would you miss most?

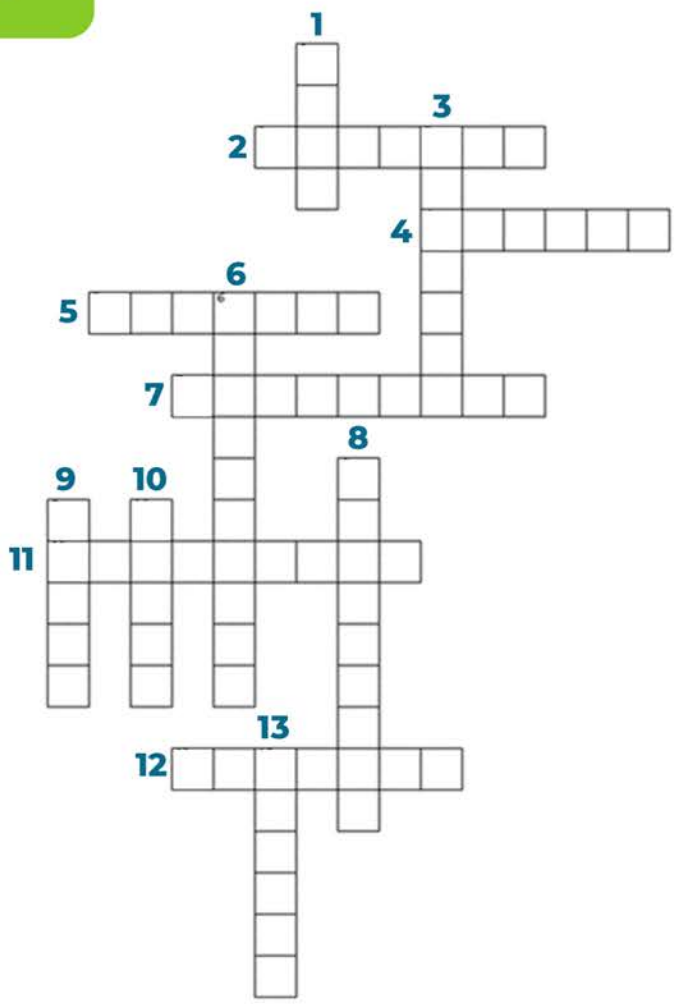
Use the clues below to fill in the crossword puzzle

ACROSS

- 2. Electricity should be treated with _____
- 4. An example of _____ electricity would be rubbing a balloon on your hair
- 5. Electrical accidents happen _____
- 7. a material that doesn't carry electricity
- 11. Rapidly moving charged particles that carry electrical energy
- 12. A path that electricity follows

DOWN

- 1. If you see a downed power line stay back 33 _____
- 3. Electricity always tries to find the _____ path to the ground
- 6. Allow electricity to flow easily
- 8. Water and Electricity are a _____ mix
- 9. _____ approach or touch a downed power line
- 10. A good conductor or electricity
- 13. A bad conductor of electricity



WORD BANK

Rubber, feet, never, electrons, static, dangerous, quickly, respect, circuit, insulator, easiest, conductors, metal



HAZARD POINT
Definition

A pull in point is rotating objects that come in close contact with each other.



ATV SAFETY



Can you break the safety secret code to find a great ATV safety message?

- | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|
| A | | F | | K | | P | | U | | Z | |
| B | | G | | L | | Q | | V | | | |
| C | | H | | M | | R | | W | | | |
| D | | I | | N | | S | | X | | | |
| E | | J | | O | | T | | Y | | | |

, ,

, ,



Personal Protective Equipment (PPE)

Word Search

- 1) Find all the words in the list. Words can go in any direction and share letters as well as cross over each other.
- 2) Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

WORD BANK

Apron, Earmuffs,
 Goggles, Helmet,
 Boots, Earplugs,
 Harness, Mask,
 Coveralls, Gloves, Hat,
 Respirator



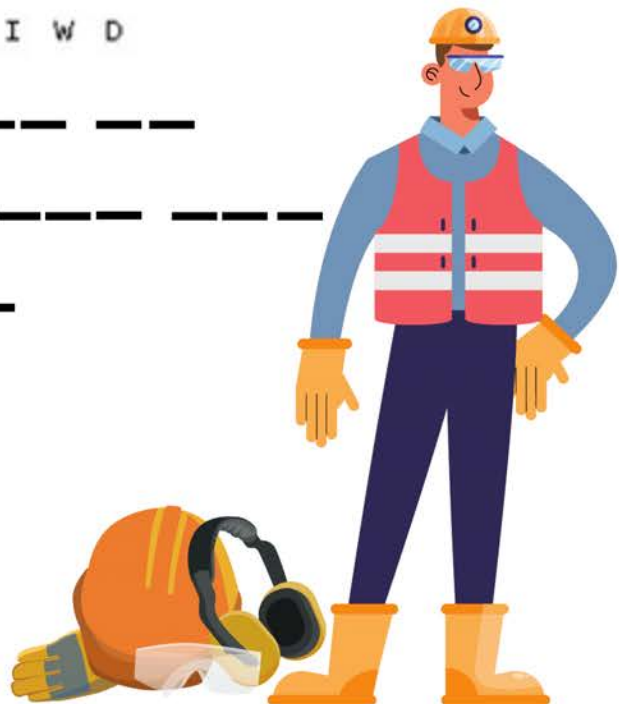
Be sure to wear
 earmuffs or
 headphones
 when in a
 noisy area!



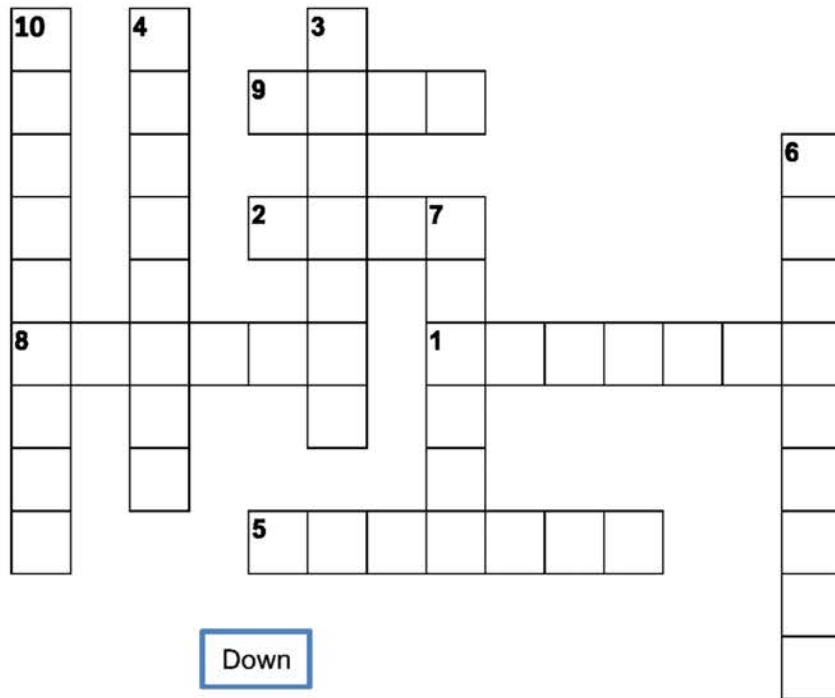
HAZARD POINT

Definition

A thrown object are objects that come into contact with the blades or rotating parts of machinery and can be thrown.



KNOW THE DANGERS OF POWER TAKEOFFS (PTO)



Across

Down

1. An important part of the _____ is the power takeoff or PTO.
2. _____ and loose clothing, such as a pant leg or the drawstrings from hooded sweatshirts or jackets, can get caught on the shaft and wrap around it.
3. Most PTO accidents happen when people get too close to the rotating shaft, especially if guarding has been removed or is _____.
4. Stay a safe _____ away from any PTO powered equipment.
5. Keep PTO _____ on at all times.
6. Don't lean over, step across or crawl under a PTO when it is _____.
7. PTO shafts _____ at a very high speed.
8. They make 540 or 1,000 revolutions per _____ when they are at normal operating speed.
9. The PTO provides a way of transmitting power between a tractor and another piece of _____ machinery.
10. Some examples of PTO-driven _____ are hay balers, rotary cutters, weed mowers, forage blowers and irrigation pumps.

hair
rotate
distance
farm
equipment
minute
operating
damaged
shields
tractor





Watch Your Head!

Helmet Safety

Unscramble the words associated with helmet safety

- 1) OCOCISNNSU
- 2) DIZYZ
- 3) UONIFSCON
- 4) ESUNAA
- 5) LTEHEM
- 6) ITF
- 7) AOERBHCKS
- 8) IR RE IELATLHELNVAC
- 9) BEKI
- 10) ARATUM
- 11) AHED
- 12) UJNYRI

CHECK IT OUT!

Make sure to check out the video on YouTube by Parachute called Brainwaves helmet fitting activity!



Be sure to wear your helmets for bike, ATV and horse riding!



HAZARD POINT

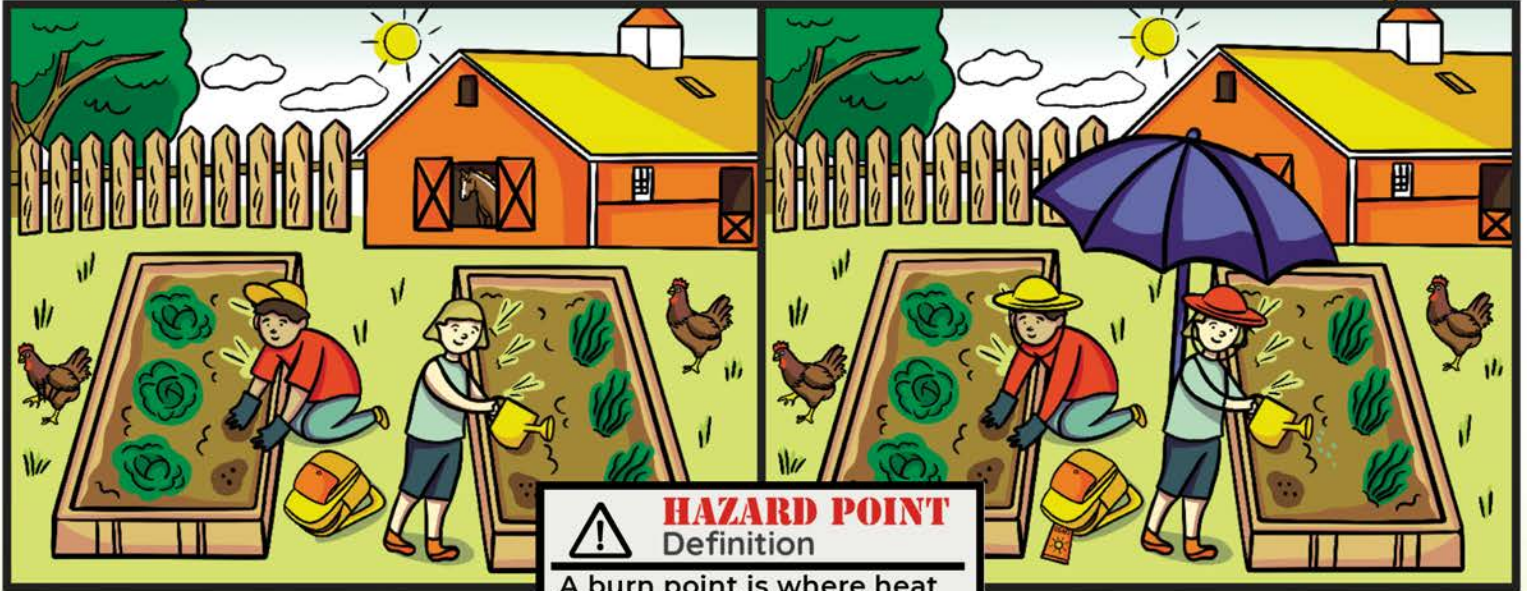
Definition

Stored energy is energy released when an object is unconfined like a pressurized system.

Circle the
11 Sun Smart
 differences
 in these scenes.

Q:
 What do you call a
 chicken with a bad
 sunburn?

A:
 Fried Chicken!



HAZARD POINT
 Definition

A burn point is where heat
 from an object can burn
 flesh.



Whether at work
 or play, protect
 your skin and eyes
 from the sun.

Did you know the
 sun's rays can be
 strong even when
 it's cloudy!

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SunSmart
 SASKATCHEWAN



MECHANICAL HAZARDS MATCH UP

There have been definitions of **HAZARD POINTS** throughout the activity booklet.
Match the tractor danger to the appropriate hazard.

Answer

—
—
—
—
—
—
—
—
—

Tractor Danger

- 1) An unshielded auger drags a person's arm into the mechanism.
- 2) While hitching a wagon onto the back of a tractor, a finger gets caught between the two pieces of the drawbar.
- 3) Someone steps over a Power Take-Off (PTO) and their pants get caught in the rotating shaft.
- 4) The hydraulic hose connection comes loose and hits a person in the face.
- 5) The fan blade shield has been removed and a rock is projected towards a person.
- 6) A chain belt is exposed where a finger could get caught.
- 7) The front end loader falls on a person standing underneath.
- 8) Bumping against a hot muffler.

Hazard Point

- A) Pinch Point
- B) Wrap Point
- C) Sheer Point
- D) Crush Point
- E) Burn Point
- F) Pull-in Point
- G) Stored Energy
- H) Thrown object



Most tractor rollovers are associated with driving over rocks, stumps, holes, driving up steep slopes, and operating front end loaders.






Discovery Days

FARM SAFETY WIDGET ACTIVITY

FARM SAFETY WIDGET ACTIVITY



Grain Safety

How long did it take for Timmy to become engulfed in grain

About 5 seconds

Farm Machinery run over

What is the number one cause of injuries to kids on the farm

Hazards

Why should you never play in grain

You could become engulfed

How can we protect ourselves from the Hantavirus

Wear a respirator!

Roll over protective structure

Loose clothing and long jewelry

What are two things you should not wear around a PTO.

PTO Safety

Why should you never go near a PTO shaft

It spins fast and it is dangerous

What does ROPS stand for

ROPS

What must you always wear when driving a tractor with a ROPS

A seatbelt!

What are two things you should not wear around a PTO.

Loose clothing and long jewelry

PTO Safety

Why should you never go near a PTO shaft

It spins fast and it is dangerous

What does ROPS stand for

ROPS

What must you always wear when driving a tractor with a ROPS

A seatbelt!

FARM SAFETY WIDGET

Folding Instructions

1. Cut along the dotted outside line.
2. Place the Farm Safety Widget side down (side with most writing)
3. Now fold corner to the center so that you have a smaller square.
4. Turn the folder square over and fold each corner to the center again.
5. Fold this square in half to crease it. Undo the fold and fold in half the other way.
6. Using both hands, place your thumbs and index finger under the flaps.

How to Play

1. This game is for 2 players. Ask the other player to pick a topic like "PTO Safety".
2. Open and close the Farm Safety Widget in an alternating direction for each letter of the phrase PTOSAFETY (9times)
3. Ask the question under the chosen topic and let the other player answer. Lift the flaps to find the answer.
4. Now pass the Farm Safety Widget to the other player. Alternate asking and answering until all the questions are answered.

ANSWERS

Page 3 - Farm Hazards

Picture 2- 1) tractor is no longer driving on the rocks 2) the person not beside the bail 3) No man in the bucket of the tractor 4) Person gone from cow pen 5) Person gone from pen with cow and calf.

Page 4 - Animal Safety

1. protective 2. laid back, showing, lowered, hurt 3. calm, movements 4. Front 5. wash, soap, water 6. drop, roll, head 7. Helmet 8. Run 9. frightened, aggressive 10. kicking, biting

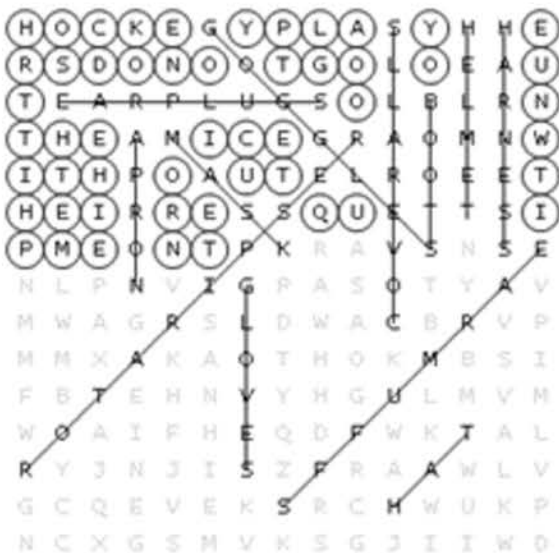
Page 6 - Chemical Safety

1. T, 2. T, 3. F, 4. F, 5. T, 6. F, 7. T, 8. F (it means corrosive) 9. T, 10. T

Page 8 - ATV Safety

Wear a helmet, goggles, gloves, boots, a long-sleeved shirt and pants when driving an ATV.

Page 9 - PPE Word Search



Page 11 - Helmet Safety

1. concussion 2. Dizzy 3. Confusion 4. nausea 5. Helmet 6. fit 7. Horseback 8. All Terrain Vehicle 9. Bike 10. Trauma 11. Head 12. Injury

Page 12 - 11 Sun Smart Differences

Top two pictures

1. Sunscreen in the backpack
2. The person digging in the dirt changed hat
3. The person digging put on a long sleeve shirt
4. The person watering put on a hat
5. The person watering put on a long sleeve shirt
6. They added the blue umbrella for shade

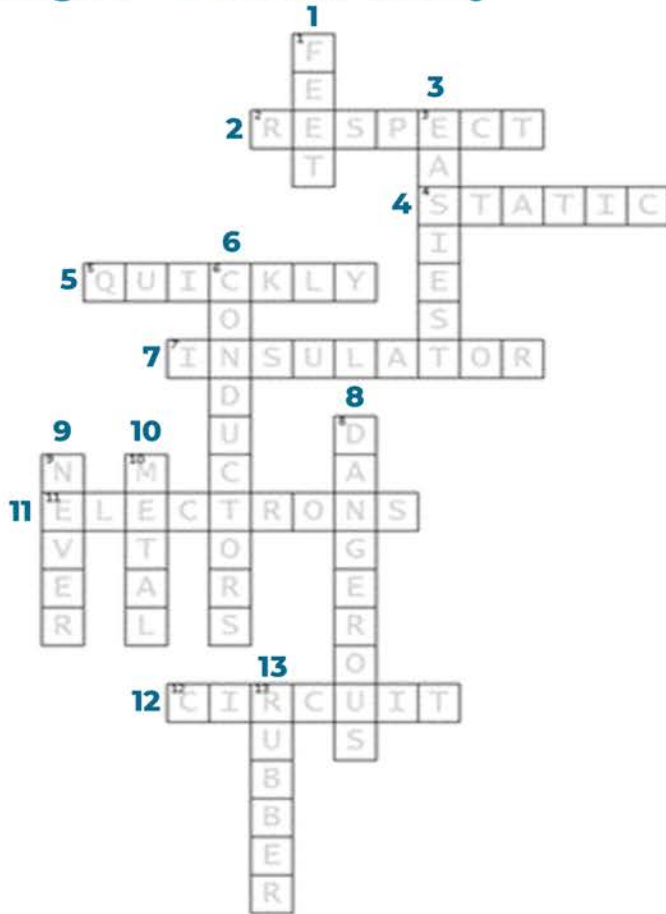
Bottom two pictures

1. They added sunscreen under their towel
2. The person kicking the ball changed his hat
3. The person kicking a ball put on a long sleeve shirt
4. The person in goal is now wearing a hat
5. The person in goal is wearing a long sleeve shirt

Page 13 - Mechanical Hazards Match Up

- 1) F
- 2) C
- 3) B
- 4) G
- 5) H
- 6) A
- 7) D
- 8) E

Page 7 - Electrical Safety



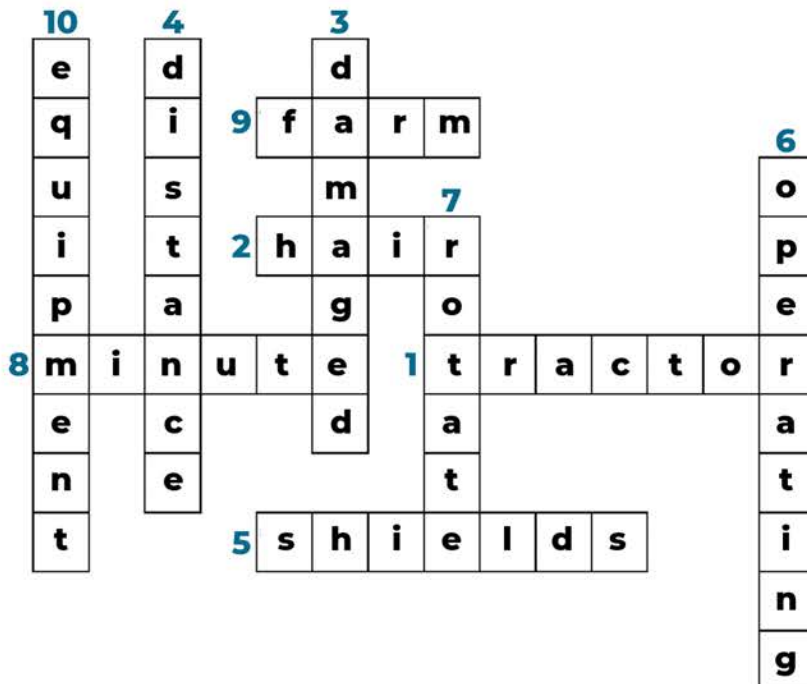
Down

- 1. Feet
- 3. Easiest
- 6. Conductors
- 8. Dangerous
- 9. Never
- 10. Metal
- 13. Rubber

Across

- 2. Respect
- 4. Static
- 5. Quickly
- 7. Insulator
- 11. Electrons
- 12. Circuit

Page 10 - PTO Safety



Down

- 3. Damaged
- 4. Distance
- 6. Operating
- 7. Rotate
- 10. Equipment

Across

- 1. Tractor
- 2. Hair
- 5. Shields
- 8. Minute
- 9. Farm

THANK YOU!

Stronger Together in Agricultural Health and Safety



DISCOVERY
DAYS



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