THOUGHTS FROM THE EDITOR -

Dee Jepsen – State Agricultural Safety and Health Leader

MONTHLY SAFETY SLOGAN

Sun's up, cover up!

ANNOUNCEMENTS –

NOW SCHEDULING: Grain Bin Awareness Programs and Grain Rescue Trainings

The Grain CART (Comprehensive Agricultural Rescue Trailer) is now being scheduled for spring and summer programs. This 40-foot trailer is equipped with a fully functional grain bin, grain leg and gravity flow wagon to simulate several scenarios when grain is stored on the farm. The Grain CART was developed by OSU students in the Department of Food, Agricultural and Biological Engineering in partnership with the Ohio Fire Academy and other private donors.

There are two types of classes using the Grain CART. A 6-hr course conducted by the Ohio Fire Academy (course # 1954) is specifically for firemen and other first responders to learn and practice rescue techniques. A Grain Bin Awareness program is taught by the OSU Ag Safety Program and is designed to teach farmers, farm families, community members and first responders about the many hazards associated with stored grain. Each class has separate fees.

To learn more about the program, and how to schedule the Grain CART for your community safety program, please contact Dave Torsell, Program Manager for Emergency Management and Agricultural Rescue, at Torsell.5@osu.edu or 614-292-9455.

ANNOUNCEMENTS –

Order Your Sun Safety Hat

We will be placing an order for Sun Safe Hats for the outdoor sport enthusiast, water lover, farmer or gardener in your office or family. They are also great to wear on C-deck to those first few OSU football games! These hats have a wide brim, are light-weight, and quick drying. They will be embroidered with the new Block "O" logo. One-size fits all – and available in a fossil (lighter khaki) color. The cost is \$30.00. (Mailing/shipping to your office is an additional \$3.00 per hat). The order deadline is Monday July 21, 2014.

If you are interested in purchasing a hat or putting together an order for your county, please contact Kathy Mann at mann.167@osu.edu or 614-292-0622 for an order form.

INJURY PREVENTION – Heat Stress Injuries

Kent McGuire - OSU AgrAbility Program Coordinator

We are approaching the time of year when working in extreme hot weather can create potential health hazards. Working long hours in higher temperatures or non – shaded areas increases the risk of a heat stress injury, such as heat exhaustion or heat stroke. These types of injuries can occur when the body's temperature rises faster than it can cool itself. At this point, the body cannot regulate it's temperature and can very quickly become a serious medical emergency if precautions are not taken.

Some precautions to prevent heat stress injuries should include:

- When possible, strenuous work should be scheduled for the coolest time of day (early morning or evening).
- Dress lightly lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Take multiple short breaks in a shaded area or controlled environment, throughout the day.
- Use extreme caution when working around equipment or machines that will give off additional heat during operations.
- Provide ventilation to enclosed work locations with limited airflow, such as haymows.
- Stay Hydrated Drink plenty of fluids before, during, and after strenuous activities. Cold fluids can also help cool the body. Plan ahead! Hydrating the body should start 24 hours before strenuous activity in higher temperatures.
- Avoid foods that are high in protein because they increase metabolism, increasing body heat and water loss.
- Avoid getting too much sun and use sunscreen. Avoid scheduling tasks in direct sunlight, during the middle of the day. Sunburn makes reducing body temperature more difficult.
- Spend time in air-conditioned places, especially during periods of rest, which allow the body to recuperate.

If a heat stress is suspected:

- Get out of the sun.
- Lie down and loosen clothing.
- Apply cool, wet cloths. Fan or go to air- conditioned room or vehicle, if possible.
- Take sips of cool water. If nausea occurs, discontinue water.
- Seek immediate medical attention if there is any question to severity of the heat stress injury.

For more information about agricultural safety, contact Kent McGuire, Safety & Health Coordinator for the OSU College of Food, Agricultural, and Environmental Sciences., at mcguire.225@osu.edu or 614-292-0588.

EMERGENCY MANAGEMENT TIP OF THE MONTH: "When it roars, go indoors!"

Dave Torsell – OSU Program Manager for Agricultural Rescue and Emergency Management

Two days ago a veteran fire officer with the Columbus Fire Division was struck by lightning in
the parking lot of Crew Stadium after playing in a charity soccer game to raise money for fallen
or injured policemen and firefighters. This serves as a grime reminder of how great the forces of
nature are, and how we sometimes forget that these forces are a clear and present danger in
our lives.

The Ohio Committee for Severe Weather Awareness reminds us that summer is a peak time for thunder and lightning storms. The committee says that the number of fatalities has decreased over the years, but lightning strikes continue to be one of the top three storm-related killers in the United States.

The National Weather Service advises the best way to avoid injury is to avoid the threat. You can do so by following this simple advice; **When thunder roars, go indoors!** If you are outside, stop what you are doing and seek shelter in a safe location.

The key to safety during any emergency is to have a plan, and this holds true for thunderstorms and any severe weather situation. Follow these simple guidelines and improve your family's safety:

- Be informed and know what you need to do when severe weather hits. For safety tips during thunderstorms, visit: www.ready.gov/thunderstorms-lightning.
- Make a plan that takes an all hazards approach and includes thunderstorms and lightning.
- Build a kit of emergency supplies that includes simple first aid items that can be easily replaced.

The NWS and the Committee for Severe Weather Awareness suggest the following lightning safety measures:

Watch for developing thunderstorms - Thunderstorms are most likely to develop on spring or summer days, but can occur at night and during any season. Listen to local weather reports and the radio or television. Know the difference between storm watches and warnings. Purchase a NOAA Weather Radio with tone alerts that notifies when severe weather is near or in your area.

Seek Shelter before an approaching thunderstorm hits - Lightning can strike as far as 10 miles away from where it's raining. If you can hear thunder, you are within striking distance. Seek immediate shelter. Stay indoors for 30 minutes after you hear the last rumble of thunder. Continue to listen to a NOAA Weather Radio or local TV or radio newscasts for weather updates.

Protect your pets - Outside doghouses are not lightning-safe. Dogs chained to trees or wire runners have no protection from lightning. Bring your pets inside during thunderstorms.

Minimize your risk - Most lightning strikes occur during the summer when people are participating in outdoor recreational activities. At the first clap of thunder, stop outdoor activities and try to find indoor shelter immediately. If swimming, boating or fishing, get away from the water as quickly as possible. Find shelter in a substantial building (such as a home, school, office building or shopping center) or a hard-topped vehicle. Picnic shelters, car ports, baseball dugouts and convertibles are not safe shelters during thunder and lightning storms. Do not use electrical equipment. Stay away from water/plumbing sources. Wait at least 30 minutes after the last sound of thunder before going outside again.

Helping someone struck by lightning - If a person is struck by lightning, call 911 and seek immediate medical attention. A lightning victim does not carry a charge and is safe to touch. Knowing and implementing first aid measures, which include cardiopulmonary resuscitation (CPR), can help a person struck by lightning survive.

Local American Red Cross chapters and fire departments often offer first aid and CPR classes.

For additional information on lightning safety, visit the Ohio Committee for Severe Weather Awareness site at www.weathersafety.ohio.gov or the NWS site at www.lightningsafety.noaa.gov.

Be safe, and please keep Lieutenant Stu Tudor and his family in your thoughts and prayers.

Ag Safety S.T.A.T. - Safe Tactics for Ag Today is an e-mail newsletter prepared by Dee Jepsen, Extension Agricultural Safety Specialist and team members from the State Safety Office, in the Department of Food, Agricultural and Biological Engineering at OSU. The primary goal of this monthly newsletter is to help you stay connected to everyday safety news and activities that may be used in your own newsletters or programs. If you have safety-related questions or program ideas that you would like to share, please contact Dr. Jepsen at jepsen.4@osu.edu
