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**AG SAFETY S.T.A.T. - SAFE TACTICS FOR AG TODAY**

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THOUGHTS FROM THE EDITOR – ***Safety and Health Programs Ready to Come to You***

MONTHLY SAFETY SLOGAN

ANNOUNCEMENTS – ***OSHA and AG Workshops Summer/Autumn 2014, Grain Rescue Programs, and Workers' Compensation Safety Curriculum for Local Programs***

INJURY PREVENTION - **Overexertion and Fatigue**

INJURY PREVENTION – **Preventing Falls From Equipment During Spring Planting Season**

EMERGENCY MANAGEMENT – **Step up and be part of the solution!**

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**THOUGHTS FROM THE EDITOR – Safety and Health Programs Ready to Come to You**

**Dee Jepsen – State Agricultural Safety and Health Leader**

This has been a winter for the record books in many areas of the state. While the snow was falling, the Ag Safety and Health Office was whirling to have new curriculum ready to be launched spring 2014. Read the three announcements below to learn how our activities can benefit farm families, gardeners, firemen, and agricultural employees in your rural communities.

**MONTHLY SAFETY SLOGAN**

Keep it Safe. Keep it Tidy. Don't let your clutter get out of control

**ANNOUNCEMENTS –**

**SEEKING LOCATIONS to PRESENT “OSHA and AG WORKSHOPS” in Summer/Autumn 2014**

The OSU Ag Safety Program has developed an “OSHA and AG” educational program to address the safety and health topics commonly found in the agricultural industry. The 1-day workshop will be offered in 5-9 locations around the state in response to the growing concern about farms and their OSHA workplace requirements. Although small family farms continue to be exempt from certain government regulations, the workshop will help farmers understand when they are and are not exempt, how to control for workplace injuries, obligation to provide a safe environment for employees, and other protection liabilities. If you are interested in being a host location, please contact Dee Jepsen for more details at [614-292-6008](tel:614-292-6008) or [jepsen.4@osu.edu](mailto:jepsen.4@osu.edu).

## **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](mailto:torsell.5@osu.edu) or [614-292-9455](tel:614-292-9455).

## **ANNOUNCEMENTS –**

### **SEEKING OPPORTUNITIES TO PILOT TEST SAFETY CURRICULUM**

Does your county office or agricultural partners have responsibility for conducting annual safety programs to meet Workers' Compensation requirements? If so, there are curriculum kits available to help you. There are 12 different topics for you to choose, each one with Power Point presentations (with speaker notes) and evaluations for your audience to give us feedback about the content. Please contact the Ag Safety Office to learn more about these pilot programs and how they can be used at your local safety event. Kathy Mann, Program Coordinator, at [614-292-0622](tel:614-292-0622) or [mann.167@osu.edu](mailto:mann.167@osu.edu).

## **INJURY PREVENTION – Overexertion and Fatigue**

**Andy Bauer– OSU Agribility Program Coordinator**

With Spring weather finally coming on, its time to prepare not only your equipment for long hours of tillage work and getting crops planted, but don't forget about yourself. Overexertion is a risk of injury faced by all due to the long hours and hard work in the fields. Take time to do some stretching exercises in the morning before going out to work. Give your body a chance to warm up and get ready for long strenuous days.

Remember to use your legs when lifting objects and try to switch tasks often when bending, lifting and reaching out to do jobs. Your body is your most

important tool on your farm. Learn to respect it. Pain is the body's way of telling you to slow down or to change tasks. Listen to it.

When sitting and operating equipment for extended periods of time, stop every hour, get out and walk around, stretch your legs and back to prevent fatigue and stay alert. Remember to drink plenty of water to stay hydrated as you work and Spring temperatures rise.

Above all, have a safe Spring and try not to over do it.

## **INJURY PREVENTION – Preventing Falls From Equipment During Spring Planting Season**

**Kent McGuire – CFAES Safety and Health Coordinator**

The hours of daylight are increasing with every workday and spring planting season is getting closer. Spring planting is a time when farmers and farm workers are continuously moving from one piece of equipment to another and climbing on equipment to fill with seed or make repairs. Long hours, fatigue, rushing to beat the incoming weather, and working into the night can all contribute to fall related injuries. This is a time that farmers should take extra precaution to prevent falls when working around farm equipment. Precautions in preventing falls from equipment should include:

- Observe the basic safety rules of the equipment's operating manual.
- Shut off equipment and make sure equipment is in "park", before dismounting
- Maintain 3 points of contact when mounting or dismounting equipment.  
(1 hand and 2 feet) or (2 hands and 1 foot)
- Ensure that steps, hand holds, platforms or railings are in safe operating condition.
- Clean dirt, mud, and debris from work platforms and decks of equipment, before entering these areas.
- Face towards the equipment when mounting or dismounting equipment with ladder style steps.
- Avoid trying to carry objects when mounting or dismounting equipment.
- Exercise caution when steps are wet or dirty.
- Avoid jumping off of the last step.
- Anticipate changes in ground elevation or rough terrain when dismounting from the last step.
- Be alert and focus on foot placement when walking, especially during early morning or evening when daylight is limited.
- Avoid distractions or hurrying when walking from one piece of equipment to another. Be observant to any slip, trip or fall hazards in your line of travel.
- Ensure that equipment or the work area has adequate lighting to complete the task in low light conditions.

- Use a ladder or elevated platform to work on those hard to reach places, rather than trying to stand on the equipment in an awkward position.

For more information about agricultural safety, please contact Kent McGuire, OSU Agricultural Safety & Health, at mcguire.225@osu.edu or 614-292-0588.

**EMERGENCY MANAGEMENT – Step up and be part of the solution!  
Dave Torsell – OSU Program Manager, Emergency Management**

Over the past few months we have talked about severe weather, taking care of the old ticker, and your health in general, and even how to make the area around your home safe for the pending tornado season that forever lurks in Ohio!

Lets close our eyes for a moment and picture a scene, in your community, of the aftermath of any disaster that may, without warning, become a real and present danger! Buildings blown down, flood waters in your home, and lanes, streets and highways strewn with debris. Trees up-rooted, communications not functional, and people...friends, neighbors, and yes even family who need more help than most of us can imagine. Keep in mind that in a true disaster emergency responders are not immune from the efforts of mother- nature. This means they may need as much help as the rest of the community and may not be able to come to your aid when you need it most. We sometimes don't think about that aspect of a disaster so let me put in place a challenge for everyone reading Ag S.T.A.T. s. I challenge you to STEP UP AND BE PART OF THE SOLUTION! Contact your local fire department, the American Heart Association or Red Cross and set up a CPR/AED/first aid class for anyone in the community who will attend. If you don't already have one in place, contact your local Emergency Manager (EMA) and ask about starting a CERT group, Community Emergency Response Team in your area. If you belong to service organizations, farm groups or even a card club, take the time to learn how to help. If the need is there, help raise money that may be used to educate those in your community who are willing to train. Having the knowledge to help others when they need it is extremely productive and gratifying! You can find information on available classes at [www.heart.org/](http://www.heart.org/) and [www.redcross.org/](http://www.redcross.org/)

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*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](mailto:jepsen.4@osu.edu)

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