
AG SAFETY S.T.A.T. – SAFE TACTICS FOR AG TODAY

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THOUGHTS from the EDITOR-

Dee Jepsen, State Safety Leader

What is the deadliest consumer product on the market? A tractor, an airplane, or an automobile?

If you guessed the automobile, you are correct. More injuries and fatalities are associated with vehicles, than any other manufactured product. And because December is a month filled with more trips to town than the typical month, it's important to stay focused on the road, and aware of others who are sharing the road with you.

Being a defensive driver means you first wear your seat belt. Second, you should refrain from distractions like operating cell phones and editing GPS devices while the car is in gear. Being a defensive driver also means you are looking out for other drivers who may not be focused on the road. Oftentimes distracted drivers show the same symptoms as impaired drivers. Keep a clear distance of drivers who are operating too fast or too slow, ride their brakes or rapidly hit their brakes, or show erratic weaving between lanes. And finally, be alert around busy shopping areas where many distracted drivers dart in and out of parking lots.

So enjoy that trip to shop, dine, visit, or just get-away; but also be vigilant to arrive safely.

SAFETY QUOTE of the MONTH

Arrive Alive!

FABE OUTREACH WORKSHOP

FABE is hosting an open house-style poster session and workshop series designed to connect you to the many outreach and research projects that are currently on-going with our faculty and staff. Join us for lunch and beyond.... as we highlight the diversity of our department and the many ways we connect our program areas to local issues, applied research projects, and outreach opportunities. There is a session planned for every Extension Program Area. This event was strategically planned to precede OSU Extension Annual Conference.

All OSUE field faculty and staff are invited to participate in the following safety workshops:

- Introduction to Agrosecurity
- Skin Cancer, Sun Safety, and Dermascan Training
- Fire Extinguisher Hands-On Training
- Intro to Business Continuity Planning and Working in the LDRPS on-line system
- A Focus on Fresh Produce Safety

Join us Tuesday, December 14, 2010 from 12:30 p.m. - 4 p.m.

Agricultural Engineering Building—590 Woody Hayes Drive, Columbus, Ohio 43210

For registration details, reply to Kathy Henwood at: henwood.13@osu.edu Cost is \$10 per participant and includes lunch.

FABE EXTENSION SOCIAL HOUR

Following the outreach workshops there will be a FABE-sponsored social hour 5:00 p.m. - 7:00 p.m at the Hyatt Regency - the Official Hotel of OSUE Annual Conference. Light refreshments will be available as we spend some unstructured time with colleagues.

HOME HEATING with WOOD or PELLET STOVES

Tim Butcher, OSHA Coordinator

The rising cost of heating a house with gas or oil and a 30% tax credit has many people considering the purchase of a wood or pellet stove before the end of the 2010 tax year. There is much more to consider than whether a stove is eligible for the tax credit. Wood stoves can be an attractive and efficient choice of heat for your home, but making sure they are installed and used properly can keep their heat under control and less likely to lead to house fires and injuries. The safe installation of the stove will help make sure that your investment does not end up destroying your home. Consider the following guidelines provided by the Ashland County Office of Homeland Security and Emergency Management Agency when planning how to install and maintain your new stove.

- Inspect the stove in person and look for customer reviews online before you buy it. Wood stoves should be of good quality, solid construction and design, and should be UL listed. Do not buy a used stove or an online model without inspecting and reviewing it.
- All stoves and fireplaces should be installed properly: allow at least 36 inches of clearance between wood stoves and combustible surfaces, and check joists for adequate floor support.
- Inspect the chimney flue annually and have it cleaned, if necessary. Chimneys that have not been used in a while should be cleaned to prevent a chimney fire. Once clear, the stove should be burned hot twice a day for 15-30 minutes to reduce the amount of creosote buildup in the chimney flue.
- Do not use excessive amounts of paper or starter material to build roaring fires in fireplaces. It is possible to ignite creosote in the chimney by building the fire up too high.
- Do not use flammable liquids to start or accelerate any fire.
- Keep a glass or metal screen in front of the fireplace opening to prevent embers or sparks from jumping out or unwanted material from going into the fire. Screens also help prevent the possibility of burns to occupants.
- Keep flammable materials away from your mantle. A spark from the fireplace could easily ignite these materials.
- Always extinguish fires and coals before you go to sleep. Never close the chimney damper while hot ashes or coals remain in the fireplace. A closed damper traps heat in the chimney, which could reignite the fire unintentionally. The damper also prevents toxic carbon monoxide from exiting through the chimney, allowing it to build up inside the house.
- Never burn charcoal indoors. Burning charcoal can give off lethal amounts of carbon monoxide.
- If synthetic logs are used, follow the directions on the package. Never break a synthetic log apart to quicken the fire or use more than one log at a time. Synthetic logs may burn unevenly, releasing higher levels of carbon monoxide.

FARMING with ARTHRITIS

Kent McGuire – Ohio AgrAbility Program Coordinator

Arthritis tends to affect people in joints that are in frequent use, such as the hands and fingers, and in joints that support a large percentage of bodyweight, such as knees and hips. It can be a struggle to farm with arthritis, but there are strategies that will minimize pressure on these joints and reduce pain and stiffness.

One strategy would be to modify work tasks to ease difficulty, require less energy, and reduce stress on the joints. Suggestions include:

- * Organize the day and plan ahead to increase the efficiency of processes
- * Whenever possible, sit while working to take the weight off the joints. Keep a chair or stool in the barn or shop to use when working in the same spot for long periods of time.
- * Combine similar tasks and complete all the work in one area before moving to another
- * Alternate difficult jobs with easier ones.

- * Arrange tools so they are easy to reach and store.
- * Gather needed supplies and materials before you start working.
- * Transport multiple small items by a cart rather than carrying them.
- * Use a wheelbarrow or all-terrain vehicle to move heavy objects from one location to another.

Another strategy is to adapt or modify tools and equipment to reduce arthritis pain and stress on the joints. Some suggestions for implementing this strategy would include:

- * Raising or lowering the worktable or bench to reduce the need to bend or reach.
- * Using battery operated or pneumatic tools instead of hand tools to reduce stress on joints.
- * Padding knobs, levers or handles with foam and duct tape to make them easier to grasp.
- * Adding an extender to a handle increases leverage and makes it easier to use.
- * Adding an additional step and attaching an extra handle to farm machinery can reduce the stress to joints when mounting or dismounting.
- * Installing suspension seats or seat cushions with lumbar support and adjustable armrests in tractors to absorb shock and protect joints.

Adding additional mirrors inside and outside of the tractor cab decreases twisting

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

EMERGENCY MANAGEMENT TIP of the MONTH – WEATHER FORECASTS for EXACT LOCATIONS

Aletha I. Reshan, Emergency Management Planning and Education Program Coordinator

As the winter season begins, it is important to be aware of resources that can help better plan work around the farm and care of livestock as well as travel outings and events. A terrific resource for up-to-date weather information is available online from the University of Kentucky, College of Agriculture. The Agricultural Weather Center has a unique feature called PointAgCast, which has the ability to retrieve an all-inclusive weather report for an exact location, such as a parcel of land or single property.

To view the weather information for your farm, home, or travel destination follow these easy steps:

- * Go to the PointAgCast website - <http://www.wagwx.ca.uky.edu/ukawc.shtml>
- * Click on the desired state
- * Position the map to show the area of the state you are interested in
- * Use the zoom tool at the left to get a closer view of the area
- * You will need to reposition the map and zoom multiple times in order to reach the parcel level
- * Once you can see the parcel you want to obtain information for, click on that location, and a pointer will be added to the location
- * Scroll down the page to see the longitude and latitude for your parcel and click submit
- * In a few moments the weather information will download onto your screen
- * The information retrieved includes wind speed, gusts, and direction; livestock cold/heat stress; heat index; temperature; precipitation; cloud cover; and relative humidity

Weather information is a valuable planning tool all year round. I encourage you to make use of all weather information particularly when traveling during inclement weather so you can arrive safely and on time. Happy holiday travels!

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
