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

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NATIONAL SAFETY MONTH- SPECIAL BULLETIN

THOUGHTS from the EDITOR for WEEK 3

SPECIAL ARTICLE: PREVENTING OVEREXERTION at WORK & HOME

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Dee Jepsen, State Safety Leader

Each June, the National Safety Council encourages citizens to get involved and participate in National Safety Month. During each week of June, a special safety message will be shared. This is week 3 and the theme has extra interest for our farmers, gardeners, AgrAbility clients, and home-improvement enthusiasts.

For more information about this topic, including posters, crossword puzzles, and tip sheets - go to:

http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/Week3.aspx

[Be aware - and use care - when lifting!](#)

INJURY PREVENTION - PREVENTING OVEREXERTION at WORK & HOME

Kent McGuire - Ohio AgrAbility Program Coordinator

Overexertion is an injury risk faced by farmers on a daily basis. The farm is not only a workplace, but a home place as well, and both household and occupational operations occur simultaneously. Overexertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort. According to the National Safety Council, overexertion injuries, mainly sprains and strains, to the back or spine comprise about 40 percent of both on and off-the-job injuries. There are several types of overexertion including:

Force: Force-related overexertion hazards can be present when lifting, pushing, pulling, carrying, gripping, using tools.

Awkward or static postures: Posture-related overexertion hazards can be present when bending, twisting, reaching, and kneeling.

Repetitive movements/actions: Repetition-related overexertion hazards can be present when doing the same thing over and over again, with little time for rest.

Additional overexertion hazards that can increase risk include: contact stress, hand-arm vibration, whole-body vibration, impacts with hands or knees, working in cold temperatures or hot environments.

Guidelines to reduce the risks of overexertion injuries include:

- Use proper lifting techniques when lifting heavy objects.
- Ask for help when moving heavy objects.
- Use material handling devices, carts, or hand-trucks to move heavy items.
- Avoid twisting or bending when you lift or set down your load.
- Push items, rather than pull them.
- Plan a route when moving items, free from slip or trip hazards.
- Use tools with easy to use handles or grips and have vibration-reducing features.
- Reduce total exposure to vibration by alternating between tasks that use vibrating tools and tasks with non-powered tools.
- Establish a suitable working height depending on the type of work being done.
- Utilize stools and anti-fatigue matting at workstations for tasks with prolonged standing.

- Place materials used often at appropriate heights and less frequently used materials in less desirable locations.
- Utilize different tasks to a job to increase a variety of physical movements, in an effort to prevent repetitive motion injuries.
- Use kneepads while kneeling or padded gloves when lifting to reduce contact stress over long periods of time.

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.

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
