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

Vol.4 No. 6 June 2011

THOUGHTS from the EDITOR-

AG Safety S.T.A.T. – READERSHIP SURVEY

SAFETY STAT of the MONTH

LAST CHANCE TO REGISTER! - 4-H ATV SAFETY DAY CLINIC

STARTING THIS JUNE!! OSUE AG SAFETY & HEALTH WEBINARS!

INJURY PREVENTION – WORKING in the GARDEN

OSHA PROGRAM UPDATE

EMERGENCY MANAGEMENT TIP of the MONTH: WHEN THUNDER ROARS—GO INDOORS!

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### **THOUGHTS from the EDITOR**

#### **Dee Jepsen, State Safety Leader**

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. Each week carries a theme that brings attention to critical safety issues. For the next five weeks, you will receive a special edition of Ag S.T.A.T. focusing on a different topic. The weekly safety blitz topics for 2011 are:

**Summertime Safety, Preventing Overexertion, Teen Driving Safety, Preventing Slips Trips and Falls, On the Road and Off the Phone**

### **SAFETY STAT of the MONTH: Ohio Boating Statistics Trivia**

1. In the past 5 years, how many boating fatalities involved males?
2. What percentage of boating drowning deaths in 2010 could have been prevented, simply by wearing a lifejacket?
3. The Ohio River or Lake Erie; which waterway reports the most Ohio fatalities?
4. True or False; alcohol and drugs are the leading factors for boater fatalities.
5. True or False; the average age of the victim are boaters who should know better.

Answers: 1. all of them involved males!; 2. 100% could have been prevented; 3. Lake Erie; 4. True; 5. True, the average age of boaters range from 36 years to 52 years.

Source: Ohio Department of Natural Resources <<http://www.dnr.state.oh.us/watercraft/statistics/fatals06-09/tabid/2126/default.aspx>>

### **AG Safety S.T.A.T. – READERSHIP SURVEY**

Last month marked the 30<sup>th</sup> edition of the Ag Safety S.T.A.T., which is in its fourth year of publishing safety information for agricultural and safety professionals in Ohio and the midwest. We are proud to report that our articles have been picked up and published in other newsletters and online sources such the Fairfield Towne Crier, Ohio Ag Connection, and several of Ohio’s county extension office websites. Last year the Ag Safety S.T.A.T. was honored with an ESP “Tools for Teaching” award. In order to improve the quality of our content and serve our readership audience, we have compiled a short readership survey. Please click the link below to tell us what you think!

Ag Safety S.T.A.T. Readership survey: <http://www.zoomerang.com/Survey/WEB22BTUXFCQ5V/>

### **LAST CHANCE TO REGISTER! - 4-H ATV SAFETY DAY CLINIC**

**When:** June 18, 2011, 9:00am - 2:00pm

**Where:** Wayne National Forest ATV Trailhead in New Straitsville, OH

**Who:** Open to Ohio's 4-H ATV enthusiasts and their families. Come discover safe-riding skills, complete a community service and environmental activity. A parent track will be offered as well.

There is a small fee of \$10 for 4-H members and \$5 per family member to attend. Lunch provided for all. Families are encouraged to bring their own correct size ATVs and gear to enjoy a "free" one-day ride permit for the trails there at the park following the clinic.

Clinic sponsored by Ohio State University Extension, Ohio 4-H Foundation, and Wayne National Forest.

To register or for more information please contact:

Kathy Henwood via email at [Henwood.13@osu.edu](mailto:Henwood.13@osu.edu), or by calling [614-292-0622](tel:614-292-0622). Deadline to register is June 8th!

## **STARTING THIS JUNE!! OSUE AG SAFETY & HEALTH WEBINARS!**

Interested in learning more about the aging workforce in Ohio? Or the Tractor Certification safety course? Or Emergency Management planning and resources? Or available agricultural safety programming for youth? These are just a few topics that will be covered in the ***New OSUE Agricultural Safety and Health Webinars!***

The OSUE Agricultural Safety and Health office is launching a series of agricultural safety and health webinars. The goal of these webinars is to provide a look into the different areas and topics of concern for the agricultural industry in Ohio and provide participants a greater understanding of the topic.

Remember to mark **June 23<sup>rd</sup>** at **1pm EST** on your calendar to attend the kick-off webinar! The topic of this webinar will be "**Aging work force: Occupational therapy programs for disabled farmers.**" The feature presenter will be Kent McGuire, Ohio AgrAbility Program Coordinator.

Date: Thursday – June 23, 2011

Time: 1:00 pm, Eastern Daylight Time (Indiana, GMT-04:00)

Event number: 666 249 425

Event password: AgSafety

Event address for attendees: <https://osuevents.webex.com/osuevents/onstage/g.php?d=666249425&t=a>

## **INJURY PREVENTION – WORKING in the GARDEN**

### **Kent McGuire – Ohio AgrAbility Program Coordinator**

Many people across the state enjoy working in their garden. There has been a great deal of technology developed to make gardening easier, however the majority of work in the garden still comes down to physical labor and your body is the most important and valuable gardening tool you have. The following suggestions can help prevent injury or overexertion when gardening:

- Respect pain. When a garden activity causes pain, STOP. Don't be afraid to ask for help.
- Poor posture can lead to pain, fatigue, or strains. Don't sit slouched over while you garden.
- Avoid staying in one position too long. Switch tasks often, such as bending tasks to reaching tasks to kneeling tasks.
- Repetitive tasks can lead to injury; trying to pull just a few more weeds or hoe just one more row —can cause inflammation, tenderness, and pain in joints.
- Use your legs, not your back, when lifting.
- When carrying heavy objects like watering containers or buckets, make sure the handles have comfortable grips to prevent hand and wrist injury.
- Try using ergonomic or adapted tools to make the gardening work easier on you.
- Follow and read manufacturers' instructions; careless use of tools, or using them for a task that they were not intended to be used, can lead to injury.
- When using power tools – be sure to read the operators manual and understand the tool or equipment's operation thoroughly.
- Power tools / equipment for the garden can have a high degree of vibration which can lead to fatigue. Alternate jobs that involve vibration with jobs that involve stretching.

- Keep blades on knives, shears, shovels, trowels and hoes clean and sharp. Dull tools can cause fatigue.
- Alternate finger-intensive activities, such as pressing a squeeze-trigger spray bottle, with less demanding hand tasks or switch to another finger or the other hand as you work.
- If you garden from a sitting position, make sure your work surface is low enough that you won't have to raise your hands above your shoulders.
- Take breaks in the shade; allow a few minutes for your body to recuperate and cool down.
- Protect yourself from the sun. Wear lightweight clothing, long sleeved shirt, big brimmed hat, sunscreen of at least SPF 15, and other protective gear. Drink plenty of fluids to prevent dehydration.

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

## OSHA PROGRAM UPDATE

### Tim Butcher, OSHA Coordinator

Do you need a safety presentation? One of the services provided by the CFAES OSHA Program Coordinator is to provide safety presentations to groups around Ohio. Two of the most recent presentations were to the Fairfield County Safety Council and the Appalachian Regional Safety Council. Safety Council's are a collaborative arrangement with the Ohio Bureau of Worker's Compensation Division of Safety & Hygiene.

The bureau sponsors more than 80 safety councils across the state. These councils are organized through chambers of commerce, trade and manufacturing associations, American Red Cross chapters or other local safety-minded organizations. These safety councils provide their local communities with quality programs addressing occupational safety and health, workers' compensation and risk management education and information.

In addition to safety councils, the OSHA Program Coordinator is available to many different groups in need of safety presentations. Typically the presentations involve topics about OSHA regulated activities like trenching and fall protection but have also ranged from child safety on farms to the ergonomic concerns of landscapers.

The OSHA Program Coordinator welcomes opportunities to speak to Ohioans about safety. If your group would like an informed, experienced, and enjoyable presentation about safety, please contact Timothy Butcher at [butcher.13@osu.edu](mailto:butcher.13@osu.edu) to learn more.

## EMERGENCY MANAGEMENT TIP of the MONTH: WHEN THUNDER ROARS—GO INDOORS!

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

Lightning Safety Week is June 19 – 25, 2011. Each year, approximately 400 people are struck by lightning in the United States. On average, 55-60 of these incidents result in death, which in most years is close to the same number of deaths resulting from tornadoes. Therefore, lightning awareness and safety actions are of utmost importance.

All thunderstorms produce lightning and are dangerous. Lightning often strikes outside the area of heavy rain and can strike up to 10 miles from rainfall. In fact, lightning deaths have occurred before and after the actual thunderstorm. If you can hear thunder you are in danger. Even with blue skies, hearing thunder means it is close enough to pose a threat to your safety.

The following tips will help you avoid the threat of lightning:

\* **Have a plan.** Both at home and away, determine where the safest place is in the event of a lightning strike. For instance, the safest location away from lightning would be a fully enclosed building. A picnic shelter, shed, or covered porch does not afford adequate protection.

If a building is not available, go inside a hard-topped vehicle and close all of the windows. The metal roof and sides of the vehicle, rather than the rubber tires, are what offer protection. Do not take shelter in a vehicle with a fiberglass shell as it does not offer protection from lightning. Bicycles do not offer any protection from lightning strikes.

\* **Monitor the weather and postpone activities as necessary.** Look for visual signs of impending inclement weather, such as darkening skies, flashes of lightning, and increased winds. Utilize local news and weather updates as well as online weather radar. If lightning conditions are present or forecasted, either consider or actually initiate a postponement of activities. Avoid all fishing and boating activities during thunderstorms—save lake and shoreside activities for good weather.

\* **Do not use corded phones or electrical equipment and do not take a bath.** All three of these actions are extremely dangerous when lightning is present, because phone lines, electrical equipment and water are all conductors of electricity. Metal plumbing can also conduct electricity inside a home. Do not swim in either an indoor or outdoor pool if thunder is audible from the pool deck.

\* **Shelter animals appropriately.**

Humans and animals should stay away from electric fence lines and avoid lightning rods during a thunderstorm—ground current can travel more than 50 yards from the point where the strike hits the ground. Allow animals to seek natural shelter or tie up in a barn that has adequate lightning rod and grounding protection. Do not allow animals to seek shelter in an unprotected barn or shed, the structure could catch on fire and trap the animal inside.

Remember, “When thunder roars – go indoors”! For more information on lightning safety, please visit the National Weather Service at <http://www.lightningsafety.noaa.gov/>.

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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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