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

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THOUGHTS FROM THE EDITOR- Providing a Safe Farm for All Employees

Dee Jepsen - State Agricultural Safety & Health Leader

The Ohio AgrAbility Program has made great strides in addressing safe work environments for farm workers with physical disabilities. In the last 6 months, we have done additional work for greenhouses and small farm operations. Greenhouses are not traditionally covered under production agriculture activities; however with the increase use of hoop houses and high tunnels, greenhouses and 'green structures' are appearing on Ohio farms and in Ohio community gardens. Making these structures accessible for workers with physical disabilities is our goal. A recent webinar was aired in January for specific alterations that can be considered for meeting the American Disability Act's (ADA) assessment guidelines. This 50-minute session will soon be released as a recording and linked to our Ohio AgrAbility webpage.

A new area for the Ohio AgrAbility Program is in the cognitive disability domain. An up-coming workshop sponsored by Ohio AgrAbility will promote the agricultural environment as a viable work placement option for persons with cognitive disabilities. Workshop speakers include the Ohio Office of Development Disabilities, national Easter Seals, and a panel of farm managers who have successful models for employing persons with cognitive disabilities. Additional information about the conference is included in this newsletter.

Ohio is fortunate to have the Ohio AgrAbility Program. For additional information on their mission and how to enroll a client into the program, please refer to their website: <http://agrability.osu.edu/>

A SECOND ON SAFETY

The National Safety Council has declared February as National Heart Disease Awareness Month.

Top Ten Things To Know About Heart Disease and Stroke Statistics

1. From 1999 to 2009, the cardiovascular disease (CVD) death rate declined by 33%. However, CVD still takes the lives of more than 2,150 Americans each day, an average of 1 death every 40 seconds.
2. During that same time, the relative rate of stroke death fell by 37% and the actual number of stroke deaths declined by 23%. Still, stroke is a leading cause of disability in the U.S.
3. Smoking – 18% of students grades 9-12 report being current smokers. Among adults, 21% of men and 17% of women are smokers.
4. Physical Activity - Only 21% of adults meet the federal guidelines for physical activity. Among 9 through 12 graders, only 28% meet the recommendations.
5. Healthy Diet – Less than 1% of U.S. adults meet the definition for "Ideal Healthy Diet"; essentially no children meet the goal. Of the 5 components of a healthy diet, reducing sodium and increasing whole grains are the biggest challenges.

6. Body Mass Index - The estimated prevalence of overweight and obesity in U.S. adults is 155 million, which represents 68% of this group. Among children, 32% are overweight and obese (24 million children) and 17% are obese (13 million children).
7. Cholesterol - An estimated 32 million adults have total serum cholesterol levels ≥ 240 mg/dL, with a prevalence of 14%.
8. Hypertension - An estimated 78 million U.S. adults are hypertensive. About 82% are aware of their condition and 75% are using antihypertensive medication, but only 53% of those have their condition controlled.
9. Diabetes - An estimated 20 million adults have physician-diagnosed diabetes. An additional 8 million adults have undiagnosed diabetes and about 87 million adults have prediabetes.
10. Over the past decade, there have been improvements in both children and adults in prevalence of ideal levels of smoking, blood pressure, and cholesterol and declines in ideal rates of body mass index and fasting glucose.

Ohio AgrAbility Workshop-

Kent McGuire – Ohio AgrAbility Program Coordinator

Ohio AgrAbility will be hosting a workshop on February 19th in Columbus Ohio. The workshop is titled:

Building Independence through Agriculture for People with Developmental Disabilities

The purpose of the workshop is to discover how agriculture can be a viable work environment for individuals with developmental disabilities.

The workshop objectives include:

- Increase knowledge and understanding of employment for people with developmental disabilities in agricultural settings
- Learn about existing agricultural models that employ people with developmental disabilities
- Identify resources and challenges that impact employment

A key agenda item for the workshop will include a panel discussion with local farm programs for individuals with developmental disabilities. The workshop will take place at the Ramada Plaza – 4900 Sinclair Rd. Columbus, Ohio 43229. The registration form can be downloaded at:

<http://go.osu.edu/agrabilityworkshop> .

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

Available Safety Resources for Amish Communities

Are you looking for educational information to share with the Amish in your community? We have Amish buggy driving workbooks available for FREE. These workbooks contain useful information about driving a buggy on the roadways and understanding the laws. If you have any Amish in your community that you would like to share these workbooks with, please contact Kathy Mann at [mann.167@Osu.edu](mailto:m Mann.167@Osu.edu) or 614-292-0622 and she will ship them to you. Thanks!

Become a 2013 Farm Safety Day Camp Host

We are currently seeking counties to host a Farm Safety Round-Up Day Camps in 2013!

These day camps provide youth an opportunity to learn about agricultural hazards and injury prevention. The mission of the day camp program is to teach youth about rural dangers; however the campers do not have to be farm children to benefit from the educational sessions. Injuries from horses, livestock, ponds, lawn mowers and electricity can occur to anyone, not just farm kids. Campers learn in a fun, interactive way the consequences of poor judgment around power machinery, flowing grain, and livestock. Heading into our 16th year, approximately 19,500 youth have enrolled in this statewide event!

These programs serve as ideal conduits between businesses and community organizations interested in the health and safety of local youth. Many agencies use the Round-Up program to benefit their own outreach education efforts. For example, local electric co-ops have dynamic electric safety presentations, the YMCA has excellent water safety/water rescue programs, and health departments have a variety of health programs targeting younger audiences.

For more information about hosting a day camp, including the benefits and goodies sponsored at the state level, please contact Kathy Mann, OSUE Agricultural Safety & Health Program Coordinator, at [mann.167@osu.edu](mailto:munn.167@osu.edu) or 614-292-0622. Deadline to become a day camp host is March 4th, 2013.

EMERGENCY MANAGEMENT TIP OF THE MONTH- Carbon Monoxide Poisoning and Fire Prevention

Kent McGuire – OSU Ag Safety and Health

With the cold temperatures of winter upon us, there is an increase in using alternative heating sources such as portable heaters, fireplaces and wood stoves. Use of alternative heating sources comes with an increased risk of fire related injuries and carbon monoxide poisoning. Home heating equipment is among the top causes of fires and CO poisoning. The Ohio Committee for Severe Weather Awareness suggests the following safety tips to prevent injury from carbon monoxide poisoning and fire.

- Install a battery-operated carbon monoxide detector and smoke alarms throughout the home, and check or replace the batteries twice a year, when you change the time on the clocks every spring and fall. If the CO detector or smoke alarm sounds, leave the building immediately and call 911.
- Have a fire safety escape plan. Keep escape routes clear and free of clutter and trip hazards. Keep a robe, slippers, eye glasses and keys close to the bed.
- Have your heating system, water heater, and any other gas, oil or coal-burning appliance serviced by a qualified technician every year.
- Seek prompt medical attention if you suspect CO poisoning, or are feeling dizzy, light-headed or nauseous.
- Do not heat your house by using a gas oven.
- Do not run or warm a vehicle inside a garage that is attached to the home, even if the garage door is open.

If using a fireplace or wood stove:

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Keep the hearth area clear of debris, decorations and flammable material.
- Do not burn anything in a stove or fireplace that is not vented.
- Do not leave fires burning unattended.

If using a portable heater:

- Keep the heater at least one foot away from people, pets and objects.
- Do not leave portable heaters on when no one is home.
- Turn the heater down or off when you are sleeping.
- Unplug electrical appliances/heaters when not in use.
- Never hang damp clothes near a heater to dry them.

For more information about Emergency Management contact Kent McGuire, OSU Agricultural Safety & Health, at m 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
