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

Vol. 6 No. 5 May 2013

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THOUGHTS FROM THE EDITOR - Taking Care of Your Body During Spring Planting Season

Dee Jepsen - State Agricultural Safety and Health Leader

The weather has delayed many of Ohio's typical planting activities. When the sunny days and warmer temperatures begin to appear, many folks will be in a hurry to get into the gardens or the fields. However, don't under-estimate your body's ability when making up for lost time. Here are a few tips to keep you physically and mentally prepared for the busy season ahead.

1. Plan ahead to have healthy lunches and snacks available to maintain your energy level. Pack a cooler to keep the food at refrigerated temperatures. Try to incorporate fresh fruits and vegetables into your daily diet, and avoid snack foods and soda.
2. Drink water, even when you don't feel thirsty. Staying hydrated will help reduce headaches and other aches that accompany long work hours.
3. Take stretch breaks to avoid doing one activity for long periods of time. Changing your body posture will reduce the aches and cramps. It will also help keep you alert.
4. Get adequate sleep. A tired body and mind leads to mistakes and mishaps.
5. Recognize the fact that stress affects each person differently. Short tempers and rash decisions are often the result of tired bodies. Co-workers and family members need to understand the pressures of the season.

Long days can make wear down the body and the mind. Staying healthy and taking care of yourself is important, especially when workloads are at their highest.

A SECOND ON SAFETY

Ohio CRASH statistics by the Department of Public Safety report 3 fatal crashes each year involving slow moving vehicles on public roads. These farmers lived and worked in our communities.

Be patient, be careful, and be safe when sharing the road with farm equipment.

PEACE AND QUIET - NOT ALWAYS POSSIBLE ON THE FARM

Kathy Mann – Agricultural Safety and Health Program Coordinator

Many people think of the countryside as picturesque, peaceful, and quiet. This may be true at times, but life in the country is full of a variety of noises; some peaceful and some not so peaceful. Throughout the day, farmers are exposed to loud noises in their work environment. With high levels of noise and long duration of exposure comes the potential for hearing loss. That is, if proper protection is not taken. An important point to remember about hearing loss.... it is PREVENTABLE.

Sound or noise is measured in decibels. Normal speech is approximately 60 decibels (dB) and whispering 20 dB. Hearing loss occurs at exposure to noise above 85 dB. In addition to the noise level, the length of exposure is another aspect to take into consideration. Exposure to a chain saw producing 108 dB requires only 2 minutes to cause hearing damage.

When farmers face noisy situations, they should wear protective equipment to prevent hearing loss. Earplugs and muffs are the best line of defense. These lines of defense can reduce noise levels by 15 to 30 dB and can be combined for additional protection. When purchasing these types of personal protective equipment, look for a noise reduction rating (NNR) of 25 decibels or higher.

While you can never gain your hearing back, using the proper protection will keep it from getting worse!

For more information about hearing loss from the farm check out:

http://ohioline.osu.edu/aex-fact/pdf/AEX_590_08.pdf

SHARE THE ROAD – AGRICULTURAL EQUIPMENT IS ON THE MOVE

Dewey Mann – Safety Research Associate

A cold, wet spring has delayed planting across the central corn-belt this spring. With warmer weather on the horizon, dirt will once again start to fly, and farm machinery will be on the move.

For the farmers transporting equipment: Make sure Slow Moving Vehicle (SMV) emblems are visible and in good condition. The emblem should be visible on the trailing implement (field cultivator, planter, seed tender, etc.). As a general rule of thumb, the SMV may need to be replaced as frequently as every 3-5 years (depending on weathering and initial age of the vehicle). When purchasing a new SMV, look for the "ANSI/ASAE S276" stamp. The higher the # following S276, the more recent the design. The 2005 standard for SMV design is S276.6, which would be more effective than a

S276.5.

Also, ensure lights are in working condition and not covered with dust or mud. During transportation, amber hazard flashers and orange warning lights (if equipped) should be used both DAY and NIGHT. For more information on Boosting Visibility of Ag Equipment, visit http://ohioline.osu.edu/aex-fact/pdf/AEX_598_08.pdf

For the motor vehicle operator: Be patient. A Slow Moving Vehicle (SMV) emblem indicates a vehicle moving at speeds of less than 25 miles per hour (MPH). A car traveling 60 MPH that crests a hill 500 feet away from a tractor traveling 25 MPH will have less than 10 seconds to reduce speed before colliding with the implement. Do not pass until it is safe to do so (regardless of how irritating it may be to follow a tractor up a hill).

Be sure to pay attention for agricultural vehicles making left hand turns into field entrances. Do not attempt to pass, and allow the vehicle to fully exit the roadway before driving past.

Be patient, be careful, and allow farmers to do what they do; providing a food source for our country.

For a video on roadway safety, visit: <http://www.youtube.com/watch?v=Bdtf6ZqGhHU>

INJURY PREVENTION – May is Arthritis Month

Kent McGuire – Ohio AgrAbility Program Coordinator

According to the Arthritis foundation, Arthritis is the nation's leading cause of disability. Arthritis is a serious and painful disease that affects people of all ages, including 50 million adults and nearly 300,000 children. The Arthritis Foundation will champion nationwide Arthritis Month efforts, working together with partners across the country, to call upon the nation to face the realities of arthritis and take action to support our movement.

Arthritis affects approximately one-third of all adult farm operators and is considered one of the leading causes of disability by customers of the USDA AgrAbility Project. Arthritis is especially detrimental to farmers and their families because of the nature of their work. Mounting and dismounting equipment, climbing grain bins, baling hay, feeding livestock, and using heavy tools and machinery all require strength and mobility, which are lessened by the affects of arthritis. Arthritis can reduce strength and mobility for performing even the most routine chores around the farm or home. The Ohio AgrAbility Program is working with Arthritis Foundation Chapters throughout Ohio to provide education and support programs to our rural agricultural residents. For more information about arthritis, or to download our "Managing Arthritis When Farming" Fact Sheet, the following links can be very helpful.

[Managing Arthritis When Farming, AEX-982.1-11 \(pdf\)](#)

www.arthritis.org

www.arthritis-ag.org

www.agrability.osu.edu

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.

FARM FUEL SPILL PREVENTION, CONTROL AND COUNTERMEASURE (SPCC) COMPLIANCE DATE APPROACHING

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May 10, 2013 WAS the date that farms must be prepared to implement their Spill Prevention, Control and Countermeasure (SPCC) plans if they fall under regulation by the EPA. Farms with 1,320 gallons above ground storage or 42,000 gallons below ground storage of oil or oil products meet the requirements to have a SPCC. This includes all containers 55 gallons or greater. The implementation date was delayed once from its original date in the fall of 2011.

[Amendment 29](#) to the recently enacted funding bill, H.R. 933, states that the U.S. EPA may not use any of its funds to enforce the SPCC rule against farms for a period of 180 days, until after September 26, 2013.

What should farmers do now about SPCC plans? The future of the SPCC rule is uncertain, but we do know that the current deadline of May 10 can't be enforced by the EPA. Farmers who are currently subject to the regulation must decide whether to proceed with compliance and be prepared for a possible September deadline, or wait and see if Congress changes SPCC requirements before the end of September. If a farmer is subject to an attempted enforcement action after the May 10 deadline, contact legal counsel right away. For those who have already developed SPCC plans, be assured that the plan may still be required in the future and could also be a useful tool for reacting to an oil spill that could contaminate a waterway and reducing your environmental liability risk. For more information about the SPCC rule, visit [here](#).

How to comply. Two basic requirements need to be met to comply. The first is having sufficient secondary containment for storage and transfer areas to contain any spillage. The containment area is designed to prevent discharge until cleanup can occur and is usually designed to hold 110 percent of the largest container or tank in the area. The

second requirement is to prepare and implement a written SPCC plan that covers all of the steps the farm has taken to prevent discharges into the environment. The plan must be updated every 5 years or in the event of a major re-design of the area. Any employees handling oil and petroleum products must be trained on what the plan involves.

Some farms may need to have their plan approved by a Professional Engineer. If on farm storage is between 1,320 and 10,000 gallons, you are allowed to prepare and *self-certify*, as long as the operation has not had any spills of 1,000 gallons or more at once, or less than two discharges of more than 42 gallons in the last year. Also, if secondary containment is not practical or alternative methods of diking or secondary containment are to be used, a Professional Engineer will need to certify.

On completion, the plan must be kept on site. It does not need to be sent to EPA but may be requested if a major discharge event occurs. More in-depth information on creating a plan for farms can be found at the SPCC for Agriculture page on the EPA site: http://www.epa.gov/emergencies/content/spcc/spcc_ag.htm#spcc. This fact sheet also provides a good overview: <http://www.epa.ohio.gov/portals/41/sb/publications/spcc.pdf>.

EMERGENCY MANAGEMENT – ORGANIZING IMPORTANT DOCUMENTS IN CASE OF AN EMERGENCY

Kent McGuire – Program Coordinator

Now that tax season has come to an end, it is a good time to consider organizing your personal and financial documents in case of emergency. Having these documents organized and available will help get your life on track in the event of a natural disaster or a personal crisis such as a fire or death of a family member. According to resources provided by www.extension.org, family papers and financial documents should be stored in a safe deposit box or a fireproof, waterproof lockbox, depending on the type of document.

Some valuable documents that should keep in a safe deposit box include:

- Stocks, financial records, government savings bonds and bond certificates
- Important receipts and bills of sale
- Property records, deeds, titles, and/ or leases
- Household / Farm inventory
- Contracts (including promissory notes)
- Copyrights and patents
- Adoption papers or Custody papers
- A copy of your will (his and hers)
- Passports
- Citizenship papers

- Birth certificates or death certificates
- Income tax returns that document large transactions, unusual losses, or deductions
- Marriage certificates
- Divorce decrees
- Social Security cards
- Military service records
- Retirement papers

Some valuable items that should be kept at home in a waterproof, fireproof, lockbox include:

- Copies of birth and marriage certificates
- Guarantees and warranties
- Driver's license numbers
- Educational records
- Income tax returns for past 3 years
- Employee benefits
- Health records
- Current bank statements
- Insurance policies
- Rental property records
- Loan payment books
- Safe deposit records and inventory of items
- Credit card numbers
- Bank account numbers

The idea behind using a waterproof, fireproof, lockbox is to store these papers at home in a secure, accessible location. In the event of an emergency the lockbox can quickly be taken with you. Having these items with you at the time of an emergency can help to facilitate the recovery process. It is also important to inform other trusted individuals where important documents are kept. Individuals that should be informed include your lawyer, the administrator of your will, a business partner, or trusted family member

For more information about Emergency Management 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
