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

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THOUGHTS FROM THE EDITOR –

Dee Jepsen - State Agricultural Safety and Health Leader

The OSU Extension safety office welcomed two new staff members in January. You can get to know them better, by tapping into their expertise or inviting them to a program in your area.

A renewed emphasis will be placed on the program areas: Agricultural Rescue and Emergency Management.

Dave Torsell is the Program Manager for these areas.

Dave comes to us from the city of Urbana OH, where he has been a professional firefighter/officer for 37 years. His interests lie in public safety and specifically in keeping farmers and firefighters safe during agricultural emergency incidents. Dave will manage the Grain C.A.R.T. program, conducting safety awareness programs as well as coordinate technical rescue instruction with the Ohio Fire Academy. He will also renew OSUE programming efforts by partnering with OSU's EMS Center to coordinate first responder trainings with a farm focus. In addition to these areas, Dave will join Dee Jepsen as an OSU Extension liaison to the state emergency management agencies; in this role, Dave will assist with questions and responses regarding emergency planning and disaster mitigation. He will also network with EDEN, our national Extension Disaster Education Network.

The Ohio AgrAbility program received another four years of funding, and with that has added new staff.

Andy Bauer will serve as the Educational Coordinator, joining Kent McGuire on our team.

Andy comes to us with a farm background and 29 years experience in the commercial grain industry. Andy will be responsible for educational programs and providing displays and demonstrations at agricultural events around the state. He will also work with

assistive technology vendors and farm managers who are interested in putting systems in place that increase the productivity and quality of life for our Ohio agriculturists. Andy is available to provide county safety programs that satisfy Workers Compensation training sessions.

Please help me welcome these new staff by getting them out to your area in the upcoming year.

Dave Torsell – 614-292-9455 – torsell.5@osu.edu

Andy Bauer – 614-247-7618 – bauer.528@osu.edu

MONTHLY SAFETY SLOGAN

Shortcuts cut life short.

HOST A 2014 FARM SAFETY ROUND-UP DAY CAMP

Kathy Mann – OSU Agricultural Safety and Health Program Coordinator

We are currently seeking counties to host Farm Safety Round-Up Day Camps in 2014

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 17th year, approximately 20,500 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, please contact Kathy Mann, OSUE Agricultural Safety & Health Program Coordinator, at mann.167@osu.edu or 614-292-0622. Deadline to become a day camp host is March 3rd, 2014.

FEBRUARY IS HEART DISEASE AWARENESS MONTH – Scheduled Maintenance for your Heart

Dave Torsell – OSU Program Manager, Agricultural Rescue and Emergency Management

February is American Heart Disease awareness month. February is also a season for snow and cold temperatures. During winter months there are activities that put a strain on our heart, such as shoveling snow and walking over icy terrain. Such strains can affect healthy organs as well as those with heart disease.

There are many factors that contribute to heart disease. And like clearing snow from the sidewalk, you can keep the heart pathways (vessels) open to allow better blood flow to the heart and brain. The block in your vessels, slowing down the flow, is known as plaque. Plaque is comprised of calcium, cholesterol, fats and other products your body needs. Plaque attaches itself to the lining of vessels and slowly narrows the passages, eventually restricting blood supply to the heart. If a blood clot forms or a large piece of plaque breaks free from the lining, it can totally block the road to the heart and cause a heart attack or stroke. This process can occur to persons of all ages, the old and the young, and there aren't always signs or symptoms to warn of the problem.

Heart rhythms, heart failure, and other related problems are contributing causes of heart disease. The body's first offense to prevention is a good maintenance program. Regular check-ups with your doctor and a visit to a heart specialist can help you maintain a healthy heart. Other maintenance includes proper nutrition and getting the right amount of exercise. When you have been diagnosed with any heart ailments, it's important to take the prescribed medication and follow the doctor's recommendations.

A heart whose rate averages 80 beats a minute will beat about 42,048,000 times every year. With proper maintenance your heart can continue to work well for a long time. You can help to keep your heart healthy and you owe it to yourself and to your family to do just that.

For more information about heart disease, refer to the American Heart Association at www.heart.org.

Until next month. . . keep the beat going!

INJURY PREVENTION – Working in Extreme Cold Weather

Kent McGuire – OSU Agricultural Safety and Health Program Coordinator

Winter is upon us! Since the beginning of the year, we have seen several days with below zero temperatures and bitterly cold wind chills. No matter what the conditions are outside, there is still work to be done around the farm such as feeding livestock, breaking ice in the water trough, cutting wood or loading stored grain. Even though it may be tempting to "tough it out" or "work through it", prolonged exposure to cold, wet, and windy conditions, can be dangerous, even at temperatures above freezing. When working in cold weather, precautions should be taken to minimize the risk injuries like frostbite or hypothermia.

Clothing should be your first consideration when working in cold weather. Clothing

should be selected to suit the temperature, weather conditions (e.g., wind speed, rain), the level and duration of activity. The following are recommendations for working in cold environments:

- Wear several layers of clothing. Trapped air between layers form a protective insulation.
- Wear warm gloves, and keep an extra pair handy in case the first pair becomes wet.
- Wear a suitable hat that provides protection for your head, ears, and even your face in extreme conditions. Approximately 40% of a person's body heat can be lost when the head is left exposed.
- Use the hoods of jackets or sweatshirts for added protection for your neck, head, face and ears.
- Wear appropriate footwear with warm socks. Footwear should not fit too tightly which could reduce blood flow to the feet and increase the risk of a cold injury.
- Wear synthetic, wool, or silk clothing next to the skin to wick away moisture. Cotton clothing can lose insulating properties when it becomes damp or wet.

Additional safety precautions while working in cold weather should include:

- Avoid getting wet. According to the Occupational Safety and Health Administration (OSHA), body heat can be lost 24 times faster when clothing is wet.
- Take short frequent breaks in areas sheltered from the elements, to allow the body to warm up.
- Avoid exhaustion and fatigue because energy is needed to keep muscles warm.
- Consume warm, high calorie food such as pasta to maintain energy reserves.
- Drink warm sweet beverages to avoid dehydration, avoiding alcohol and caffeine
- Work in pairs (buddy system), especially in remote areas, to keep an eye on each other and watch for signs of cold stress.
- Have a cell phone handy, to call for help in the event of an emergency.
- Shielding work areas from the elements can reduce wind chill or the chances of getting wet.
- Utilize insulating material on equipment handles, especially metal handles, when temperatures drop below 30° F.

For more information, please contact Kent McGuire, OSU Agricultural Safety & Health, at m McGuire.225@osu.edu or 614-292-0588.

EMERGENCY MANAGEMENT – Chain Saw Safety Courses within your Community **Dave Torsell – OSU Program Manager, Agricultural Rescue and Emergency Management**

The state safety office has received a number of calls this year asking about chain saw safety classes around Ohio. This need for chain saw safety classes may be the big topic for 2014, given our current Ohio weather. It is not easy to find formal classes on chain saw safety or to know if what is being taught is the standard.

Our first recommendation is to seek out training directly from a local dealer or product specialist. Chain saw dealers will have information for product use and recommended personal protection equipment.

Another possible training agency is the **Ohio Forestry Association (OFA)**. In 2008 they developed a program called **CSAW: Chain Saw Safety Awareness that Works**. This program was designed to provide chain saw safety awareness to anyone who might have the urge to use a chain saw even if they have never used one before. The training they provide is for the professional logger as well as the home owner who wants to fell that old tree in the back yard.

The training is presented in two general levels which is great, especially for the beginners. The Level I training is a full day of class, with lectures that cover personal protective equipment, safety features of the saw, and how to maintain the saw in safe working order. You also get an afternoon of hands-on which allows participants to put into play what they learned in class. Level II also has a lecture in the morning, again, with hands-on in the afternoon. The focus of the level II training is to hone the skills you learned in level I and in the afternoon you will learn numerous methods to fell a tree, how to maintain a trail and even how to deal with storm damage. This training could be a real asset to your community in time of disaster.

If you are interested in this program you can go to www.ohioforest.org or you can call (614)479-9580. They will have information about the dates of classes, how to register, and fees for the training.

You might consider going together with another community and find a sponsor for the class. Think about local organizations with a common interest, your fire department, and maybe the emergency manager (EMA) for your county.

Keep in mind that no single class makes you a professional. Know what you want to achieve at the end of the class and find a qualified instructor to help you get to your goal. Chain saws are dangerous tools that require proper training for the user. Keep safe and have fun learning!

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
