

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

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NEW: Small Farm and Garden Safety Series Factsheets

A new series of factsheets was developed specifically for the small farmers, community gardens, and backyard gardeners. Many of these agricultural audiences use equipment (tractors, tillers, hand tools, ladders, sprayers, etc), but they are smaller or more specialized for the crop. Safe operation with these items is important to limit the injuries and increase quality of life while doing small plot chores.

Book mark this page to see the complete list of 39 factsheets, as opposed to searching for each independent one. Happy and safe gardening this season!

<http://ohioline.osu.edu/tags/small-farm-and-garden-safety-series>

Looking for more factsheets on safety and health? Here's a link to all tailgate training factsheets, for traditional Agricultural workforces and Landscape & Horticulture workforces. Our Ag Safety website contains all of our factsheets (including AgrAbility resources) in a one-stop shop!

<https://agsafety.osu.edu/programs/cfaes-osh/tailgate-safety-training-employees>

Hiring Youth for Seasonal Agricultural Jobs this Summer?

The U.S. Department of Labor's Agricultural Hazardous Occupations Orders (AgHOs) regulation prohibits 14 and 15-year-olds from operating farm tractors and attached powered equipment unless (1) they are working on a farm owned/operated by their parent or legal guardian, or (2) the youth has successfully completed an approved safe tractor and machinery operation-training program.

For more information about the training program, visit the OSU Ag Safety website. Education and training on safe operation is always encouraged, even if it is not legally required. Contact Dee Jepsen with additional questions at jepsen.4@osu.edu or 614-292-6008.

<https://agsafety.osu.edu/programs/tractor-machinery-certification-program>

OSU Sun Hats are Available

The OSU Agricultural Safety and Health Program has sun safe hats for sale. These sun safe hats are great for Master Gardeners, field researchers, golf enthusiasts, farmers, OSU alumni, and those traveling to sunny vacation destinations! They also make great door prizes for your summer events. The Columbia brand, wide-brimmed hats are a lightweight, quick drying, khaki colored fabric. The collegiate licensed red block O is embroidered on the front.

If you are interested in purchasing 1 (or infinity) of these hats, please contact the Agricultural Safety and Health program. The cost is \$40. Contact Dee Jepsen with any questions at jepsen.4@osu.edu or 614-292-6008.



SAFETY RESOURCE SPOTLIGHT: Ladder Safety Training



Is barn painting on that to do list this summer? Training modules for your summer farm employees that will be reaching new heights via ladder can be found at the American Ladder Institute's Ladder Safety Training, <https://www.laddersafetytraining.org>.

OHIO AGRABILITY – Don't Let Arthritis or Chronic Pain Stop You from Gardening

Laura Akgerman – Disability Services Coordinator for Ohio AgrAbility

It's spring, and time to get out in the garden. If you one of the many American's who have a chronic pain condition, you may worry that your pain-free gardening days are over, but they don't have to be. With a few changes to your routine, you can continue gardening without increasing your pain. If your garden is already growing and established this year, please remember these tips when planning your garden for next year. All of the ideas listed in this article are contingent on your budget and space, but if you can implement a few of these ideas this year, then a few more next year, you can slowly make your garden accessible and easier to maintain.

Think about what you can do (without causing yourself more pain), and what tasks are hard or painful to do. Can you eliminate or modify the tasks that are painful? Can you ask someone to help, or do those tasks for you? Can you change your work practice so you only have to do the difficult tasks once, or rarely?

When planning to work in the garden, prioritize your tasks. Do the hardest or most strenuous work first, then do the easier tasks. If you are not sure how long you'll be able to work, begin with what is most important, then go to less high priority tasks. Working past the point of exhaustion is just going to make your pain worse, and you could hurt yourself; it's better to take a few days to work safely and without pain than to push yourself too hard and make your pain worse.

Before you begin working in the garden warm up & stretch – gardening is not just hard work, it's also good exercise. While you are gardening remember to take breaks to rest, relax, and enjoy your garden. Stay hydrated & stay out of the sun! Medication may affect your sensitivity to the sun & heat, and you could become hydrated or sunburnt easily. Try to work in the garden at the beginning and end of the day, to avoid the mid-day heat.

If it is difficult to bend or kneel, and reach plants in the ground, consider a raised bed, a container garden, or a wall hanging garden. If you don't have the option of a raised bed or container garden this year, think about taking a chair or bench into the garden so you can sit instead of kneeling or stooping. When you are done working, you can sit on the bench and enjoy your garden.

If you like the idea of a container garden but don't want to buy containers, look around your home and garden and see what items can be repurposed to serve as containers. Old toolboxes, kitchen gadgets (seizes and colanders), wicker baskets, hats, purses.... Just about anything could be a container garden. Once you have the container, you can put it on a bench, chair, step, ledge, anything that is stable, and raised enough to allow you to access it without kneeling or stooping.

Be careful not to put plants too high, as reaching overhead can be painful, and you don't want the risk of something falling on you if you are struggling to reach it.

There are many ergonomic and adaptive tools and techniques that will enhance your gardening experience. Check back next month for an overview of tools, equipment and work tasks that can help.

For more information about Ohio AgrAbility visit <https://agrability.osu.edu/> or contact Laura Akgerman, Ohio AgrAbility & OSU Extension Disability Services Coordinator, at Akgerman.4@osu.edu, or 614-292-0622.

INJURY PREVENTION – Safety Considerations for Hay Baling Season

Kent McGuire – OSU Ag Safety and Health Coordinator

As we progress into summer, hay baling moves to the forefront of things to be done on the farm. Hay baling season can come with its own set of hazards that can cause injuries. These include equipment hazards, working in hot temperatures, lifting injuries, and even the stress of getting hay down, dried and baled in a narrow window to beat the weather. Some guidelines to use to prevent injuries this hay baling season include:

- Review the owner's manual and warning labels of the equipment prior to operation.
- Make sure that all guards and shields are in place for the tractor and hay harvesting equipment.
- Ensure that safety locks are in place when working on the baler while the bale chamber is open.
- Make sure twine is properly threaded and the knotter system and twine arm are in good working condition. Do not feed twine by hand into the baler.
- Equip the tractor with a 10-pound dry chemical (ABC) fire extinguisher.
- When operating the baler, do not leave the tractor seat until the power take-off (PTO) is disengaged and the flywheel or other moving parts have completely stopped.
- Stay clear of power take-off, pick up area, auger or feeder forks while a baler is in operation.
- Maintain proper settings and speed. Travel at a speed that allows the baler to handle the size of the windrow.
- NEVER try to unplug the baler until the power take-off is disengaged and the tractor's engine is shut off.
- Make sure wagons are securely hitched to the drawbar by using a safety pin and a safety chain.
- When baling on uneven or hilly terrain, travel slowly and avoid holes, drop-offs and ejecting bales that may roll down a slope.
- Avoid sudden movements when operating the tractor. Workers can be thrown or fall off the wagon platform and be run over by the machine.
- Make sure workers do not ride on top of the wagon stack.
- Keep the bale close to the ground when moving bales with a front-end loader.
- When hauling bales with a wagon or trailer, use a tractor or truck large enough to handle or stop the weight of the load.
- When transporting bales on a public roadway, properly secure the bales on the wagon or trailer by using straps.
- Tractors, harvesting equipment and all wagons should be equipped with a slow-moving vehicle (SMV) emblem.
- When assisting with hitching wagons, keep visual contact and communicate with the operator at all times. Leave yourself an escape route.
- Check the wheels on wagons that could move or roll.

- Be aware of the stack condition, bales falling off the stack can strike a worker and result in a serious injury.
- Be aware of workers throwing the bales. Bales can bounce or roll striking another worker.
- Use proper lifting techniques when lifting, carrying, or stacking bales.
- When working in hot temperatures and haymows with no air movement, take several breaks and stay hydrated with water.

For more information about the OSU Ag Safety visit <http://www.agsafety.osu.edu> or contact Kent McGuire, OSU Agricultural Safety & Health, at mcguire.225@osu.edu or 614-292-0588.

INJURY PREVENTION – Things To Remember When You Hope For Those Sunny Days

Lisa Pfeifer – OSU Ag Safety and Health Education Coordinator

A day in the life of a farmer can mean sun exposure from sun up to sun down. Farmers would be hard pressed to avoid the sun entirely. Performing work tasks requires time in the sun, often for the entirety of the workday.

Sun exposure presents a safety hazard that can be equally as deadly as equipment hazards on the farm. Here are some of the hard facts to prove the risks:

- One person dies of melanoma every hour.
- 1 in 5 Americans will develop skin cancer in the course of a lifetime
- Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%
- Ultraviolet rays cause the vast majority of mutations in melanoma.
- Your risk for developing melanoma doubles if you have had more than five sunburns.

So what can you do to protect yourself from the sun's harmful rays?

- Wear protective clothing
 - Hats
 - Sunglasses
 - Long-sleeve shirts
 - Full-length pants
- Use a sunscreen with an SPF 15 or higher year-round. Reapply every two hours or immediately after swimming or excessive swimming.
- Utilize engineering adaptations to create shade

(Remember clouds give a false sense of protection!)

Seek medical attention when moles have:

- Irregular borders
- Multiple colors
- Tendency to bleed
- Sensitivity
- A diameter larger than a pencil eraser

Use that Skin Cancer Image Gallery at the American Cancer Society website, <https://www.cancer.org/cancer/skin-cancer/galleries/skin-cancer-image-gallery.html>, as a reference tool.

Sources: American Academy of Dermatology, American Cancer Society, EPA, and the Skin Cancer Foundation.

For more information about OSU Ag Safety, visit <http://www.agsafety.osu.edu> or contact Lisa Pfeifer, OSU Agricultural Safety & Health, at pfeifer.6@osu.edu or 614-292-9455.

INJURY PREVENTION - Summer Childcare on the Farm

Lisa Pfeifer – OSU Ag Safety and Health Education Coordinator

The long hours in the field during the busy months of planting and the beginning of hay harvest leave many farmers missing their young children. While it is tempting to spend some time bonding by bringing the little ones along on the tractor, remember it flies in the face of recommended safety practice. Often it is nostalgic to think of the time you spent riding alongside your grown-up farmer during your own youth, but machinery and equipment have grown in size, complexity and speed, so take pause before you tote your budding farmer along. A farm can be a dangerous environment for a child still growing in physical, mental, and emotional capacities. A summer farm safety assessment is a good practice to have before the kids are out of school and back home in the farmyard all day.

Some questions to consider in performing a mental check:

- Where are poisonous chemicals are stored? Are they locked or out of reach?
- What barriers are in place around manure pits or ponds?
- Is there access to livestock holding areas or pastures for small children?
- What is the farm protocol for key storage to equipment? Don't forget to think about the small equipment like ATVs, UTVs, or lawn tractors the little ones are likely to think they can handle.
- Are equipment travel paths outside of possible bicycle, scooter play areas?
- Do haylofts have the proper barriers installed to protect from falls?

Remember to be a good safety role model on the farm, even when the days get long.

For more information about OSU Ag Safety, visit <http://www.agsafety.osu.edu> or contact Lisa Pfeifer, OSU Agricultural Safety & Health, at pfeifer.6@osu.edu or 614-292-9455.

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 maybe 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
