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

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Dee Jepsen, State Safety Leader

The word 'emergency' can be defined as a situation that requires immediate attention. An emergency can be something completely unexpected and come out of the blue, or it can be an event where we expect tragedy and plan accordingly. With so many situations in our lives that can escalate to full-blown emergencies, it is difficult to prioritize our responses. In other words, there are times we are prepared for the unexpected, and at times we are caught off-guard. This concept of emergency preparedness can become a dilemma of uncertainty for many.... But it doesn't have to be complicated. There are many resources available to help us prepare our homes, our businesses, and our communities for disasters. As the seasons change so will the kinds of emergencies we face. Keeping our wits about us and assessing our level of risk is the first step. Knowing where to find the information we need is the second step.

It is my vision that this monthly newsletter provides you with useful prevention information as well as trusted resources for emergency preparedness. From fires, to floods, to power outages... this issue contains a variety of safety messages for a season of many potential emergencies.

A SECOND ON SAFETY- Thanksgiving Safety Tips

Provided by National Fire Protection Agency

Thanksgiving is the leading day of the year for home fires involving cooking equipment.

See these safety tips below:

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.

- Make sure your smoke alarms are working. Test them by pushing the test button.
- Keep an approved fire extinguisher nearby.

Hurricane Sandy Volunteering

The National VOAD coordinating group for Hurricane Sandy mentioned the Points of Light website that they have approved to display volunteer opportunities. This is being built as they go.

http://www.pointsoflight.org/Volunteer_for_Disaster_Relief

INJURY PREVENTION- REDUCING THE RISK OF BACK INJURIES

Kent McGuire - Ohio AgrAbility Program Coordinator

Back pain is common in farming because of the physical nature of the occupation. Farmers are required to do heavy lifting, a tremendous amount of walking and utilize pushing / pulling to complete tasks. Back injuries can be chronic or short term, but at some point everyone will experience some form of back injury. Once a back injury has occurred, special consideration needs to be given to the spine, muscles and tendons to prevent a back injury from occurring again. There are several measures that can be taken to reduce the risk of a back injury and many tasks can be modified to relieve stress placed on the back. This may include:

- Avoid working in awkward positions or standing for long periods of time.
- When changing directions turn with your feet, not your waist
- Wear boots with high quality insoles and support the ankles reduces back pain.
- Use correct lifting posture every time. Use your legs to lift, instead of bending at the back
- When carrying things keep them close to the body and make more trips carrying smaller loads.
- Limit repetitive tasks and chores involving poor posture. Alternating this type of task with less strenuous tasks can be effective at preventing back injuries.
- “Push” rather than “pull” objects
- Carts and wheelbarrows are efficient when feeding animal or hauling heavy tools.
- When in the tractor seat, adjust the seat to position the thighs parallel to the floor.
- Consider installing mirrors or cameras in equipment to reduce the need to turn.
- Replace older equipment seat cushions with new ones that have adjustable lumbar support, arm rests and adjustable thigh support.
- Modify tasks or work methods to reduce the number of times needed to get on and off equipment.
- Using long-handled tools increase leverage and reduce bending.
- Minimize stumbling or fall hazards by practicing good housekeeping methods in all areas of the farm.

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.

Test your ATV Awareness

Kathy Mann - Program Coordinator

Think you are a skilled ATV rider? Test your ATV awareness by:

1. Completing an ASI e-course at www.atvsafety.org; After you complete the course, mail your certificate to Kathy Mann at 590 Woody Hayes Dr. Columbus OH 43210 and receive a **FREE** Ohio ATV Safety team t-shirt.
2. Playing the Tread-Sylvania game; Test your ATV skills thru this interactive computer game. To play visit, www.treadsylvania.com/
3. Scheduling to take the hands-on riding course; Contact Kathy Mann at mann.167@osu.edu or 614-292-0622 if you are interested in the hands-on ATV safety-training program.

Completing any of these opportunities is a great way to get a head start of your 4-H project for next year.

For more information about the Ohio ATV Safety Program, feel free to contact the project leaders: Dee Jepsen (Jepsen.4@osu.edu), Chris Penrose (penrose.1@osu.edu), or Kathy Mann (mann.167@osu.edu).

PROTECTION AGAINST THE SILENT KILLER

By Ag Safety Staff

Cold weather and power outages: this makes the perfect combination for carbon monoxide poisoning, otherwise known as the "silent killer." Carbon monoxide earned it's name as the silent killer because it is a tasteless, colorless, and odor less gas. It is produced by motor vehicles, generators, oil lanterns, and home heating systems like natural gas furnaces, wood burners, fireplaces, and kerosene heaters. According to the Centers for Disease Control and Prevention, nearly 500 people die and 20,000 visit an emergency room from exposure to these silent killer culprits during storms.

The threat of carbon monoxide poisoning increases during cold weather because ventilation is reduced to retain the warmth from heat sources. Homes today are better insulated and sealed against cold weather. When there is inadequate ventilation, carbon monoxide can accumulate to unsafe levels.

Symptoms of carbon monoxide poisoning include headache, dizziness, nausea, vomiting, confusion, and chestpain. Since these symptoms are similar to those of other ailments, carbon monoxide poisoning can sometimes be difficult to recognize. However, if multiple individuals in the same home become ill with the same symptoms when heat sources are operating that is a very good indicator of carbon monoxide poisoning. Left untreated, the result can be unconsciousness, coma, or death. If you suspect carbon monoxide poisoning, go outside immediately and call 911! If others are not able to exit the dwelling, open doors and windows to help the gas escape while awaiting assistance from emergency responders.

To prevent carbon monoxide poisoning, have home heating systems inspected and serviced annually as part of your home maintenance efforts this includes the chimney. When operating a fire place ensure the flue is open. Keep appliances in good working order and do not use a gas oven as a heat source. Do not operate a generator in a confined space, it must always be operated in a well - ventilated, outdoor area. Do not sleep in a room with a non-vented gas or kerosene heater. And never leave a car or generator running in an attached garage - even with the dooropen.

Certain fuel - fired equipment such as some gas grills and generators are not designed for use in the home. Make certain the equipment can be used safely in the location intended. Open windows can allow the entry of unsafe levels of carbon monoxide if equipment is placed nearby and exhausts are blown indoors. Even open sided buildings can allow the accumulation of unsafe levels of carbon monoxide if the weather conditions are correct and adequate ventilation is not provided.

The best prevention against carbon monoxide poisoning is the installation of carbon monoxide detectors that sound an alarm when the gas is present. And remember to send in the product registration information after purchasing new detectors. It is important for the U.S. Consumer Product Safety Commission to be able to locate owners of defective monitors in the event of a product recall.

For more information on carbon monoxide poisoning and prevention, please visit <http://www.weathersafety.ohio.gov/CarbonMonoxideSafety.aspx>.

A Webinar to Address: Tractor and Machinery Certification Courses, A Community-Based Approach

A September 2011 proposal from the U.S. Department of Labor regarding child labor in agriculture raised awareness regarding 40+ year old legislation. The Agricultural Hazardous Occupations Orders provides guidance on which tasks are deemed 'too hazardous' for youth to complete. Youth who are 14 or 15 years old that successfully complete a training course can be exempt from the law and work for hired completing certain 'hazardous tasks'.

Many people around the state have been asking for information on this tractor training course. A webinar will be hosted on Thursday December 6th at 3 PM.

The audience of this program includes:

1. Volunteers interested in teaching tractor & machinery certification in their area,
2. Farm employers who hire teens on their operations
3. Farm families and farm teens wanting to complete the course, and
4. Secondary Ag Science teachers and Extension personnel who need to know their obligations for signing the Certificates of Training.

The session will introduce a community based approach to conducting this comprehensive training that teens need to complete prior to working in certain agricultural jobs. Content delivery, testing, tractor driving course layouts, and skill test evaluations will also be discussed.

For more information, contact Andrew 'Dewey' Mann (mann.309@osu.edu).

Brrrrrr... It's cold outside!

by Kathy Mann

As the temperature drops outside, the reasons for going outside keep on coming. Chores still need to be done with a little bit of recreational activities in the mix as well. Sledding, snowmobiling, and snowball fights are just a few of the seasonal activities soon to come. Winter is a beautiful and fun time of year if precautions are followed to prevent the cold from endangering those out in it.

Risk of injury varies depending on temperature, wind speed, length of time outside, physical condition and whether clothing is wet or dry. Follow these tips to prevent injuries from cold weather:

- Wear warm, loose-fitting, layered clothing. Wool is good. Wear water repellent outer garments.
- Cover head and ears. The head, neck and ears lost heat faster than any other body part.
- Stay dry, when possible.
- Do not drink alcoholic beverages. Alcohol caused the body to lose heat at a faster pace.
- Watch for frostbite and other signs of hypothermia.

Source: Farm Safety 4 Just Kids- Farm Safety During Cold Weather

EMERGENCY MANAGEMENT TIP OF THE MONTH: Ohio's Winter Safety Awareness Week

Kent McGuire - OSU Ag Safety and Health

Ohio's Winter Safety Awareness week is November 11th through 17th. Winter safety awareness includes:

- Understanding Winter Severe / Hazardous Weather Terms
- Winter preparedness for schools
- Ice and snow safety
- Winter safety for the home and auto
- Health and safety tips for the winter

Specific details for each category can be found at the Ohio Committee for Severe Weather website - <http://www.weathersafety.ohio.gov/Default.aspx>

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
