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

Vol. 5 No. 4 April 2012

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THOUGHTS from the EDITOR - ATV Safety

Dee Jepsen, State Safety Leader

The rank is 13. That is where Ohio sits in the national ranking for most hazardous U.S. states according to ATV injuries and fatalities. To address this concern, a special focus will be placed on ATV safety. We need everyone to help support this goal and participate in the ATV Safety Campaign. Here's how:

1. Spread the ATV safety message to "Ride Right." This includes riding the right size ATV, wearing the right gear, and riding on the right terrain.
2. Play the Treadsylvania game, an on-line game for ages 8-18, for riders who don't typically operate an ATV. The adventure game is not in the typical educational format. It allows youth to learn riding concepts in a challenging setting, where evil forces and wrong moves could end their game session.
3. Take a free safety course offered by our OSUE Safety Program. The 4-hour riding classes are offered in your county and are conducted by a certified ASI instructor.
4. An alternative to the riding course, is to take an E-Course on your computer. This 2-hour program has all the content, and you conduct the driving course on your own.
5. Participation in either safety course earns you a place on the Ohio ATV Safety Team - and gets you a FREE T-SHIRT.
6. Create your own You Tube ATV safety video for a chance to win CASH PRIZES.

For details about all of these events, contact our Safety Office at 614-292-0622. We look forward to making an impact on Ohio ATV statistics in 2012!

A SECOND on SAFETY - DIG SAFELY, CALL 811

April is National Safe Digging Month!

Whether you're planting a tree or taking one out, building a new fence or replacing an old one, you need to know what utility lines lie beneath the surface before you dig. Take a second to call 811! It's the law!

The Ohio Utilities Protection Service (OUPS) is a non-profit organization that provides communication between utility companies and anyone planning to dig. Plan ahead by calling 2-10 working days in advance of starting your project, the utility companies should respond within 48 hours by marking service lines in the location you want to dig. Visit oups.org to find out how to submit an online dig request and to view the color codes that utility service providers use to mark service lines.

Prevent personal injury, property damage, and utility failures: call 811 ANYTIME before you dig!

PUT A LID ON IT - BIKE HELMET SAFETY

With the beautiful weather comes an increase in traumas and recreation related injuries. The recent weather has started trauma season much earlier than past years. In an effort to decrease bike related head injuries in children, several Ohio associations have come together to develop a **Bicycle Helmet Awareness Week, May 7-11th.**

Click on the link below to access a partner tool kit to do something related to bike helmet awareness week. It can be anything from holding your own bike rodeo to writing a letter to the editor of your local newspaper, or speaking for 5 minutes at your child's next PTA meeting. Any little bit you can do helps to educate parents and children about the importance of wearing helmets. The toolkit provides many templates to help make getting involved easy. Toolkit PDF link: <http://tinyurl.com/86squnh>

"Like" our "Put A Lid On It" facebook page at [facebook.com/bikehelmetssafety](https://www.facebook.com/bikehelmetssafety) for updates and bike helmet safety facts and then post pictures of your event to share with everyone!

2012 FARM SAFETY DAY CAMPS

Farm safety is important to practice all year round. However, spring marks the kick-off of the Ohio Farm Safety Day Camp season. These camps teach youth about the hazards on the farm through educational sessions focusing on rural safety. The camps are a collaborative sponsorship of Ohio State University Extension and Ohio Farm Bureau Foundation.

The camps are placing a special focus on ATV safety this year as Ohio currently ranks 13th in the nation for ATV related- fatalities. It is the goal of this specialized effort that ranking can be reduced. Camps will be spreading the ATV safety message to "Ride Right"; ride the right size ATV, wear the right gear, and on the right terrain. Additional educational sessions will help students understand why there are rules, how quickly equipment and livestock react, and what to do in emergency situations. The best part of the camp is campers and staff having fun together by interacting with one another, all in an effort to be reminded of safety.

The 2012 camping season currently includes seven camps scheduled around the state.

Farm Safety Day Camp Locations:

Putnam County

Date: **April 10 & 11**
Place: Ruth Gerding Farm
Contact: Joan Kline
419-523-5608

Morrow County

Date: **May 11**
Place: Morrow Co. Fairgrounds
Contact: Becky Barker
419-947-1070

Camp Palmer

Date: **May 11**
Place: 4-H Camp Palmer
Contact: Bill Goodson
419-237-2247

Auglaize County

Date: **May 17**
Place: Four Seasons Recreation Complex & Park
Contact: Don & Lois Baumer
419-628-3420

Muskingum County

Date: **June 8 (9:00 am- 1:00 pm)**
Place: Muskingum County Fairgrounds, Zanesville OH
Contact: Muskingum Soil and Water Conservation District
(740) 454-2767

*Please register with the Muskingum Soil and Water Conservation District

Ross County

Date: **August (TBD)**
Place: (TBD)
Contact: Kathy Mann (mann.167@osu.edu)

Monroe County

Date: **TBD**
Place: Powhatan Elementary School
Contact: Bruce Zimmer

740-472-0810

ANIMAL AGRICULTURE 202 - FARM ANIMAL HANDLING FOR FIRST RESPONDERS

The purpose of the Animal Agriculture 202 course is to provide a basic understanding of farm animal behavior and handling in order to be better prepared to respond in the face of an incident involving livestock. The target audience includes Law enforcement officers, Humane officers/agents, Dog wardens, Animal control officers, Firefighters, Regional Animal Response Teams, Ohio Veterinary Emergency Responders, County Emergency Management directors, Wildlife officers, and Other first responders who may need to handle farm animals.

The OSU Ag Safety Program is sponsoring 20 scholarships for this event. If you're interested to attend, please contact Kent McGuire to be included on the pre-registered list- email: mcguire.225@osu.edu or call (614) 292-0588.

INJURY PREVENTION - PREVENTING WORK INJURIES in the YARD or GARDEN

Kent McGuire - Ohio AgrAbility Program Coordinator

With the early spring weather, many people are gearing up to get a good start on their yard work and garden activities. There has been a great deal of technology developed to make gardening easier, however the majority of work in the garden still comes down to physical labor and your body is the most important and valuable gardening tool you have. The following suggestions can help prevent injury, fatigue or overexertion when gardening:

- Respect pain. When a garden activity causes pain, STOP. Don't be afraid to ask for help.
- Poor posture can lead to pain, fatigue, or strains. Don't sit slouched over while you garden.
- If you garden from a sitting position, make sure your work surface is low enough that you won't have to raise your hands above your shoulders.
- Avoid staying in one position too long. Switch tasks often, such as bending tasks to reaching tasks to kneeling tasks.
- Repetitive tasks can lead to injury; trying to pull just a few more weeds or hoe just one more row -can cause inflammation, tenderness, and pain in joints.
- Alternate finger-intensive activities, such as pressing a squeeze-trigger spray bottle, with less demanding hand tasks or switch to another finger or the other hand as you work.
- Use your legs, not your back, when lifting.
- When carrying heavy objects like watering containers or buckets, make sure the handles have comfortable grips to prevent hand and wrist injury.

- Try using ergonomic or adapted tools to make the gardening work easier on you.
- Follow and read manufacturers' instructions; careless use of tools, or using them for a task that they were not intended to be used, can lead to injury.
- When using power tools - be sure to read the operators manual and understand the tool or equipment's operation thoroughly.
- Power tools / equipment for the garden can have a high degree of vibration which can lead to fatigue. Alternate jobs that involve vibration with jobs that involve stretching.
- Keep blades on knives, shears, shovels, trowels and hoes clean and sharp. Dull tools can cause fatigue.
- Protect yourself from the sun. Wear lightweight clothing, long sleeved shirt, big brimmed hat, sunscreen of at least SPF 15, and other protective gear. Drink plenty of fluids to prevent dehydration.
- Take breaks in the shade; allow a few minutes for your body to recuperate and cool down.

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

UPCOMING OHIO AGRABILITY EVENTS: URBAN & RESIDENTIAL GARDENING

Reducing Barriers and Limitations to Working in Gardens / Urban Agriculture
Saturday, April 14th from 10:00am - 12:00pm - Harvard Community Center - 18240 Harvard Ave. (Cleveland, OH)

Presented by: Kent McGuire - Ohio AgrAbility Program Coordinator - OSU Extension
Spend more time enjoying your garden by reducing overexertion and fatigue. Find out about assistive devices for the garden, ergonomic tools with easy grips and using raised beds for gardening. For more information contact Marie Barni at Cuyahoga County OSU Extension - email: barni.4@cfaes.osu.edu or call (216) 429-8200.

Raised Garden Beds and Other Alternatives to Planting Flower & Vegetable Gardens
Tuesday, April 24th from 6:30pm - 8:00pm - Agriculture Center - 831 College Ave. (Lancaster, OH)

Presented by: Kent McGuire - Ohio AgrAbility Program Coordinator - OSU Extension
Gardening requires bending and stretching to plant seeds, pull weeds and to pick flowers/vegetables. This puts a great deal of strain on your body. Spend more time enjoying your garden by reducing overexertion and fatigue. Find out about assistive devices for the garden, ergonomic gardening tools with easy grips and using raised garden beds. Call Linda McDonald at SOCIL (740) 689-1494 extn. 12 to register for this free program.

Emergency Management Tip of the Month

Spring is the best time to check that your house, garage, and barn are equipped for

emergencies. Things to do this month:

- change the batteries in smoke detectors if you didn't do it when the time changed (as recommended)
- have portable fire extinguishers inspected and re-charged; look in the yellow pages for a service provider in your area.
- install fire extinguishers to seasonal vehicles like campers, boats, and other recreational trailers
- have an emergency weather radio in your home, with new batteries
- update emergency contact information for your home and business
- establish emergency response plans and a "meeting place" for your home and business

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
