

## **Ag Safety S.T.A.T. December 2014**

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

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### **THOUGHTS FROM THE EDITOR – Farm Fatalities Declined in 2014**

**Dee Jepsen – State Agricultural Safety and Health Leader**

As the year draws to an end, it is appropriate that we reflect on the efforts made to improve our farms and agricultural workplaces. Injuries on Ohio's farms continue to occur, but it is important to recognize that fatalities are slightly lower. The Ag Safety Office reported a drop in Ohio's fatality statistics for the second consecutive year.

As Ohio's harvest season draws to an end, and winter activities begin, safety awareness continues to be a priority for our Ag Safety Office. Let us know how we can support the local programs in your area as you plan your 2015 events.

We wish everyone a Happier and Safer New Year.

### **MONTHLY SAFETY SLOGAN –**

As the temperatures decline - Keep SAFETY on your mind!

### **ANNOUNCEMENTS – Two National Initiatives to Impact Youth Who Work in Agriculture**

The OSU Ag Safety Program received funding from USDA National Institute of Food and Agriculture (NIFA) to support national research and outreach activities for youth who wish to work in agriculture. This grant, Safety in Agriculture for Youth (SAY), was a 2-year project to accomplish several objectives following the 2011 Department of Labor's efforts to change the youth labor requirements for agricultural employment. Two outcomes are reported below.

### **National Youth Farm & Ranch Safety Symposium**

The National Youth Farm and Ranch Safety Symposium was held October 27-28, 2014 in Louisville, Ky. The OSU Ag Safety team of Dee Jepsen, Kathy Mann, and Dewey Mann gave leadership to this conference. The objective was to gather national stakeholders for a unified discussion on the topic, as well as initiate a national movement to shape future training programs for youth who work in agricultural operations.

The event was held 2 days prior to the National FFA Convention. Speakers from multiple

organizations were represented, including: Department of Labor, National Institute for Occupational Safety and Health (NIOSH), National Children's Center, National Council for Agricultural Education, American Farm Bureau Federation, National Council of Agricultural Employers, American Association for Agricultural Education, Farm Safety For Just Kids, and Progressive Agriculture Foundation.

Three speakers were from Ohio. Dr. Kirby Barrick, former Department Chair and Assistant Director of Extension, and Dennis Riethman, former Agricultural Education instructor and currently an Extension Educator in Mercer County presented a panel session "Making the Time to Teach Ag Safety in Formal Education." Ohio's current FFA President, Sydney Snider, gave a compelling speech about her agricultural heritage and how 4-H and FFA activities shaped her career aspirations.

The goal of the symposium was to develop a national strategy to enhance awareness of, access to and utilization of farm and ranch safety materials by youth and adults who instruct and/ or work with youth. Conference proceedings will include video taped segments of the conference speakers that will be available on-line in 2015.

#### **Ag Safety Resources to Meet Schools' Curriculum Standards**

Another objective of the NIFA sponsored grant was to develop a clearinghouse for agricultural safety and health curriculum for youth audiences.

A Curriculum Alignment Submission Tool (CAST) was developed specifically for the SAY Project whereby agricultural safety teaching materials (full curriculum and supporting resources) can be submitted and reviewed for their alignment to AFNR Career Cluster Content Standards. After review, materials will be available on the SAY website for national use. This site is available for authors to submit materials, as well as teachers to access materials. Please visit the [SAY website](#) to learn more about this effort.

#### **ANNOUNCEMENTS – Roadway Safety Resources for Amish Communities**

##### **Kathy Mann – Agricultural Safety and Health Program Coordinator**

Are you looking for educational information to share with the Amish in your community? We have Amish buggy driving workbooks available for **FREE**. These workbooks contain useful information about driving a buggy on the roadways and understanding the laws. If you have horse-and-buggy operators in your community that you would like to share these workbooks with, please contact Kathy Mann at [mann.167@osu.edu](mailto:mann.167@osu.edu) or 614-292-0622 and she will ship them to you. Thanks!

#### **INJURY PREVENTION – Protecting Your Hands**

##### **Kent McGuire – OSU CFAES Safety and Health Coordinator**

When it comes to hand protection, potential hazards vary drastically by work task. These hazards can include chemical burns, electrical dangers, abrasions, cuts, and impact with objects. Therefore, picking the right hand protection is extremely important. There are a variety of areas to consider when choosing appropriate hand protection.

This includes working with sharp metal parts, chemicals, extreme thermal conditions and the need for dexterity for job tasks. During the selection process there are a few questions that can be used to identify the proper glove selection. These questions can be based on the potential hazard.

**Chemicals:**

- Are chemical hazards present?
- What form is the chemical in: liquid, gas, powder, or vapor form?
- Are the hands subject to light splashes or immersion into chemicals?

Check the label of the chemicals being handled. A warning or recommendation of all personal protective equipment should be located on the label.

**Cuts / Punctures / Abrasions**

- Is there the potential for cuts and punctures from sharp objects?
- Will abrasions or punctures likely occur to the palm, top of the hand, or fingers?

Many gloves are designed to protect from abrasions and even offer some protection from slashes caused by sharp objects. Few provide high levels of puncture resistance.

**Grip or dexterity**

- Is a secure grip vital to the application?
- Are wet or oily material surfaces present?
- Is dexterity important? Is sensitivity to handle small parts or objects quickly needed?
- Which characteristic is more important: protection or dexterity?

In most cases, thinner-gauge gloves offer more dexterity, while heavier-gauge gloves offer greater hand protection. Special coatings on gloves can provide the desired dexterity and a certain level of protection.

**Extreme Heat or Cold**

- Will the gloves be required to offer protection from heat or cold temperatures?
- What is the length of exposure time to these temperatures?

Insulated gloves should be selected to protect from extreme temperatures. For some tasks, such as welding or torch work, specialty gloves designed for that task should be used.

**Size of Gloves**

- Are the gloves properly sized for the user?

Gloves that are too large will slide around on the hands, provide minimal protection and could become caught in machinery or moving parts. Gloves that are too small can decrease dexterity and become uncomfortable.

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](mailto:mcguire.225@osu.edu) or 614-292-0588.

## **INJURY PREVENTION – Reducing Stress for a Healthy Heart**

**Andy Bauer – Ohio AgrAbility Program Educational Coordinator**

Farming can be a stressful occupation. Farmers experience stresses common with most occupations such as high demand, time pressures and increased workload. However farmers also have the added stresses of uncontrollable weather, machinery breakdowns, variable crop prices, or even economic survival.

Fall harvest is complete in many areas of Ohio. However, farmers may continue to experience stress related to marketing the crop with low current prices, year end financial planning, planning for next years crop and cold weather. Farming consistently has one of the highest rates of deaths due to stress-related conditions such as, hypertension and heart disease. Stress makes the heart beat faster preparing the body for action, however prolonged high levels of stress can cause high blood pressure, irregular heart rhythms, damage to arteries and higher cholesterol levels.

I asked participants in some AgrAbility presentations, “what is your most valuable tool on your farm”, and I generally hear the response, the big tractor, planter, or combine which on a dollar basis are very valuable but in reality your body and health are more valuable than the others combined. Farmers perform regular maintenance on their equipment and try to keep it in good operating condition. However farmers don’t always keep up the maintenance on their own health. Seeing a doctor on a regular basis and following their advice will help to reduce some stress. Other suggestions for managing stress include:

- Begin to take note of things that cause you to feel stressed.
- Accept the fact that you may not be able to control everything.
- Take time out each day to relax.
- Maintain a healthy lifestyle through exercising, eating healthy and getting enough sleep.
- Plan your day and prioritize what needs to be done.
- Set realistic goals and expectations.
- Avoid the “what ifs” and focusing on what you do not know or can control.
- Control stress during long work hours or activities by taking a relaxation break or short walk, get out and stretch your legs if you have been sitting on equipment for an extended period of time.
- In cold weather plan your day and avoid overexertion when doing tasks.

For more information about the Ohio AgrAbility Program visit [agrability.osu.edu](http://agrability.osu.edu) or contact Andy Bauer, Ohio AgrAbility Educational Coordinator, at [bauer.528@osu.edu](mailto:bauer.528@osu.edu) or call 614-247-7681.

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*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](mailto:jepsen.4@osu.edu)

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