

Ag Safety S.T.A.T. March 2015

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

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THOUGHTS FROM THE EDITOR – Safety for Spring Debris Clean-Up

Dee Jepsen – State Agricultural Safety and Health Leader

Spring is right around the corner, and so are different weather patterns. Be prepared for spring storms, which in Ohio can include electrical storms, high winds, tornados, and more snow and ice. Articles in this issue, and on the Ohio Emergency Management web pages, will help you with specific emergency preparedness tips for spring weather.

Cleaning up the yard, pastures, and field fence lines after the long winter may include chainsaws, wood splitters, and wood chippers. Understanding how to use these tree-trimming items is important. Review the operator’s manual, especially if it has been a long time since you last used this equipment. It’s also important to wear the proper Personal Protective Equipment. Don’t head out to scout the field without thinking you may get caught doing impromptu debris removal. Plan ahead and have safety glasses, leather gloves, and earplugs with you. These are the minimum recommendations when trimming trees with power equipment. Other tree trimming PPE includes steel-toed work boots, chain saw chaps, and a hard hat (if there is potential for falling limbs). Take particular care when trimming around electrical lines to avoid contact with energized lines. Big jobs may require professional crews, so know your limits and consult with arborists or other service providers for clearing away limbs from intricate locations or other large tree trimming tasks.

In a few more weeks spring will bring new life to our landscape and trees. Exercise safe work practices while trimming those trees and limbs that did not survive the winter and early spring storms.

MONTHLY SAFETY SNICKER –



Announcement- “How To Do Farm Safety” webinar

Are you a farm operation or agritourism business that invites visitors, school groups, or other members of the public to your agricultural operation? Are you a person interested in coordinating an agricultural safety event for your school or community? If so, here is a training program to help you incorporate Ag Safety and Health activities into your new or existing educational format.

Join us for a Lunch and Learn on March 26, 2015 at 12:00 p.m. for a “How To Do Farm Safety” webinar on planning a farm safety day camp at your operation. During this webinar, we will address the following topics: identifying your target audience (age group), age-appropriate messages, day camp format (educational stations with rotations vs. open house), available resources, camp evaluation, and safety precautions during the event.

To join the webinar on March 26, 2015 at 12:00 pm, just click this link.

<http://carmenconnect.osu.edu/farmsafetydaycamp/>

We hope you can join us! For questions, please contact Kathy Mann at mann.167@osu.edu.

INJURY PREVENTION – Pre-Spring Housekeeping Around the Farm

Andy Bauer – Ohio AgrAbility Educational Program Coordinator

The farm shop is a busy place this time of year getting equipment ready for spring work. As you are doing maintenance and repairs on equipment to prevent any delays remember to do some daily basic housekeeping in the shop. A needless injury now can be just as bad as equipment breakdown during busy times.

- Keep walkways and areas in front of workbenches free of clutter. Mark walkways on the floor if need be to prevent trip or fall hazards. Keep work mats flat on the floor.
- Put tools away when done with them so you are not stepping on them and they can easily be found when needing them again.
- Keep new and used parts out of walkways and keep them in their designated storage areas when done.
- Do not let packaging materials, boxes, pallets or other trash build up in working areas, dispose of it properly.
- Be sure that containers and materials stored on shelves are stable and secure and also that the shelving is designed to handle the weight.
- Organize chemical storage areas and keep them secure from loss and access by any unauthorized persons. Keep pesticides, herbicides, and flammables separated to prevent unneeded issues.
- Keep welding and cutting areas free of debris to prevent fire hazards.
- Spending 10 to 15 minutes at the end of the day in the shop cleaning up and organizing the work area may prevent planting delays and keep you out of the emergency room.
- Outside the shop, keep walkways clear of snow, ice and other clutter to prevent falls.

For more information contact Ohio AgrAbility at agrability.osu.edu or Andy Bauer at bauer.528@osu.edu or (614) 247-7681

INJURY PREVENTION – Using Ergonomics on the Farm

Kent McGuire – OSU Ag Safety and Health Coordinator

Ergonomics is the science of designing the job, equipment, and workplace to fit the worker, while maintaining efficiency in completing tasks. Improving work posture, reducing force on the body, and minimizing repetitive movements during tasks can decrease the potential for an injury. Due to the labor-intensive nature of farming, ergonomics can be of great value in reducing the risk of injuries. The most common injury associated with repetitive motion or labor-intensive tasks is a sprain / strain type injury. Following a few simple ergonomic guidelines can prevent these types of injuries.

- Maintain correct posture and try to keep the body in a neutral position. A neutral position is any seated or standing position with correct posture, center of gravity in line with the torso, with arms and shoulders in a naturally relaxed position.
- Integrate sitting while completing stationary tasks. Strain on the lower back and legs is reduced when seated while working.
- When lifting, keep the loads between hand level and shoulder level. Avoid lifts from the floor or over shoulder level.
- Keep reaching, bending, and twisting motions to a minimum.
- Alternate high-repetition tasks with tasks that require less repetitive motion.
- Redesign the task to minimize working in a stooped or awkward position. If stooped work is required, integrate with other short tasks that require walking or sitting.
- Avoid working in the same position for more than 30 minutes. Incorporate different types of work, changing from sitting, to standing, to walking and back again.
- Place frequently used items or tools within 17 inches of the worker with a general work area 24” to 54” inches from the floor.
- Utilize cushioned floor mats at standing workstations to reduce fatigue.

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.

EMERGENCY MANAGEMENT: Marching into Severe Weather Season

Michelle King, Agricultural Rescue Intern

March is all about getting rid of the snow and cold and springing into warm and sunshine. Spring also brings severe weather, which is very important to be aware of how to be safe during inclement weather. The Ohio Committee for Severe Weather Awareness has listed the following events that will be taking place.

Ohio's Spring Severe Weather Awareness Week is March 1-7

Ohio's Statewide Tornado Drill is Wednesday, March 4th at 9:50 a.m.

National Flood Safety Awareness Week: March 16-20

Tornado Safety Tips

Whether practicing in a tornado drill or sheltering during a warning, the Ohio Committee for Severe Weather Awareness encourages Ohioans to DUCK!

D - Go DOWN to the lowest level

U - Get UNDER something

C - COVER your head

K - KEEP in shelter until the storm has passed

The safest place to be during a tornado is a basement. If the building has no basement or cellar, go to a small room (a bathroom or closet) on the lowest level of the structure, away from windows and as close to the center of the building as possible.

Be aware of emergency shelter plans in stores, offices and schools. If no specific shelter has been identified, move to the building's lowest level. Try to avoid areas with large glass windows, large rooms and wide-span roofs such as auditoriums, cafeterias, large hallways or shopping malls.

If you're outside or in mobile home, find shelter immediately by going to the lowest level of a nearby sturdy building. Sturdy buildings are the safest structures to be in when tornadoes threaten. Winds from tornadoes can blow large objects, including cars and mobile homes, hundreds of feet away.

If you cannot quickly get to a shelter, get into your vehicle, buckle your seatbelt and try to drive to the nearest sturdy shelter.

If you experience flying debris while driving, pull over and park. Choose to either stay in your vehicle, stay buckled up, duck down below the windows and cover your head with your hands, or find a depression or ditch, exit your vehicle and use your arms and hands to protect your head. Never seek shelter under highway overpasses and bridges.

For more information about Emergency Management OSU Agricultural Safety & Health, (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
