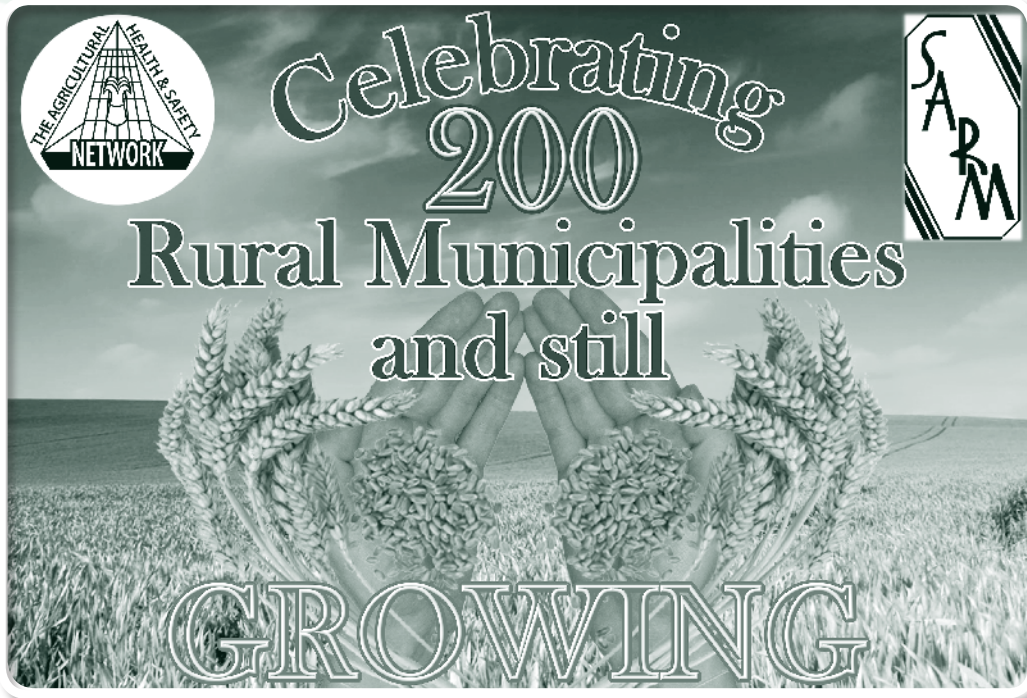


# Network News

THE NETWORK | providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988

## THE AGRICULTURAL HEALTH AND SAFETY NETWORK

# Reaches Membership of 200 in 2010!



When the Canadian Centre for Health and Safety in Agriculture (CCHSA) partnered with the Saskatchewan Association of Rural Municipalities (SARM) in 1988, they had a dream that one day every RM would be a member of the Network. This partnership began with 6 RMs and has steadily increased to the current 200 members. The realization of the dream is getting closer. The steady growth of the Network attests to the enduring and growing strength of Saskatchewan RMs and their farm families.

The Network now delivers agricultural occupational health and safety information and programs to

over 28,000 Saskatchewan farm families. Strong partnerships have developed on both a provincial and a national level with numerous organizations collaborating and fostering a unique agricultural health and safety program delivered in Saskatchewan.

This historic occasion was celebrated at the annual SARM convention with cake served to those in attendance. Councillor Erwin Beitel from the RM of Lajord No. 128 accepted the recognition of being the 200th member, on behalf of his RM, presented by the Director of CCHSA, Dr. John Gordon.

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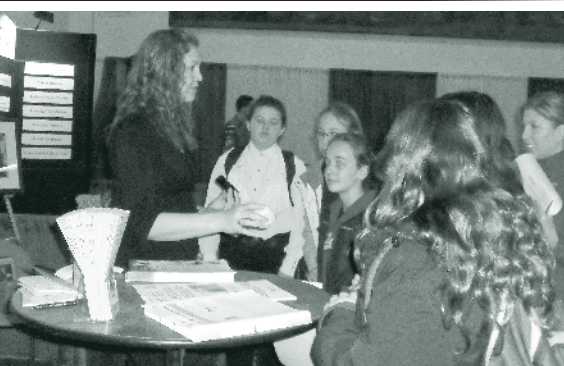
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# NETWORK

## TRADESHOWS

Network staff talk to thousands of people at Agribition, The Crop Production Show and the SARM convention. It is a wonderful opportunity to interact with farm families and inform them of what services we can provide them. Positive connections are made at this type of venue that lead to future activities within the RMs.

## AGRIBITION



*The Network partnered with **Agriculture in the Classroom** to promote handwashing in effort to prevent zoonotic diseases and the spread of H1H1. Groups of middle years students came to the booth to answer a question for the "Agmazing Challenge."*

## NEW: FRESHSTART 365

A series of workshops are available focusing on Agricultural Stress, Sleep, and Managing your Time. If your RM is interested in hosting a workshop, please contact the Network.

## THE SASKATCHEWAN RURAL HEALTH PROJECT GROUND BREAKING PROJECT IN RURAL SASKATCHEWAN

The College of Medicine at the University of Saskatchewan has undertaken a large and in-depth evaluation of the respiratory health status and utilization of health services with rural Saskatchewan people. Evaluating the concept that rural environments may be associated with breathing problems in farming and non-farming rural men, women and children, the team plans to undertake the project in several phases. The first phase will be to send a survey through the mail early in 2010 to households in participating rural municipalities and towns in the four corners of the Province. The second phase will be to offer breathing tests and allergy tests to a portion of the people filling out the questionnaire. The third phase will be to carry out environmental measurements. The fourth phase will be to carry out a second breathing test in 2015.

The project team is led by Dr Jim Dosman, Dr Punam Pahwa and Dr John Gordon of the Canadian Centre for Health and Safety in Agriculture at the University of Saskatchewan. Dr Dosman believes that the project will lead to better respiratory health for rural people "Once you understand what is happening, you have the tools to develop better means of prevention" said Dosman.

The first phase, the mail survey, is now underway. The first surveys were sent to prospective study participants on February 11, 2010. As of April 1st, 6 530 people, living in 3 643 households in

rural Saskatchewan, have decided to participate in the study and returned a completed survey. The final survey forms will be sent out on April 8. We expect that even more rural dwellers will decide to participate in the study.

The second phase of the study, the breathing tests and allergy tests are scheduled to begin in September this year. To date over 2500 people who completed the survey forms have expressed interest in having the tests done. The tests will be provided by registered nurses at clinics that will be set up at locations in or near the towns, villages and rural municipalities participating in the study.

David Marit, President of Saskatchewan Association of Rural Municipalities stated "We believe that this study is important because it addresses a leading public health concern in rural Saskatchewan."

The Saskatchewan Rural Health Project Team is committed to bringing the knowledge gained from this project back to the rural people of Saskatchewan to make the Province a stronger and healthier place to live.

**For more information** about the Saskatchewan Rural Health Project, please contact:  
Louise M Hagel, BSN, MSc  
PO Box 120, Royal University Hospital  
103 Hospital Drive,  
Saskatoon, SK S7N 0W0  
Tel (306) 966-6648; Fax (306) 966-8799  
Email [louise.hagel@usask.ca](mailto:louise.hagel@usask.ca)

**Saskatchewan  
Rural Health Project  
2010 - 2015**



# ACTIVITIES

## NETWORK HEALTH CLINICS WERE CONDUCTED IN THE FOLLOWING RM'S:

RM # 339 Leroy  
 RM #159 Sherwood  
 RM# 379 Reford  
 RM #193 Eyebrow  
 RM #288  
 Pleasant Valley  
 RM #317 Marriot  
 RM # 218 Cupar  
 RM# 337 Lakeview  
 RM# 276 Foam Lake  
 RM # 247 Kellross  
 RM# 68 Brokenshell

RM # 67 Weyburn  
 RM #9  
 Surprise Valley  
 RM# 78 Grassy Creek  
 RM # 162 Caron  
 RM # 229 Miry Creek  
 RM # 343 Blucher  
 RM # 104  
 Gravelbourg  
 RM # 214 Cana  
 RM # 215 Stanley  
 RM # 155 Wolseley

## WHY LOW STRESS CATTLE HANDLING?

- For a more manageable herd
- Reduced shrinkage at shipping
- Less stress
- Safety for handler
- Safety for the animals



4-H students and leaders attended the event. Several leaders have taken the instructor's manual and are using it with other groups of students who were unable to attend.

## LOW STRESS CATTLE HANDLING

# Workshop Series Project

With partial funding from CASA the Network was able to facilitate five Low Stress Cattle Handling Workshops to jump start a provincial community of Low Stress Cattle Handlers who believe in using the techniques of Low Stress Cattle Handling. Those attending were farmers, ranchers, 4-H club members, feed lot workers and auction mart workers. Each participant went home with a copy of the DVD and resource booklet. Participants have indicated that they are reviewing the material at home, and sharing it with family, neighbors and workers.

The Network's goal is to have local presenters of Low Stress Cattle Handling throughout the province. Low Stress Cattle Handling is a series of effective techniques for dealing with cattle. Many of these techniques are already being used throughout the province by ranchers and farmers. We offer a training package to farmers and ranchers to use with family and employees to assist in cattle handling training.

There have already been several additional Low Stress Cattle Handling workshops done by Saskatchewan farmers and ranchers using the presenter's package provided by the Network. It is exciting for Network staff to see how communities and individuals are making these workshops important community events.

**Five workshops** were held last winter at: Parkbeg, Elfros, Prince Albert, Kerrobert, and Whitewood. The Network sent posters to the surrounding RMs to promote the events and give the maximum number of people the opportunity to participate. A special thanks goes out to those who hosted these events in their communities and the organizations who generously donated their facilities.

The goal of this project was to increase the capacity of people who could effectively train the people they work with in Low Stress Cattle Handling. Now available is a training manual, DVD package, and powerpoint (also available in a DVD version that can be put on your home television). Contact the Network if you are interested in these materials.



Pictured here is Doug Seierstad's "**Calf Catcher.**" It is a 7' by 7' square with a height of 5' made of square tubing. It attaches to a front end loader in less than 5 minutes. It can go anywhere you can take your tractor, put it over the calf and enter through a 38" wide door. A great way to assist in safe pasture doctoring!

### Low-Stress Cattle Handling

For Productivity and Safety



The Low Stress Cattle Handling DVD is available from the Network. If you are interested in a copy, please call (306)966-6644

## KEEPING SENIOR FARMERS SAFE

Farmers are part of a unique population of senior workers where there isn't a traditional or a mandatory retirement age. They continue to farm for a variety of reasons such as enjoyment, and the farm is a family business and perhaps there is no one to take it over.

*Although farmers over 60 represent only 13 per cent of the Canadian farming population, they account for over one third of traumatic fatalities according to the Canadian Agricultural Injury Surveillance Program (CAISP)*

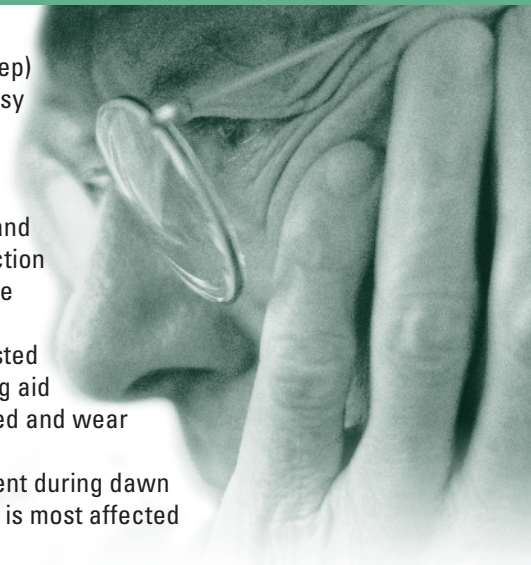
### WHY?

Older people can't move as fast as they used to or react as quickly to changes in the environment. In addition, there are certain medications they may be taking that contribute to reaction times or balance. Certain health issues such as hearing or vision impairment may contribute to a potential injury. Serious injury for a younger farmer can be fatal for an older one.

### PRACTICAL SUGGESTIONS:

- Increase light in places where visibility is poor
- Drink water frequently to keep your body hydrated, particularly in hot weather
- Take regular rest breaks, as fatigue leads to injury

- Get plenty of rest (sleep)
- Eat regularly – it is easy to forget during very busy times
- Be familiar with any medication you take and its effect on your reaction time including over the counter medication
- Have your hearing tested and wear your hearing aid
- Have your vision tested and wear your glasses
- Avoid driving equipment during dawn and dusk when vision is most affected
- Try not to work alone
- Use rollover protection and seatbelts in tractors
- Use extreme caution when operating equipment and give your task your full attention
- Install non-slip flooring and handrails
- Install gates in animal handling facilities that are easy to use
- Carry a walking stick
- Know your limitations
- If you do work alone, keep in touch by cell phone or radio and always let someone know where you are and how long you will be



# BE SAFE! DON'T PAY THE PRICE!

**Insurance may offer you \$10,000 for a leg, \$6,000 for an arm, but fingers only net about \$900. What dollar value would assign to your body? How about your life? And what would the real costs of injury or death mean to you, your family and your business?**

"Plan • Farm • Safety" is the theme of this three-year Canadian Agricultural Safety campaign. Each aspect of the theme will be promoted over the next three years. This year the campaign will promote "Plan" with safety walkabouts and planning for safety. In the second year, the focus will be on "Farm" including implementation, documentation and training. In the third year, emphasis will be on "Safety" including assessment, improvement and further development of safety systems.

The year-long "Plan" campaign that was launched with Canadian Agricultural Safety Week (CASW), from March 14 to 20. The Canadian Federation of Agriculture (CFA) and Canadian Agricultural Safety Association (CASA) deliver CASW in partnership with Farm Credit Canada (FCC) and Agriculture and Agri-Food Canada.

"When it comes to safety on farms, a moment of carelessness can have tragic consequences," says Marcel Hacault, CASA Executive Director. "Machines have no mercy and livestock have no conscience when it comes to dealing with humans. So it is up to each one of us to take responsibility for our own safety at all times – or it could cost dearly in many ways."

Two of the leading causes of death on Canadian farms are machinery and livestock. For machinery – tractors are by far the worst with rollovers, runovers and entanglements being the most high-risk incidents. For non-machinery, the most risky activity is livestock handling – particularly bulls, horses, and cows with calves, says a study by the Canadian Agricultural Injury Reporting program (CAIR).

On average, 115 people are killed and another 1,500 are seriously injured by farm-related incidents in Canada each year - and many more minor injuries are never even reported.

The CAIR study looked at hospitalized and non-hospitalized injuries, permanent disabilities and death and calculated estimations for direct costs including hospital care, physician services, drugs and rehabilitation. It also considered indirect costs such as loss of productivity and costs associated with living with a permanent disability as a result of injury.

The twelve-year study determined there was significant variation in the cost for each of these injury types. The cost for premature death was greatest at \$274,573, followed by a permanent disability injury at \$142,553. The cost per hospitalized occurrence was \$10,144, and \$695 per non-hospitalized incident. In total, the cost to our economy for agricultural injuries is estimated at between \$200 and \$300 million annually.

The CFA, FCC, CASA, and AAFC want to remind Canadian farmers to "Plan • Farm • Safety."

Theresa Whalen, CFA  
For more safety articles go to:  
[www.casa-acsa.ca](http://www.casa-acsa.ca)



# SLEEPLESS IN SASKATCHEWAN

## DVD RESOURCE AVAILABLE

Sleep affects your health and safety. Getting a proper sleep is vital to the personal well-being, safety, and success of Saskatchewan agricultural producers, those involved in an agricultural lifestyle, as well as those who live and work in

and health and safety so that more people could benefit from the workshop. We used the Sleepless in Saskatchewan workshops as a foundation then went into the video production business to create a documentary that includes interviews with several sleep researchers, farm families, shift workers, health

professionals, and workshop participants to better understand sleep issues and how to get a quality sleep. We trust that this resource will be useful to you in your quest for quality sleep.

6th, 2010 at 7 pm in Saskatoon at the Mendel Art Gallery. The Sleepless in Saskatchewan resource package is now available for \$20 from each Network RM office or through the Network office at CCHSA. Ordering will also be available at our website: [aghealthandsafetynetwork.usask.ca](http://aghealthandsafetynetwork.usask.ca) or by calling (306) 966-6644.

*This resource is a collaborative effort between researchers, practioners, farm families, university, government, agricultural stakeholders and industry.*

rural and urban Saskatchewan. Sleep is something that we all do and all need, and it is important to get a quality sleep!

Each year within the Network we use a different approach to address the elimination of deaths and disabling injuries in Saskatchewan agriculture. For the last few years the Network has allocated a portion of its programming to focus on the connection between stress, sleep, and safety. To address this topic we initially created the "Sleepless in Saskatchewan Tour" in collaboration with The Farm Stress Line and the Saskatchewan Association of Rural Municipalities (SARM) to deliver 21 community workshops throughout Saskatchewan from 2005-2008.

As Sleepless in Saskatchewan workshops were coming to an end, we knew that we needed to create a DVD resource to capture the connection between sleep

The Agricultural Health and Safety Network at the Canadian Centre for Health and Safety in Agriculture would like to acknowledge the tremendous support from SARM with the Sleepless in Saskatchewan project from its inception in 2006 to now in 2010 as we will be launching the DVD resource. Financial support for this project was made available through the Canadian Centre for Health and Safety in Agriculture at the University of Saskatchewan, The Canadian Agriculture Safety Association, and the Saskatchewan Ministry of Agriculture.

The official launch of the DVD documentary took place on April

### The Sleepless in Saskatchewan Resource Package contains:

- An informational booklet
- A Sleepless in Saskatchewan documentary (42 min) which focuses on how sleep works, sleep cycles, agriculture and sleep, shift work, sleep hygiene, extended hours of work, sleep apnea, diet and exercise
- Two Supplemental DVDs which is a complete (2.5 hour) Sleepless in Saskatchewan workshop as delivered in rural Saskatchewan

As promised early in the project, each Network RM will receive their own copy of the package in which they will make available to their ratepayers. On behalf of the Network at CCHSA we would like to thank everyone that has been involved in "Sleepless in Saskatchewan," We couldn't have done it without you! We hope that you enjoy this new resource package and that it will assist you in your quest for quality sleep!

Kendra Ulmer



## LET CHILDREN Play, Grow, and Farm Safely

Growing up on a farm can be a wonderful experience for children, however without proper supervision it can result in tragedy.

The Canadian Agricultural Injury Reporting (CAIR) study indicates that three-quarters (74.2%) of child fatalities were work-related. Of these deaths, three-quarters (73.5%) involved an adult who was engaged in agricultural work. For example cases where a child extra rider fell from a tractor or where a pickup truck reversed over a child bystander. Of the remaining quarter (26.5%) of work-related fatalities, the child victim was working.

**The best way to keep youngsters safe is to create a safe play area.**

1. Select a location that is removed from the farm activity. Preferably it will be adjacent to or in close proximity to the

the banders by gord.coulthart



I take my play farming very seriously.

house. Ensure the location is sheltered from wind, free of pests (ants, snakes, rodents, etc.) and free of hazardous plants.

2. Surround the play area with a child protective fence and self-latching gate. Ensure it is sturdy, easy to maintain and a minimum height of 4 feet.

3. Choose play equipment. Quality play equipment does not have to be expensive. Choose balls, sandboxes or tree swings. Remember all structures that can be climbed should be positioned at least six feet from fencing or other equipment.

4. Use protective ground cover such as sand to absorb the shock of falls under play equipment with elevated surfaces such as slides, monkey bars, and swings.

For more information on how to design safe play areas go to National Children's Centre for Rural Safety and Health at [www.marshfieldclinic.org/research/children/safePlay](http://www.marshfieldclinic.org/research/children/safePlay).

## CHICKENS

***When we live in the country we want our children to have meaningful work experiences with minimal agriculture related disease or injury risk.***

Growing up on a farm held many exciting experiences for my sister and I. Over 25 years ago we looked forward to our annual spring chicken project that would put enough money in our bank accounts for our winter activities. I believe that my sister even saved some of her "chicken money" for her first car.

From April to June we got up early enough to water, feed, and monitor the chickens. Then we had to shower, eat breakfast and catch the school bus. This was all

to be done with a smiling disposition and without arguing. We had to do it all over again after school.

### ***We learned about:***

- Care and safety of chickens
- Safety practices for ourselves
- Record keeping
- Marketing a food product
- Food safety
- Saving money
- Responsibility
- Cooperation with co-workers

This project began with Dad modeling the appropriate behaviour for raising chickens. Raising chickens requires a high degree of commitment and knowledge. For example, if the temperature is not

closely monitored, it could lead to a high mortality rate having a significant loss of income. These types of learning experiences are irreplaceable.



### **STEPS FOR MODELING SAFE ANIMAL CARE**

- Consider the young worker's age and abilities
- Teach the skills necessary for the task
- Model these skills
- Monitor the young worker carefully while she practices newly learned skills
- Check in periodically once the young worker is confidently performing the task



## PROTECT YOURSELF and others from Disease

Every year there are cases of people getting sick with Salmonella from baby chicks that carry Salmonella in their droppings even when the bird does not appear to be ill. If adults and young workers don't wash their hands properly after handling the birds they risk passing the infection to young children.

Early symptoms of Salmonella in people include fever, diarrhea and abdominal pain which develop within one to three days after exposure. Other symptoms can include nausea, chills or headaches.

Harmful bacteria carried in the chick's intestine contaminate the environment and the entire surface of the bird. Children can be exposed to the bacteria by simply holding the birds. Children are more susceptible because their immune systems are still developing. Pregnant women, the elderly and other immunocompromised persons are also at risk.

### **To prevent an infection:**

- Do not keep chicks in the house if there are children under 5 years of age
- Always wash your hands with soap and water after touching chicks or anything in their environment
- Assist in the hand washing of small children to make sure it is done properly
- Do not eat or drink around your chickens
- Always keep chickens away from areas where food preparation takes place
- Do not let chickens roam freely in the house
- If you experience abdominal pain, fever and/or diarrhea, see your doctor

## Saskatchewan Progressive Agriculture Farm Safety Days

Progressive Agriculture Safety Days are as fun as they are educational. These one-day events teach children safety and health lessons that keep them and those around them safe and healthy on a farm, ranch or at home. Children grades K-8 learn hands-on interactive ways about identifying farm hazards, how to avoid them and stay safe. Dynamic local volunteers that have completed training as Progressive Agriculture Safety Day Coordinator organize the days with all costs covered by sponsors. Call the following corresponding number for more information on the days scheduled in Saskatchewan this year.

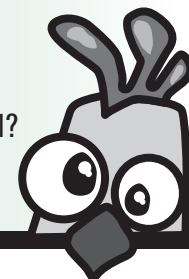
Grenfell	May 25th, 2010	306-697-4031
Humboldt	TBA	306-682-0705
Kipling	May 19th, 2010	306- 842-8668
Leader	May 15th, 2010	306- 682-3165
Watrous	October 6th, 2010	306-946-3135

### CHICKEN HUMOUR

Why did the chick disappoint his mother?  
***He wasn't what he was cracked up to be.***

Which side of a chicken has the most feathers?  
***The outside***

What do you call  
a team of chickens playing football?  
***Fowl Play***



### HAND WASHING INSTRUCTIONS

1. Wet hands with warm running water
2. Apply soap and scrub vigorously for at least 15 seconds between fingers, wrists, under fingernails and back of hands (or as long as it takes to say your ABCs)
3. Rinse off
4. Towel Dry

## STEERING COMMITTEE MEMBERS

The steering committee is the Network's advisory group that provides direction and feedback on programs delivered in the Network. The steering committee is made up of RM councilors from each of the six SARM divisions. The committee members representing farmers, their families and their workers in the Network for 2010-2011 are:

### DIVISION #1:

Stan Lainton,  
RM of Coalfields No. 4

### DIVISION #2:

Joan Seierstad,  
RM of Eyebrow No. 193

### DIVISION #3:

Floyd Thunstrom,  
RM of Coateau No. 25

### DIVISION #4:

Brenda Zemluk,  
RM of Elfros No. 307

### DIVISION #5:

Charmaine Bergman,  
RM of Prince Albert No. 461

### DIVISION #6:

Garry Hoppe,  
RM of Glenside No. 377



## Farmers With Disabilities

The purpose of the Farmers with Disabilities program is to ensure that farmers who are coping with disabling injuries or illnesses are given every opportunity to continue farming, if that is their choice.

For more information about the Farmers with Disabilities Program visit our website at [www.abilitiescouncil.sk.ca](http://www.abilitiescouncil.sk.ca) or contact the program coordinator: Bill Thibodeau (306) 374-4448.



Saskatchewan  
Ministry of  
Agriculture



### Moved? Retired? Not Farming?

To remove your name from our mailing list call (306) 966-6644 or contact the editor.

### Need more information?

There are a variety of resources available on line at:  
[aghealthandsafetynetwork.usask.ca](http://aghealthandsafetynetwork.usask.ca)

### Thank You!

Saskatchewan Agriculture for supporting Network News.

### From the Editors

Send your ideas, comments and suggestions to:

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