

Generational Safety: Aging Farmers on the Farm

Tips for Their Health and Safety



Who's at Risk on the Farm?

Aging Farmers

- Tell your health care provider about your farm work
- Check your tetanus immunization status
- Evaluate your hearing, vision, balance, and reaction time
- Start the day by stretching
- Have a clear communication plan and keep your cell phone within easy reach
- Plan work to conserve energy
- Minimize twisting, lifting, and climbing
- Take frequent breaks and hydrate
- Have good sleep hygiene

Simple Solutions



Wear wide brimmed hats



Keep your cell phone close



Don't forget ear plugs

Check out the back of the flyer for more resources!



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More Resources

Scan QR codes using your smart phone's camera to access the links.



Check out this presentation to learn the importance of good sleep hygiene and tips and tricks for getting better sleep.

<https://wia.unl.edu/documents/WIA-2020/Sleepless.pdf>



More information on safety for aging farmers can be found here.

https://nasdonline.org/static_content/documents/67/d001618.pdf



The National Ag Safety Database offers many resources for farm safety.

[NASDOnline.org](https://nasdonline.org)



The Central States Center for Agricultural Safety and Health (CS-CASH) website offers information about farm and ranch safety.

www.unmc.edu/publichealth/cscash



Cultivate Safety provides easy access to agricultural safety resources.

<https://cultivatesafety.org>

