101 Ways to Stay Safe and Healthy on your Farm

Central States Center for Agricultural Safety and Health (CS-CASH)

We envision a vibrant agricultural sector in our region and the United States where health and safety is highly valued and work-related injuries and illnesses are rare.
Central States Center for Agricultural Safety and Health (CS-CASH)

Outreach, Surveillance, Prevention, Research, Evaluation, Education, Translation
- Hearing Loss, Respiratory Disease, Injury, Roll-Over, Engulfment, Entanglement, Fatality Surveillance
The agriculture industry records the highest fatality rates of any industry. 21.1 per 100,000 full time workers. There were 74 deaths related to production agriculture in Nebraska from 2007-2010.
48,300 injuries were recorded in the agriculture industry in 2011*
Crop and livestock farm workers had 10 and 50 times (respectively) higher death rates related to pneumonia compared to other industry workers.
Wear your N95 dust mask
Not you! You CAN’T wear an N95 mask – now we need a different solution...
Consider purchasing a Powered Air Purifying Respirator 100% protection and it looks great with a beard!
Learn what cartridge is needed for dust, pesticides, ammonia, paint fumes, welding, …
25% of the male farmers incur hearing handicaps by age 30 and 50% by age 50
(Karlovich)
Hearing Protection

Ear Plugs

- Inexpensive
- Easy to use
- Easy to carry
- Can be reused
- Can be custom made

- Ear plugs need to fit correctly to work
Hearing Protection

Ear Muffs

- Low cost
- Easy to use
- Can be reused
- Electronic versions amplify sound until noise above 85 dB is detected
- Versions with music
- Women’s and children’s sizes
Wear hearing protection around noisy equipment and keep it stored nearby.
You can suffer severe hearing loss with one shot.
Store your PPE where it is readily available and can be kept clean.
The most common tractor activities resulting in fatalities are: overturning, transporting equipment on or off highway, and repairing or cleaning the vehicle.
Get it up!...
And keep it up!
Replace badly designed steps!
Replace worn tie rod ends
Repair leaky hydraulics
Shield sharp objects
Keep the dust filters clean – avoid mold growth, prevent respiratory symptoms.
No extra riders!
Save your back - improve seat cushioning!
Keep fire extinguishers maintained and easily accessible
Replace faded SMV signs
Be visible on the road!
See and be seen
Be predictable, especially with left hand turns
Others might make wide turns, too
Watch out for special vehicles
Avoid congested traffic situations
Take care traveling across bridges and on low maintenance roads
Store dual wheels safely (tied)
Guard the PTO
Guard augers
Take time between each task to think-

- take 5 deep breathes
Guard auger driver belts
Have everyone on the farm/ranch complete an ATV safety course- No one rides without a helmet
Consider installing ATV roll-over protection
Store hand tools out of the way
Even if you love an old piece of furniture, it may be time to say goodbye.
Keep your shop well organized
Wear your safety boots!
Wear appropriate footwear to avoid slips, trips and falls
Keep livestock handling equipment maintained – consider adding rubber mats to improve footing.
Practice low-stress animal handling techniques to reduce injury to your livestock and to yourself.
Handle all livestock medications with care
Store sharps and used medications safely
Observe animals to anticipate aggressive behavior
When working alone make sure and have a communication device handy
Do not enter the bin alone
When possible, choose stairs instead of ladders for better fall protection
When you see a safety decal, take time to think of reasons why it is there.
Do not enter the bin when the sweep auger is running
Ensure grounding, keep distance from power lines, shut off and lock out power during repair
Store pesticides properly
Protect yourself when handling anhydrous ammonia-water source, goggles and gloves
Keep eyewash or plenty of clean water where you handle chemicals
Build a play house – providing active play opportunities rather than exposing kids to hazardous work
Build a fenced in play area for small children
Special helmet set, chaps, boots, gloves for chainsaw work
If you don’t know how to cut down a tree safely, leave it to someone who does!
Plan seasonal work so that you and your employee’s workdays are not overextended
18 hour day = 0.08 blood alcohol level
How long do you want to keep going?
Take a break to stay alert
Take precautions during severe weather
Use technology to improve your safety and health

Ag Safety & Health Apps

- **CSP Quiz Game Plus**: These quiz games are designed to help industrial hygienists prepare for the Board of Certified Safety Professionals comprehensive exam.
- **Decibel 10th**: This app turns an Apple mobile device into a sound meter.
- **Equipment Inspection Mobile Phone App**: Developed by the Farm and Ranch Safety and Health Association (FARSHA), this mobile app was designed to assist agricultural employers in conducting equipment inspections.
- **FallClear LITE - Fall Arrest Clearance Calculators**: This app provides fall arrest clearance calculators, tools for supervisors and workers trained in fall protection.
- **FarmPAD Mobile App**: This app can be used to store farm records, equipment service logs, and spray records or to take notes and pictures.
- **Heat Safety Tool**: The US Department of Labor, Occupational Safety and Health Administration (OSHA) released this app to enable workers and supervisors to calculate the heat index for their worksites and learn about protective measures to reduce the risk of heat-related illnesses.
- **Job Safety Analysis**: This iPad app was designed for business managers to increase efficiency through a Job Safety Analysis (JSA) or the Safe Work Method Statement.
- **Ladder Safety**: The National Institute for Occupational Safety and Health released this app to improve extension-ladder safety.
- **Machinery Sizing**: This app estimates tractor horsepower to pull implements.
- **NIOSH Pocket Guide to Chemical Hazards for iPad**: This app provides a source for general information about industrial hygiene.
- **Safety Inspection**: This app provides complete criteria for a professional safety inspection and distributes inspection results by email from an iPhone or iPad.
- **VRPETERS (Vehicle Rollover Prevention Education Training Emergency Reporting System)**: This app uses sensors and GPS to detect when a tractor rollover occurs and then sends an automatic emergency email and phone message with the incident location.
- **Winter Survival Kit**: If you are stranded in severe winter weather, this app can help you find your location, call 911, notify emergency contacts, and calculate how long you can keep a vehicle’s engine running to stay warm.
- **WorkSafeBC Safety Videos**: This app offers access via a mobile device to more than 150 WorkSafeBC workplace safety videos.

Recent Webinars

- **February 13, 2014**
  Safety Issues in On-Farm Biomass Production
- **November 19, 2013**
  Osteoarthritis, Joint Stress, and Injury Prevention in Livestock Production
- **November 14, 2013**
  SAY What? – A New Look for Youth Farm Safety Education
- **September 27, 2013**
  Understanding OSHA Requirements for Farm Businesses
- **June 26, 2013**
  Caring for the Injured Worker: Effective Partnerships between Clinicians, Health Centers, and Lawyers

SEE MORE
Contact us for agricultural safety and health questions or concerns

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www.unmc.edu/publichealth/cscash