



Aging Farmers

10 Tips for Your Health and Safety

Who's at Risk on the Farm?

Aging Farmers

1. Tell your health care provider about your farm work.
2. Check tetanus immunization status (every ten years if no wounds, more often if injured).
3. Evaluate: hearing and vision; balance and recovery; range of motion; grip strength; reaction time; skin (especially back and ears); medication use; temperature tolerance.
4. Start the day by stretching (in bed works fine to limber up first).
5. Have a clear communication plan and use it (periodic check in). Keep your cell phone within easy reach.
6. Plan work to conserve energy (saves steps and exertion).
7. Minimize twisting, lifting, climbing (face the object to be moved, move entire body, not just your back or waist).
8. Take frequent breaks and hydrate (fatigue is a leading cause of injuries).
9. Good sleep hygiene (we need more sleep as we age, sleep quality/quantity declines with age).
10. Simple solutions (and good gift ideas): Earplugs, wide brimmed hat, sunglasses, gripper gloves, roll bar for tractor, mirrors for tractors and machinery, communication devices, sturdy walking stick, hand sanitizer, fire extinguishers, whistle, utility vehicles.



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