

connection

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FSNS Board Welcomes New Director

Amanda Eisses was named the 2018 NSFA Executive Representative on the FSNS Board at the Annual Meeting in December. This board position is appointed annually.

Amanda is a cash crop and custom work farmer in Glenholme (outside of Truro), with her husband Michael. Along with looking after the farm accounting, Amanda is responsible for the farm's agronomy needs. Amanda scouts fields for weeds, insects and diseases and continually tries to improve on current crop growing practices.

Michael and Amanda started the farm in 2005 at the age of 27, with a plot of land purchased from Michael's father, a now retired dairy farmer. Initially, the farm business focused on custom work for neighbouring farms and grew about 50 acres of barley and carrots for Oxford Frozen Foods. While continuing with custom work, the farm has now grown to about 1300 acres. Crops include corn, soybeans, spring and winter wheat, and barley. In 2012, the Eisses' expanded their operation to include a grain center with a grain dryer and on-site storage to increase flexibility with their crops. Relationships with their customers and providing a reliable service is important to them and is key to their success.

In September 2015, Mike and Amanda became the DuPont Pioneer seed reps for Northern and Eastern Nova Scotia.

As seed reps they sell corn, soybean, wheat and alfalfa seed, and silage inoculants. This has added diversity to their business and spread risk over another facet of income.

Travelling around northern and eastern NS throughout the growing season has allowed them to market a portion of their products grown on farm directly to other farms. It has also increased their knowledge-base—helping customers with a wide variety of agronomy issues—and allowed Amanda to put her Certified Crop Advisor status to work.

Amanda and Michael have two young children, Ian (6 yrs) and Allison (3 yrs), who love the farm. As the children grow, their responsibility will grow and they will learn about farming from the ground up. They will most certainly have their share of responsibilities like picking rocks to instill an admirable work ethic similar to their parents.

In addition to the NSFA, Amanda is involved with the Soil and Crop Improvement Association of Nova Scotia, Farm Practices Committee,



As a young farmer, Amanda wants to be a voice for the new generation of farmers in Nova Scotia—the future of this industry. She looks forward to this opportunity serving on the Farm Safety Nova Scotia Board.

Transportation Committee and Nova Scotia Institute of Agrologists.

Farm safety is very important to their business, and with Amanda working so closely with the farming community, she sees the importance of it all over the province. For the safety of workers, children on the farm, and that of the employer, it is so important that FSNS programs are in place. 🌱

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masthead photo: Hilde van den Heuvel

Getting Ready for Your Seasonal Workers

For many farms, the spring months get busier and farms are hiring more help. Whether it be part-time, full-time, local or off-shore, the farm needs to be ready for new workers once they arrive.

Generally, these workers arrive when we are already busy, and we expect them to be ready to work the moment they step on the farm. But that's not always the case, nor is it the responsible approach as an employer.

As an employer, you have to make sure that your workers have the training and information they need to do their jobs safely, and effectively.

If you know you will be hiring workers for the busy season, take some time to consider what you need to have in place, **before** things start to get busy. For example, what are your expectations of your workers? What training might they need?

Remember, Farm Safety Nova Scotia is here to be your resource.

If there is training you need, let us know so we can get courses organized to ensure your workers are getting their training in a timely fashion.

So, what kinds of things should you be thinking about now?

- 1. Identify the jobs** your seasonal workers will be performing on the farm.
- 2. Decide what training** they will need for those jobs. Is it training you are able to do yourself, or do you need to send them to a course?
- 3. Make a list of the training** you will give them on-site when they arrive. (Make sure you have the information you need to do the training.)
- 4. Make a list of other training** that you will need to send them to.
- 5. Contact Farm Safety Nova Scotia** to schedule training or to access resource information.

You know your farm best. The job-specific training is something we all do—no one wants to put an untrained person on a quarter million dollar piece of equipment or risk a product being ruined over lack of training.

But don't forget some of the basic information and what they need to know keep themselves safe. Make sure they know the hazards and risks

at your farm; where to find the tools and equipment they need; and who they can contact for help. And finally to improve your due diligence, keep a record of what you covered in your training and have it signed by your workers to confirm they received the training.

So, what kind of formal training should you consider?

- **First aid** – at least one person on-site, and anyone working alone
- **WHMIS** – anyone working near chemicals
- **Pesticide application** – anyone purchasing, mixing and applying chemicals. Application may be supervised by someone with a pesticide license
- **Forklift** – anyone operating a forklift
- **License endorsements** – requirements for license endorsement depends on the size of your equipment
- **Fall protection** – required when working from heights
- **Confined space** – required by anyone entering a confined space

Spanish Resources

FSNS is working to increase the formal training we have available in Spanish. Also, you can check out the PEI Federation of Agriculture (www.peifa.ca) and AgSafeBC (www.agsafebc.com) websites for resources to use on your farm. Both have great resources available in multiple languages.

New Training or Resources

If you have a need for training that you haven't seen offered, let us know. We will do our best to work with you to find the resources you need!

2018 Available Training

The following courses are available through Farm Safety Nova Scotia this year:

- First Aid (Emergency, Standard) in English or Spanish
- Tractor Operator Safety
- OHS for Farm Owners & Managers
- Confined Space Entry Awareness
- Forklift Awareness—upon request
- Chainsaw Safety—upon request

There are also a number of on-line training courses available on the FSNS website. Cost per course varies.

If you are interested in any of these courses or would like to schedule a course in your area, please contact us!

Visit www.farmsafetyns.ca Call (902) 893-2293 or email info@farmsafetyns.ca

FRIEND OF:



Canadian Agriculture Safety Week

March 11-17, 2018

This year's theme is "Be an Ag Safe Family – Appealing to Seniors."

Every year the 3rd week of March marks Canadian Agricultural Safety Week (CASW), a public education campaign organized by the Canadian Agricultural Safety Association (CASA) and the Canadian Federation of Agriculture (CFA). CASW focuses on the importance of practicing safe agriculture.

In honour of CASW, FSNS is hosting a workshop open to the agriculture community—farmers, workers, farm families, commodities, and industry extension and support staff!

Discounts during March

We are pleased to announce that for the third year in a row equipment dealers will be providing **20% discounts on safety related items** during the month of March.

VanOostrum Farm Equipment, Green Diamond Equipment, Central Equipment, and Blueline New Hol-

land and are joining the "Be an Ag Safe Family" Campaign and supporting CASW in Nova Scotia through this promotion.

Take advantage of this opportunity and get your equipment ready for a busy and productive cropping season! 🌱

Workshop

Resilience on the Farm

Tues, March 13

1 pm – 4 pm

Best Western Glengarry, Truro

Open to anyone in the agriculture community—farmers, workers, farm families, commodities, and industry extension and support staff.

Farming is a dynamic occupation. We constantly face challenges, whether related to production, finances, labour shortages, or to family dynamics. Having good strategies to manage the challenges we face on the farm is key to our success.

And, it may not be our own stresses or challenges we need know how to overcome — rather we want to know how to better support those we live or work with.

Knowing how to identify and approach stresses and challenges better prepares us to face those situations and manage the stresses in our day-to-day operations.

This workshop will help participants develop strategies to adapt to their own challenging situations, or to help others in overcoming challenges.

Workshop participants will:

1. Learn how to recognize the different types of stresses, and understand how they impact our relationships and total health; and
2. Discover the importance of coping skills and how resilience can evolve coping skills.

If you would like to attend, please **RSVP by March 9** to (902) 893-2293 or info@farmsafetyns.ca

Safe Farming. Safe Families. Safe Employees.



March 1 - 31
20% OFF
select safety items







Proud supporters of Canadian Agricultural Safety Week in Nova Scotia



Promoting and supporting health and safety practices within our farm community

www.farmsafetyns.ca 902.893.2293

Growing Forward 2   



LEFT: Children learn about biosecurity at the **Brookfield Prog Ag Safety Day in 2017**. Understanding the importance biosecurity, and what they need to do for biosecurity, is important for their own health as well as the health of our farms.



Progressive Agriculture Safety Days are back!

A DAY OF FUN & LEARNING FOR CHILDREN 7-13 YRS

10 am – 2 pm

**Brookville
Saturday, June 2**
Register by May 21

**Yarmouth
Saturday, June 16**
Register by June 5

Registration fee is \$10/child or \$20/family.
Pre-registration required.

Children learn in a fun and interactive way how to stay safe on the farm. These sessions are great for kids who live, visit or work on farms. Kids will learn about fire safety, chemicals, equipment, and more!

For application forms — Visit www.farmsafetyns.ca/safetydays or contact Farm Safety Nova Scotia

Return application forms to — Farm Safety Nova Scotia, 60 Research Drive, Bible Hill, NS B6L 1N2

The mission of a Progressive Agriculture Safety Day is simple— to provide education, training and resources to make farm and ranch life safer and healthier for children and their communities. It is a program delivered by the Progressive Agriculture Foundation. For more information visit www.progressiveag.org



www.farmsafetyns.ca

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Educational Farm Inspections

Have you ever wondered how an Occupational Health and Safety (OHS) Inspection occurs? What do OHS Inspectors look for on your farm? Is your farm operation prepared for an Inspection visit?

Well, you now have the opportunity to find that out! We have worked with the OHS Division to develop educational initiatives for the farm community so that you can get the answers to your questions, without the risks of orders or fines.

If you're interested in participating, let us know and we will work with you to arrange something that works for you! Contact FSNS for more information.

We are have two opportunities:

- On-farm Safety Inspection Sessions**
 These are group sessions where one farm in a community hosts others and we do a walkthrough of the operation, discussing farm health and safety, with OHS Inspectors.
- Individual On-farm Inspections**
 Farmers can request an educational inspection of their own operations. We will schedule a convenient time for you to have an OHS Inspector visit the farm and conduct an inspection. FSNS and/or Department of Agriculture are available to attend.

For NS farmers seeking support — Farm Family Support Line

A confidential, short-term counselling and advisory service — to help you manage and reduce the stresses in life, including mental health, legal, financial and more.

No cost for up to 3 hrs of service per issue.

Line open 24 hours a day — Available to farmers or their immediate family members

1.844.880.9142

TTY: 1.877.338.0275

workhealthlife.com



Farm Family Support Line is managed by Morneau Shepell as a Member Assistance Program.