

connection

Vol. 2 Issue 3 MAY 2017

Are you protecting your health?

When we think farm safety we often look at hazards and risks that pose an immediate concern, such as unguarded machinery and risks of falls. However, health exposures are often on the back burner. But the reality is without our health, our future in farming can be shortened quickly. Investing in your health is something you can do personally, without significant work or investment, and there is sure to be a return on the investment.

At the end of March we were fortunate to have had the opportunity to host the AgriSafe Network in delivering the *Invest in Your Health Program* to students at Dalhousie Agricultural Campus and to local farmers and farm workers. Delivery of this program was made possible through a partnership with Dalhousie Faculty of Agriculture and program sponsors Farm Credit Canada and 3M Canada.

Less than ideal weather kept a few people from attending, but we trained over 50 participants over the 3 days—a very successful pilot!

The objective of the *Invest in Your Health Program* is to educate, prevent and protect our future and current farmers by providing them with the tools they need to stay safe and health.



Instructor Carolyn Sheridan shows students how to properly fit check their respirators. Each participant received a properly fitting respirator to take home.

The three-hour workshop discussed various health and safety risks. Based on the exposures of the individuals, each participant was equipped with a personal protective equipment toolkit to protect them from their agricultural exposures. The personal protective equipment provided by 3M, included respirators, safety glasses, hearing protection and more.

While you may not have attended one of the workshops, that doesn't mean you can't start taking the steps to protect your health to ensure a long, happy career in farming!

The first thing you need to do is determine your health exposures on the farm whether it be hazards to the eyes, lungs, skin or hearing. There are

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masthead: Progressive Ag Safety Day 2016, Antigonish, (photo: FSNS)

Free Workplace Health and Safety e-Courses

FOR NOVA SCOTIA RESIDENTS

The Occupational Health and Safety Division of the Department of Labour and Advanced Education is supporting the availability of free safety training to the people of Nova Scotia. These courses are delivered in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and provide up-to-date and relevant topics in both health and safety.

There are **over 60 online courses** to choose from, including: WHMIS, Orientation to Health and Safety for New Agricultural Workers, Health and Safety Committees, and many more.

Visit www.ccohs.ca/catalog/courses_list_nova.php to register and take advantage of this great opportunity!

Safe farming. Safe families. Safe employees.



It's cropping season.
Share the road
with farm equipment.

Use caution and slow down as you approach farm equipment.
We all stay safe when we share the road.

www.farmsafetyns.ca



Growing Forward 2   

UPCOMING Training

Each course requires a minimum number of participants and Farm Safety Nova Scotia (FSNS) reserves

the right to cancel courses due to low enrollment. Members may also request training to be hosted

in their community or at a farm. Contact FSNS to schedule a training course in your area.

Scheduled Training

To register, contact FSNS at info@farmsafetyns.ca or (902) 893-2293

FIRST AID TRAINING

Emergency

At a worksite with 1–19 people, at least one person must be trained in emergency first aid.

Cost: \$90 **FSNS Member Cost: \$65**

Truro **May 17**
8:30 am – 4:30 pm

Berwick **May 24**
8:30 am – 4:30 pm

Standard

At a worksite with 20–99 people, at least one person must be trained in standard first aid.

Cost: \$120 **FSNS Member Cost: \$85**

Truro **May 17 & 18**
8:30 am – 4:30 pm

Berwick **May 24 & 25**
8:30 am – 4:30 pm

First Aid training courses are delivered in partnership with St. John Ambulance.

FALL PROTECTION TRAINING

May 24 **9 am – 4 pm** **Bible Hill**
Cost: \$190 **FSNS Member Cost: \$165**

This course reviews the importance of fall protection procedures and includes regulatory requirements, equipment, plan development, emergency response procedures and more.

NOTE: Fall protection training expires after 3 years.

Delivered in partnership with Safety Services Nova Scotia

Other Workshops & Training

The following courses are available through Farm Safety Nova Scotia for 2017:

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

If you are interested in any of the courses listed above, please contact us to schedule a course in your area.

There are also a number of online training courses available on the FSNS website:

- WHMIS
- Joint OHS Committee Orientation
- Worker Health and Safety Orientation
- and more...

Cost per course varies. For information, visit www.farmsafetyns.ca or call (902) 893-2293

Road Safety

While farmers have been traveling on the roads with tractors for years, today's much heavier traffic has increased the risks for traveling on public roads with farm equipment. Spring time is a great time to review safety procedures and regulations before hitting the road for another busy, productive cropping season.

General Tractor Safety

1. Make sure your tractor is equipped with proper safety guards and devices. Check equipment (e.g. hydraulics, tires, and lights) before leaving.
2. Tractors manufactured after 1974 must be equipped with a roll-over protective structure (ROPS) and a seatbelt which must be worn at all times.
3. Lock tractor brakes together when traveling on the road.
4. Always travel on the road, never the shoulder. When safe, pull off the road to allow vehicles to pass.
5. When towing implements, be sure to use proper hitching techniques with safety chains. All implements should be locked in the "travel" position when on public roads.
6. All loads must be secured.



Participants at the Young Operator Day learn about the maintenance requirements on the tractors—one of the many topics covered throughout the day.

Warning Light and Signage Requirements

- **Slow moving vehicle signs** must be on the back of the following:

- Farm tractors
- Trailers and equipment being towed by farm tractors

Vehicles and equipment displaying a slow-moving vehicle sign must **NOT travel faster than 40 km/hr.**

- When traveling with **wide** equipment:

- **Wider than 2.6 m** (8' 6"), put fluorescent flags or flashing lights on the sides AND an amber

warning light on the top of the farm vehicle.

- **Wider than 4.3 m** (14'), use a pilot vehicle.

- When traveling with **long** equipment:

- **More than 7.5 m** (24' 6") long, must have a white marker light or reflector on both sides.
- **A combination of vehicles that is more than 6 m** (20') long must have white marker lights or reflectors on both sides, every 6 m.

...protecting your health (FROM PAGE 1)

a number of links and resources available to you on our website www.farmsafetyns.ca/farmerhealth to help you determine your health exposures as well as the type of personal protective equipment you require to keep yourself safe.

The following resources are available on the website:

Head to Toe Protection Agricultural Respirator Selection Guide





Above: Participants at the Progressive Agriculture Safety Day held last year in Antigonish.



Progressive Agriculture Safety Days

A fun-filled day of learning for children aged 9 – 13
 Registration fee is \$10/child or \$20/family. Pre-registration required.
10 am – 2 pm (Drop-off between 9:45 am and 10 am)

Brookfield Fire Hall
Saturday, May 13
 Register by May 1

Berwick Fire Hall
Saturday, June 10
 Register by May 29

Topics for demonstrations and discussions include:

- Tractor Safety Chemical Safety ATV Safety Fire Safety
- Animal Safety Food Safety ...and more!

This Safety Day includes lunch, snacks and a T-shirt!

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 2R2

What is a Progressive Agriculture Safety Day?

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



Let us help

Access your Member Assistance Program (MAP)
 24/7 by phone, web or mobile app

Access support related to:
 Mental health, Finances, Legal and much more

Farmers and their families have access to up to 3 hours of service at no cost.

1.844.880.9142
 TTY 1.877.338.0275

workhealthlife.com



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