

# connection

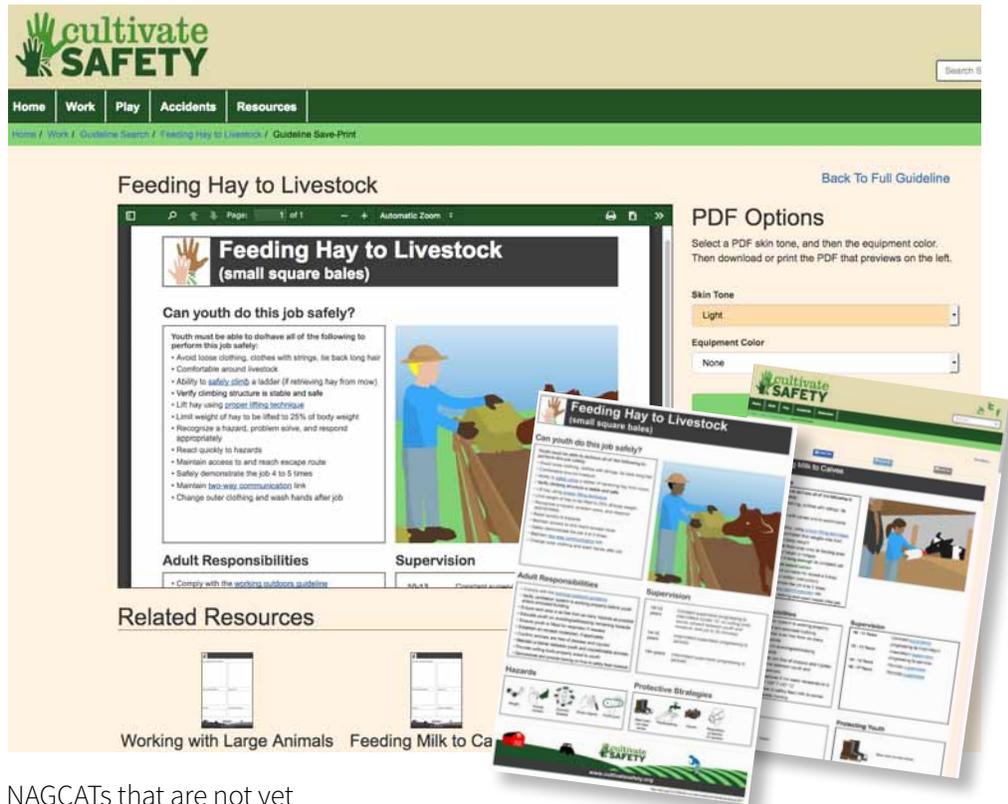
Vol. 2 Issue 4 SEPT 2017

## Agricultural Youth Work Guidelines

The National Children’s Center for Rural and Agricultural Health and Safety has released the first 20 **Agricultural Youth Work Guidelines (AWYG)** to help parents and others in assigning age appropriate tasks for youth who live or work on farms and ranches.

Built upon the 1999 **North American Guidelines for Children’s Agricultural Tasks (NAGCAT)**, the updated and interactive Agricultural Youth Work Guidelines are based on the latest scientific research, including child growth and development, agricultural practices, child injury prevention and agricultural safety.

The new guidelines can be found at [cultivatesafety.org/work](http://cultivatesafety.org/work) in an interactive format, as well as in read-only and printable versions.



NAGCATs that are not yet updated are accessible via the Cultivate Safety website or [www.nagcat.org/](http://www.nagcat.org/)

*The Cultivate Safety website gives you the tools you need to assess your child’s readiness to perform agricultural tasks.*

## Children on the Farm

There are many benefits to children working on the farm—instilling a strong work ethic and teaching valuable life lessons are just two of these benefits. However, it is critical to identify appropriate tasks to ensure children stay safe while benefiting from the farm life. It is the responsibility of the parents and employers to ensure that children are not exposed to risks while taking part in farming activities.

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# UNDERSTANDING STRESS

Adapted from the Canadian Agricultural Safety Association Women in Agriculture series, a part of Canadian Agricultural Safety Week 2017.

According to a 2005 report, almost two-thirds of Canadian farmers are feeling stressed on their farms. One in five farmers describe themselves as being “very stressed,” while almost half (45%) describe themselves as being “somewhat stressed.”<sup>1</sup>

Stress is all around us—understanding and managing it are essential in having healthy minds and bodies.

There are lots of negative stressors on the farm—ongoing situations like debt loads or adverse weather, or smaller day-to-day challenges.

There is also good stress! Weddings, promotions, new babies, harvesting a great crop are usually considered to be positive life changes. However, they still count as stress regardless of how excited we may be about them.

Understanding what stress is and how it manifests is the first step. Stress management is the second. Since this can be different for everyone, it’s important to discover what strategies work for you.

<sup>1</sup> National Stress and mental Survey of Canadian Farmers: Report to the Canadian Agricultural Safety Association.

## STRATEGIES:

### TALK ABOUT IT

Talking to a trusted friend, counsellor or other professional can help alleviate some of your stress and even help you develop a strategy to deal with the stressors you are facing. Asking and seeking help is not a weakness—it shows strength!

### GET GOOD QUALITY SLEEP

Sleep is incredibly important to your well-being, both mentally and physically. The link between good quality sleep and health is well documented.

Here are some things you can do to get better sleep:

- A sleep routine will help make the most of the time you have available to sleep.
- Make your breaks a priority, even in the field.
- Try a 20-minute power nap even if you have to do it outside.
- Switch tasks whenever possible. For example, switch from combining to trucking.
- Stop to eat regularly and drink plenty of water.

### GET ACTIVE AND EAT WELL

Physical activity and nutritious food are just like regular maintenance and fuel for your farm machinery. Eating well and regularly helps to fuel your body throughout a busy day. Drinking enough water is also important. Along with nutrition, exercise is essential in keeping your body well and your mind healthy. **Note:** Talk with your doctor before you start becoming much more physically active.

For Nova Scotia farmers seeking support—

### Farm Family Support Line

A confidential, short-term counselling and advisory service for mental health, legal, finances and more – 24/7, at no cost to you.

1.844.880.9142

workhealthlife.com



### SOME SYMPTOMS INCLUDE:

**PHYSICAL:** headaches, stomach problems, chest pain, fatigue, rapidly beating heart, grinding or clenching teeth

**EMOTIONAL:** increased angry blow-ups, frustration, low self esteem, depression, anxiety, suicidal thoughts

**BEHAVIORAL:** overeating, increased drug/alcohol consumption or smoking, changes in sleep, forgetfulness, short-temper

### MAKE A PLAN

Long lasting problems that don’t resolve can lead to long-term stress. Sometimes, making a plan is the best way to tackle these problems. If it’s debt-related, seeking financial advice and making a plan is an option. If it’s health-related, talk to your doctor. Seek a second opinion. If it’s relationship-related, talk to a qualified professional to help you resolve the issues. And sometimes, it may be that some things are out of your control.

Some other ideas to alleviate day-to-day stress include:

- Practice a hobby.
- Do some form of physical activity every day.
- Learn to relax and say “no” sometimes.
- Make time to sleep.
- Prioritize (tackle one job at a time).
- Communicate your needs and listen to others.
- Spend quality time with friends and family.
- Write in a journal.
- Accept that some things are out of your control.
- Practice Mindfulness Based Stress Reduction (MBSR) techniques, like deep breathing, meditation, yoga, deep muscle relaxation, and others.

Some of these stress-management strategies are easier said than done. However, if you don’t look after yourself, you can’t look after the farm or your family. Self-care is essential to the health of yourself, your family and your farm.

# Nova Scotia Occupational Health and Safety Bulletin

The following is a reprint of the **Occupational Health and Safety Act Amendments, Spring 2017 Update**

Worker safety should be everyone's top priority. However, there are some companies and individuals who repeatedly ignore or break safety laws, putting workers at risk of serious injury.

On June 12, 2017, amendments to the Nova Scotia Occupational Health and Safety (OHS) Act will come into effect to

- clarify the definition of an injury or serious incident and how to report it
- extend the authority of the OHS director to deal with repeat offenders who continue to put others at risk of serious injury
  - court injunction to prevent future work
  - order future worksite information
  - multiple worksite stop work orders

For more information, contact Nova Scotia Labour and Advanced Education's OHS Division:

**1-800-9-LABOUR**  
**(1-800-952-2687) or (902) 424-5400**

**email: [ohsdivision@novascotia.ca](mailto:ohsdivision@novascotia.ca)**

View the act at [nslegislature.ca](http://nslegislature.ca)

## SUMMARY OF THE FOUR AMENDMENTS

### 1. Serious Injury Definition Updated

We heard that people did not always report injuries or workplace incidents as they were unsure of what to report and how to report it. As a result, we've better defined what a serious injury or incident is and how it must be reported.

A serious injury or incident is now defined as one that endangers life or causes permanent injury.

#### YOU MUST REPORT

- **Fatalities—immediately**
- **Serious injury—as soon as possible, within 24 hours**
  - Unconsciousness
  - Fracture of the skull, spine, pelvis, arm, leg, ankle, wrist or a major part of the hand or foot
  - Loss or amputation of a leg, arm, hand, foot, finger, or toe
  - Third-degree burn
  - Loss of sight in one or both eyes
  - Asphyxiation or poisoning
  - Any injury that requires admission to hospital
  - Any injury that endangers life
- **Serious incident—as soon as possible, within 24 hours**
  - An accidental explosion
  - A major structural failure or collapse of a building or other structure

- A major release of a hazardous substance
- A fall from a work area where fall protection is required by the regulations

### 2. Court Injunction Allowed

The OHS Director can apply to the Nova Scotia Supreme Court for an injunction to keep the worst repeat offenders from working in an industry. When the Director requests a court injunction, it is because an individual has

- a history of fatalities and/or serious injuries on their work sites
- repeat safety violations of a serious nature

The Director also takes into consideration whether the individual has a history of consistently successfully implementing safety measures in the workplace.

An injunction could be ordered to stop such an employer from working in a field or sector for a set period of time, with conditions set by the court. They can get back into the field if they show a commitment to work safely.

### 3. Order Future Worksite Information

Employers can be ordered to report all future work locations and activities. The OHS Director can issue a workplace information order that requires an employer to advise us of all their upcoming work locations so we can find the worksites to conduct inspections.

The director will do this if an employer has repeatedly been non-compliant with occurrences of serious injury or fatality.

The Director also takes into consideration whether the individual shows an interest and makes an effort towards becoming compliant. The workplace information order is effective for a minimum of three months and includes direction on the frequency of reporting and the information that must be provided to the OHS Division.

### 4. Multisite Stop Work Orders Allowed

If the OHS Director has reasonable grounds to believe that the potential for serious injury or death exists on several of an employer's work sites, officers can seek permission to issue a stop work order that covers all those sites.

These orders will be issued to employers who repeatedly refuse to comply with OHS requirements.

The department will attempt to inspect the other sites before issuing this type of stop work order. If staff are not able to visit the other sites, a stop work order may still be issued to prevent risk of injury.

#### INJURIES AND ILLNESSES CAN BE REPORTED BY:

**EMAIL:** [ohsdivision@novascotia.ca](mailto:ohsdivision@novascotia.ca)

**PHONE:** 1-800-952-2687

**MAIL:** OHS Division, 103 Garland Ave, 3<sup>rd</sup> floor, Dartmouth, NS, B3B 0A6

# On-Farm Inspection Session

Are you interested in learning more about an OHS inspection? Wondering what improvements you should make on your farm? We have an opportunity for you!

The objective of the sessions is to provide you with insight into potential health and safety improvements on your farm and to educate on the OHS inspection process. The events are educational in capacity and no administrative penalties or orders will be issued.

We are currently looking for farms in the following regions to host on-farm inspection sessions:

- Cape Breton
- Yarmouth – Weymouth
- Pictou
- Valley



*Melvin Farms, Canning, was one of the host farms in 2016. During this part of the tour, participants discussed the importance of guarding and safe work practices.*

## What is required of a host?

On the day of the session, your doors would be open to local farmers to attend the session. The group would tour the operation, discussing some key health and safety topics addressed by the Inspectors.

## Why be a host farm?

This session gives you an opportunity for insight into your operation. There is also an opportunity for pre- and post-session support.

If you would like to be a host, or would like more information, contact:

Carolyn Van Den Heuvel at [cvandenheuvel@nsfa-fane.ca](mailto:cvandenheuvel@nsfa-fane.ca) or (902)893-2293



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## 2017 Available Training

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

- 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 these courses, please contact us to schedule a course in your area.

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

Visit [www.farmsafetyns.ca](http://www.farmsafetyns.ca) or call (902) 893-2293



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**1.844.880.9142**

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[workhealthlife.com](http://workhealthlife.com)