

# connection

Vol. 3 Issue 3 AUG/SEPT 2018

## TWO YOUTH CONTESTS UNDERWAY... Prevent harm on the farm!

### VIDEO CONTEST

Put your filmmaker hat on and create your own original video on farm safety!

Your video could feature examples of how to be safe on the farm, raise awareness of safe best practices, or just tell a story that highlights farm safety. Remember to have fun and be creative!!

Submitted videos will be judged, and winners featured by Farm Safety Nova Scotia in promotion of farm safety.

### FARM SAFETY NOVA SCOTIA Notice of Annual Meeting

Join us **Friday, November 30, Best Western Glengarry, Willow Street, Truro.**

Hear the latest research from — Dr. Andria Jones-Bitton *“The Human Side of Farming: Mental Health in Canadian Agriculture.”*

The NSFA Annual Meeting will recess for the FSNS Annual Meeting, and resume immediately after.

If you have registered for the NSFA Annual Meeting, you are automatically registered for the FSNS Annual Meeting.

If you would like to register for the FSNS Annual Meeting **only**, please contact [info@farmsafetyns.ca](mailto:info@farmsafetyns.ca)

**Participants must be between 9 and 21 years old and could win...** 1<sup>st</sup> prize a GoPro! 2<sup>nd</sup> prize a Drone! Or 3<sup>rd</sup> prize a Bluetooth Speaker!!

### CALENDAR DRAWING CONTEST

Show us what you do to prevent harm on the farm by submitting your artwork to our Calendar Drawing Contest.

Submitted artwork will be judged and winners will be featured in our 2019 Farm Safety Nova Scotia Calendar, which will be distributed throughout the agriculture community. **Participants must be between 4 and 13 years old and will be entered to win** a Farm Safety Nova Scotia Swag Bag!

For more information, rules and entry forms for both contests, please visit [www.farmsafetyns.ca](http://www.farmsafetyns.ca)

*With support from WCB Nova Scotia and the Nova Scotia Department of Labour and Advanced Education.*

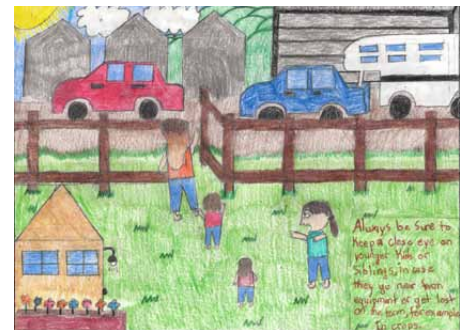
(right)  
*Entries from the SAFE Work Manitoba's Farm Safety drawing contest*



Austin, 6yrs



Callie, 10yrs



Danae, 12yrs

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[facebook.com/farmsafetyns](https://facebook.com/farmsafetyns)

## From the boardroom table...

While the summer months are typically a bit slower for the Board of Directors, the Board met in early July to discuss some important items.

FSNS had been supported through **Growing Forward 2** for five years, until March 2018, at which time the new federal-provincial funding framework, **Canadian Agricultural Partnership** was released.

However, like other programs and organizations, FSNS has not secured a funding agreement at this time. While we are working to secure funding to deliver programs to the farm community, you may notice a decrease in activities. Throughout this time, we will be making every effort to ensure we are still available to support the farm community to the best of our ability.

The Board has requested a meeting with the Honourable Minister Colwell, and it is our hope that we will come to an agreement soon. The Board is committed to reviewing its strategic plan in significant detail in the upcoming months to identify secure funding opportunities for the organization so we can continue to work to support a safe and productive industry. 🌱



### YARMOUTH

**Sat, October 20**  
**10 am – 2 pm**

Registration fee is  
\$10/child or \$20/  
family

**Register by Oct. 15**

### FUN & LEARNING FOR CHILDREN 7-18 YRS

## Progressive Agriculture Safety Days

**We have rescheduled and reformatted the Yarmouth session for a broader age group!**

7 to 13 year olds — Learn how to stay safe while living in a rural community — fire safety, lawn equipment safety, wilderness safety and more.

13 to 18 year olds — Learn about their rights as young workers and what they need to do to keep themselves safe while working.

Pre-registration required. Register by October 15

**For application forms —**

Contact Farm Safety Nova Scotia or visit [www.farmsafetyns.ca/safetydays](http://www.farmsafetyns.ca/safetydays)

The mission of a Progressive Agriculture Safety Day is to provide education, training and resources to make farm and ranch life safer and healthier for children and their communities. This program is delivered by the Progressive Agriculture Foundation. For more information visit [www.progressiveag.org](http://www.progressiveag.org)



*Joe Treen from Safety Services Nova Scotia in Brook Village showing the participants how to use a fire extinguisher.*

## UPCOMING Training

For more information, or to schedule a course in your area, please contact us!

Visit [www.farmsafetyns.ca](http://www.farmsafetyns.ca)  
Call (902) 893-2293 or  
Email [info@farmsafetyns.ca](mailto:info@farmsafetyns.ca)

### Chainsaw Safety Awareness

This workshop on how to properly and safely operate a chainsaw. Includes both theory and practical components.

**Who should attend?** Those wanting to learn more about chainsaw safety.

Cost: \$125 **FSNS Member Cost: \$75**

**Sept 13 Falmouth 9 am – 4 pm**

Register by September 5

**Oct 4 Truro 9 am – 4 pm**

Register by September 27

### FSNS also offers —

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

### Online Training

There are also a number of online training courses available on the FSNS website. Visit [www.farmsafetyns.ca](http://www.farmsafetyns.ca)



# Sun Safety

As the summer months continue, we are experiencing more days of heat and humidity. While this weather is excellent for making hay and growing crops, farmers need to be aware of their exposure to the sun and the possible long-term health effects from it.

To put this into perspective, 85,000 Canadians were diagnosed with skin cancer in 2015, with outdoor workers being 2.5 to 3.5 times more likely to develop skin cancer (*Sun Safety at Work, 2018*). Sun exposure also puts you at risk for heat stress, which can have a range of effects. (*See Table 1 below*).

**TABLE 1. SYMPTOMS AND RISKS FORM HEAT STRESS**

Symptoms of Heat Stress	Risks from Heat Stroke
Fatigue	Irreversible damage to your lungs, kidneys, liver and heart
Nausea	
Dizziness	
Confusion	
Muscle cramps	
Fast shallow breathing	
Decrease in alertness	Death



## Tips to stay sun safe at work:

1. Use shade structures on equipment.
2. Take appropriate breaks to cool off in the shade and drink water.
3. Schedule the hardest tasks outside of the hottest time of the day (which is between 11 am and 3 pm).
4. Wear sunscreen, and always reapply.
5. Wear long sleeves and long pants (cotton and silk are breathable materials).
6. Wear a wide brim hat to protect your head, ears and neck.
7. Wear sunglasses with UV protection.

Visit [www.farmsafety.ca](http://www.farmsafety.ca) for sun safety resources and [www.sun-safety-at-work.ca](http://www.sun-safety-at-work.ca) for more information on how to build sun safety and heat stress programs for your farm.

*Reference: Sun Safety at Work. (2018). Sun safety facts. Sun Safety at Work. Retrieved from <https://sun-safety-at-work.ca/sun-safety-facts#fact-61>*

# Women’s Equipment Operator Workshop

After receiving numerous requests and seeing a significant level of interest within the farm community, we held our first Women’s Equipment Operator Workshop in July at Green Diamond Equipment in Truro.

The objective of the workshop was to provide participants with a basic understanding of farm tractors and implements covering pre-op inspections, basic maintenance, tractor operation and both front and rear implement connections. The day was broken into classroom, equipment familiarization and practical components—it was a jam packed day!

As a first run through we were pleased with how the day went; however, we of course have lots of room for improvement. Wondering what we would change? More time in the tractor! We may have been a bit off in our timing

and now recognize the need to have more time for equipment familiarization and questions and in turn have a longer afternoon for participants to drive the equipment.

Thanks to Green Diamond Equipment in Lower Onslow, we had a variety of tractor and implement types for participants to try. Graham Senske, retired from John Deere, was a great help instructing this workshop.

His passion and dedication to sharing his knowledge, even after retirement, does not go unnoticed.

We were very excited to provide this opportunity and look forward to improving on this workshop for



*Nine women took part in this hands-on workshop held in Lower Onslow in July. Participants had the opportunity to practice operating a variety of equipment—some they had previous experience with and some new.*

future delivery. Stay tuned—we are working to offer more practical equipment workshops in the future—new and improved! 🌱



ISASH participants enjoying the Halifax boardwalk!

# International Society of Agricultural Safety and Health

Farm Safety Nova Scotia was pleased to co-host the International Society for Agricultural Safety and Health (ISASH) Conference, *Farm to Sea: anchoring agricultural health and safety*, June 24 – 28, in Halifax. Over 170 attendees and guests came from across the globe with representation from 6 different countries.


The conference covered a variety of topics: new technology, mental health, partnerships in agriculture, safety motivation, health and wellness, and so much more!

We were able to showcase our beautiful province and dynamic industry several different ways throughout the conference. One way was through the generous food donations from Chicken Farmers of Nova Scotia, Nova Scotia Cattle Producers, and the Wild Blueberry Producers Association. Allowing the participants of the conference to try our local produce! There were also wonderful donations made by Dairy Farmers of Nova Scotia and Saputo.

Our industry was explored through three different tours. The Fisheries Safety Association of Nova Scotia gave a tour along the Sambro

harbour as well as a tour of a Canadian Coast Guard ship. A second group went to Lightfoot & Wolfville Vineyards where they went on a tour of their facility, had a discussion surrounding their health and safety practices and of course, tried the wine! The final tour was of Winding River Farms where they showcased their farm practices and management. All tours received review scores of over 4.5 out of 5—but we weren't shocked, we couldn't have asked for better hosts!

The conference concluded with a workshop facilitated by Kim Hyndman-Moffat: *Responding to Farmers Under Stress, Tips for Front Line Workers and Professionals Supporting the Farming Community*. Kim, who works for the Manitoba Farm, Rural and Northern Support Services, provided those who attended with tips for supporting farmers who may be experiencing stress—a very timely topic for our industry.

Feedback from attendees was extremely positive—all of them wanting to return to Nova Scotia again! 

## FSNS Board of Directors

Trevor Forbes	President
David Powers	Vice-President
David Newcombe	Treasurer & Corporate Secretary
Lloyd Dyck	Director
Brenna Koneczny	Director
Donna Langille	Director
Amanda Eisses	NSFA Exec. Representative

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Seonaid MacDonell

[www.farmsafetyns.ca](http://www.farmsafetyns.ca)



## 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](http://workhealthlife.com)**



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