

# Young Farmers

# Farm safety starts with **YOU**



As part of the “sandwich generation”  
**young farmers** are uniquely  
positioned to influence both children  
and seniors about farm safety



One of the reasons that agricultural injuries are a recurrent problem is the uniqueness of agricultural work environments. In addition to being worksites, farm and ranch properties are **homes and places to live and play**. Groups who are particularly vulnerable to injury include agricultural operators and workers, but also **children** and the **elderly**.

– CAISP Agricultural Injuries in Canada for 1990-2000

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CANADIAN AGRICULTURAL SAFETY ASSOCIATION  
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

[casa-acsa.ca](http://casa-acsa.ca)

Agriculture remains one of the most dangerous industries in North America. Unintentional injury to children and youth can occur when adults and children mistake physical size and age for ability and underestimate levels of risk and hazard.

– North American Guidelines for Children's Agricultural Tasks

When compared with other Canadian industrial sectors, agriculture is a dangerous occupation. Agriculture ranks as the fourth most hazardous industry in Canada with respect to rates of fatal injury. In terms of absolute numbers of fatalities, there is no more dangerous occupation.

– Canadian Agricultural Injury Reporting – Agriculture-Related Fatalities in Canada, 2016

Leadership by example is one of the most powerful ways of motivating farm safety.

In a 12-year study the Canadian Agricultural Injury Reporting (CAIR) program determined the average cost per hospitalized farm-related injury was \$10,144, and \$695 per non-hospitalized incident. The average cost for premature death was \$274,573, whereas a permanent disability injury was \$142,553. In total, the cost to Canada's economy for agricultural injuries is estimated at between \$200 and \$300 million annually.

– Conducting On-Farm Health and Safety Inspections, Instructor's Manual, CASA, 2013

Workplace injuries and illnesses can not only cause physical pain and suffering but also loss of employment and wages, burdensome debt, inability to maintain a previous standard of living, loss of home ownership and even bankruptcy.

– from Injury and Illness Prevention Programs White Paper

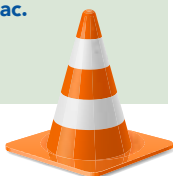
After factoring in costs of treatment, rehabilitation and losses in productivity, the **economic costs of agricultural injuries are substantial** – estimated at hundreds of millions of dollars annually in Canada. In the United States, agricultural injuries are responsible for over \$10 billion in economic loss annually.

– CAISP Agricultural Injuries in Canada for 1990-2000

Agricultural producers who write and implement farm safety plans in their operations preserve worker health and safety and are actually more profitable.

Canadian Agricultural Injury Reporting's 2016 comprehensive national report **Agriculture-Related Fatalities in Canada** includes trends over a 23 year time period (1990 to 2012) as well as an in-depth analysis of mechanisms of injury over a 10 year time period from 2003 to 2012.

<http://www.cair-sbac.ca/reports/cair-reports/current/>





The economic impacts of farm incidents are far-reaching and affect profitability and workloads long after the incident has happened.

Direct impacts may include: loss of key staff, disruption to business activity, damage to product and/or equipment, and increased workers compensation liability. On-farm safety incidents can also include fines, penalties and legal liabilities.

Indirect or 'hidden' costs include: increased absenteeism and staff turnover, decreased job satisfaction or morale, and a poor corporate image within the community and agri-business.

### Why do many accidents occur?

- ... Because workers are not trained
- ... Because unsafe work procedures are being used
- ... Because workers are not wearing appropriate personal protective equipment
- ... Because management fails to establish and enforce health and safety policies and procedures.

Top 5 causes of all agricultural fatalities in Canada are due to machine-related causes:

1. Rollover
2. Runover
3. Entanglement/caught in machine
4. Pinned or struck by machine
5. Machine/motor vehicle collision

Tractors were associated with 32% of all agriculture-related fatalities in Canada.

70% of agriculture-related fatalities were machine-related.

- Canadian Agricultural Injury Reporting – Agriculture-Related Fatalities in Canada, 2016

### WHMIS Training

... helps you to read chemical labels, understand signage and understand material safety data sheets

<http://www.wsps.ca/Information-Resources/Topics/WHMIS-2015.aspx>



Many injuries and fatalities can be avoided through the simple act of **farm safety inspections** that help prevent not only injuries, but also costly breakdowns and other losses.

- ✓ Inspections catch problems early before they escalate into near misses, incidents or injuries/fatalities
- ✓ If an incident is predictable it is preventable



## On-Farm Health and Safety Inspection

Inspections are risk assessments which:

- ✓ identify hazards;
- ✓ analyze and evaluate the risks associated with each hazard;
- ✓ determine appropriate ways to eliminate or control the hazards.

Risk assessments are very important as they form an integral part of a good occupational health and safety management plan. They help to:

- ✓ create awareness of hazards and risks;
- ✓ identify who may be at risk (employees, service providers, visitors, contractors, the public, etc.);
- ✓ determine if existing control measures are adequate or if more should be done;
- ✓ prevent injuries or illnesses when done at the design or planning stage;
- ✓ prioritize hazards and control measures.

Identifying the different types of hazards is the key to preventing illnesses and injuries on the farm.

### 1. PHYSICAL HAZARDS

- moving parts of machines or equipment
- vehicle or equipment rollover
- equipment crush points
- fire or explosion
- slip or trip
- working with animals
- working from heights
- confined spaces
- noise
- electricity
- temperature
- sun exposure

### 2. CHEMICAL HAZARDS

- used to control weeds, insects and diseases
- can cause illness, skin irritation or breathing problems

### 3. BIOLOGICAL HAZARDS

- bacteria, viruses, dusts and moulds
- animal diseases

### 4. ERGONOMIC HAZARDS

- lifting or moving heavy objects, frequent lifting, repeating the same movement over and over

### 5. PSYCHOSOCIAL HAZARDS

- lifestyle hazards such as smoking, being overweight or stressed from long work hours
- fatigue

**Farm Safety Training Courses available online.** Take affordable, professional, ag health and safety courses developed by CASA, anywhere, anytime of day. Because farm safety is important 24 hours a day, seven days a week, 365 days a year.  
<http://casa-acsa.ca/training>



## Identifying risks and hazards

# C H E C K L I S T

*Look for hazards in farm tasks, farm equipment and with the substances used on the farm.*

- ☐ What equipment or materials could be dangerous and may result in an injury or property damage?
- ☐ Are there any activities that I am doing that could be dangerous?
- ☐ What environmental conditions could create a hazard?
- ☐ Can any body part get caught in or between objects?
- ☐ Do tools, machines or equipment present any hazards?
- ☐ Could a worker slip, trip or fall?
- ☐ Could a worker suffer strain from lifting, reaching, pushing or pulling, or from repetitive movements?
- ☐ Is there a chance of being struck by falling objects?
- ☐ Is noise or vibration a problem?
- ☐ Could weather conditions affect safety?
- ☐ Is contact possible with hot or toxic substances?
- ☐ Are there fumes, dusts, mists or vapors in the air?

Once the hazard has been identified...

1. **Eliminate** - get rid of a faulty machine, sell a bull that is difficult to handle or remove a toxic substance.
2. **Substitute** - use a different machine, material or work practice that causes less risk; substitute a safer chemical for a hazardous chemical.
3. **Add engineered controls** - belt or PTO guards, rollover protective structures, auger guards.
4. **Automate** - use a mechanical lift such as a front end loader to move bales rather than moving them manually.
5. **Implement** safe work practices, safe job procedures, rules, housekeeping, supervision.
6. **Dilute** the hazard - put a fan in place to mix clean air with hazardous air.



Click here for more  
Farm Safety  
Checklists ...

[http://casa-acsa.ca/  
farm-safety-checklists](http://casa-acsa.ca/farm-safety-checklists)





## Post by all phones and in farm vehicles and machinery:

– From the Canada FarmSafe Plan ([www.planfarmsafety.ca](http://www.planfarmsafety.ca))

### Emergency Contact Numbers

911: \_\_\_\_\_ Yes \_\_\_\_\_ No

Farm Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Municipal Emergency Locator Number: \_\_\_\_\_

Legal Land Description: \_\_\_\_\_

Municipality/County: \_\_\_\_\_

Directions to this location: \_\_\_\_\_

Poison Centre: 1-800- \_\_\_\_\_

Spills: 1-800- \_\_\_\_\_

Fire Department	Police
Ambulance	Family Doctor
Hospital	Veterinarian
Electrical/Natural Gas/Propane	Telephone
Municipal/County Office	Emergency Measures Office

### Include in emergency response plan:

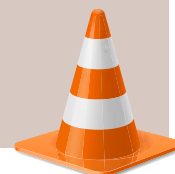
- ✓ evacuation methods
- ✓ location of emergency equipment such as fire extinguishers
- ✓ vehicle available for emergency transportation
- ✓ emergency contacts
- ✓ how to handle medical emergencies
- ✓ how to deal with different types of emergencies that can occur



### Four key steps of the Canada FarmSafe Plan:

1. Make a commitment and put it in writing. Develop a General Health and Safety Policy Statement and make it known to everyone who works on, lives on or visits your farm. You should also develop supporting operational policies for specific issues and activities.
2. Identify existing and potential hazards in all aspects of your operation.
3. Follow a series of basic practices to control the health and safety risks in your farming operation.
4. Clearly establish responsibilities for everyone visiting and working on your farm, and ensure that you have a communication process for sharing health and safety information amongst yourself and the people on your farm.

Download the core Canada FarmSafe Plan at [www.planfarmsafety.ca](http://www.planfarmsafety.ca)





A child learns safe practices by watching other people's behaviour. It is important for adults to always role model safe practices.

# Children on the farm

An average of 13 children die every year as a result of agricultural incidents in Canada.

	Most frequent causes of death	Most common reasons for hospitalization
Canadian Children Aged 10 to 14: <i>– Agricultural Injuries in Canadian Children Aged 10 to 14</i>	1. tractor and off road vehicle (ORV) rollovers 2. extra rider runovers 3. ORV collisions	1. animal-related incidents 2. falls from height 3. machine entanglements; being pinned or struck by a machine
Canadian Children Aged 5 to 9: <i>– Agricultural Injuries in Canadian Children Aged 5 to 9</i>	1. bystander runovers 2. extra rider runovers 3. drownings	1. falls from height 2. animal-related incidents 3. machine entanglements; being run over as extra riders or bystanders
Canadian Children Under 5 Years Old: <i>– Agricultural Injuries in Canadian Children Under 5 Years Old</i>	1. bystander runovers 2. drownings 3. extra rider events	1. animal-related incidents 2. machine entanglements 3. falls from height; runovers; exposure to toxic substances



## Training Children and Youth

*Children and youth respond best to hands-on training when learning new jobs.*

### What to train:

- ☐ Doing the job safely
- ☐ Recognizing hazards
- ☐ Taking precautions
- ☐ Using personal protective equipment
- ☐ How to handle problems
- ☐ Emergency procedures

63% of agricultural fatalities in children were machine-related, including machine runovers, machine rollovers and machine entanglements.

- Agricultural Fatalities in Canada 1990-2008

### How to train:

- ☐ Explain task, emphasizing key points
- ☐ Answer all questions
- ☐ Ask child to repeat instructions
- ☐ Demonstrate the task
- ☐ Watch child perform task, correct mistakes and review proper procedure
- ☐ Keep sessions short

### When to train:

- ☐ First time doing task
- ☐ With every new task or tool
- ☐ With any new hazard
- ☐ After an incident (injury or close call)
- ☐ Periodically for review

From "Safety Guidelines for Youth Operating Farm Equipment",  
National Children's Center for Rural and  
Agricultural Health and Safety

### Primary reasons parents assign farm chores to their kids:

- ✓ learning responsibility    ✓ developing a strong work ethic    ✓ spending time together

When assigning any agricultural work to children, parents should adhere to the **North American Guidelines for Children's Agricultural Tasks**.

[http://www.nagcat.org/nagcat/?page=nagcat\\_guidelines\\_posters](http://www.nagcat.org/nagcat/?page=nagcat_guidelines_posters)



# Driving a farm tractor

no implement attached

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- All safety features are in place (rollover protection structures, seatbelts, shields, proper lighting and marking)
- Basic service check is completed
- Children do not operate tractors after dark or in bad weather
- Work area has no hazards
- Child and adult can communicate by cell phone, walkie-talkies or other method
- Long hair is tied up



## Can your child do this job?

### ABILITY

Can the child reach and operate all controls while wearing a seatbelt, or remain completely seated on a lawn tractor?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't reach the controls are more likely to be injured.

Is the child strong enough to fully operate the controls without using both feet or straining?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't fully operate the controls are more likely to be injured.

Does the child have good peripheral vision? For example, while looking straight ahead, can the child see your finger entering his or her field of vision at shoulder level?

- ☐ Yes.
- ☐ No. **STOP!** Children with limited vision may not see people or obstacles in the work area.

Can the child use hands and feet at the same time? For example, can the child run and dribble a basketball?

- ☐ Yes.
- ☐ No. **STOP!** Children who lack coordination may not be able to safely drive a tractor.

Can the child understand and repeat from memory a 10-step process (for small tractors)? A 20-step process (for large tractors)?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't remember the steps to a job are more likely to be injured.

Can the child react quickly?

- ☐ Yes.
- ☐ No. **STOP!** Children need quick reactions to avoid injury.

Can the child recognize a hazard and solve the problem without getting upset?

- ☐ Yes.
- ☐ No. **STOP!** Children must be able to recognize hazards, think about how to respond, and stay calm to prevent injury.

Is your child responsible? Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **STOP!** Irresponsible behavior can lead to injury.

Does the child usually go with his or her "gut" feeling without thinking too much about what could happen next?

- ☐ Yes. **STOP!** Children who act on impulse are more likely to be injured.
- ☐ No.

Does the child do things that seem dangerous for the thrill of it?

- ☐ Yes. **STOP!** Children who take risks or behave dangerously are more likely to be injured.
- ☐ No.

### TRAINING

Has the child been trained to operate the tractor (tractor certification or equivalent)?

- ☐ Yes.
- ☐ No. **STOP!** Training is needed to prevent injury.

Has an adult demonstrated driving a farm tractor on site?

- ☐ Yes.
- ☐ No. **STOP!** Children learn best when shown how to do the job on site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **CAUTION!** An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP!** The right level of supervision is key to preventing injuries.

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child. These recommendations depend on the tractor's horsepower and the job to be performed.

**Age 14-15:** **WATCH** constantly at first. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 16+:** A child must be 16 or older to drive an articulated tractor or drive on a public road. **CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes.

## Main Hazards



Collision with fences and trees can cause injury



Tractor rollover can cause death or disability



Tractor runover can cause death or disability

## Remember



Hearing protection



Non-skid shoes



# Physical Development & Tractors

## Physical Differences

### CHILDREN ARE PHYSICALLY DIFFERENT FROM ADULTS

Children and young adolescents are physically different from adults in several ways.

These include:

- Reach
- Strength
- Vision
- Balance and coordination

## Can your child do the job?

### REACH

Compared to adults:

- Children have shorter arms and legs
- Children have shorter torsos and cannot reach as far

Inability to comfortably and quickly reach foot pedals, hand levers, and steering wheels while driving a tractor can impact safety dramatically.

Many times this translates into the child not wearing a seat belt in order to move forward in the tractor seat to reach pedals, levers, and even the steering wheel.

### STRENGTH

Compared to adults:

- Children are not as strong
- Children tire easily

Even children with significant strength can fatigue quickly, and their endurance to produce strong movements may fade quickly. Failure to have strength to push pedals and levers needed to operate a tractor can be extremely dangerous, especially in emergency situations.



### VISION

Compared to adults:

- Children do not have the same visual angles
- Children have a limited field of view

Because children are generally smaller than adults, they do not have the same visual angles from tractor seats. Even if their eyes are only 6 inches lower than an adult's, youth will have much less vision of the terrain in front of a moving tractor.

### BALANCE & COORDINATION

Compared to adults:

- Children are not as coordinated
- Children have less ability to balance

Children's ability to balance and to coordinate their body is less than that of an adult. Growth spurts through adolescence exacerbate the problem. This can impact safety in various situations, including tractor work.

## Remember

- Children can not reach as far as adults
- Children are not as strong as adults
- Children do not have the same visual view as adults
- Children do not have the same balance and coordination as an adult
- Children are not small adults

Reprinted from the North American Guidelines for Children's Agricultural Tasks (NAGCAT) website, National Children's Center for Rural and Agricultural Safety and Health  
[www.nagcat.org](http://www.nagcat.org)

Content Provided by: David Schwebel, PhD, University of Alabama at Birmingham, Birmingham, AL



# Farmwork with an ATV

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- All safety features are in place
- Engine size is appropriate for child
- ATV is in good working order
- Child does not operate ATV after dark or in bad weather
- Child does NOT operate three-wheeled ATV
- Work area has no hazards
- Child knows safe route to work site
- Child can communicate with adult by cellular phone, walkie-talkie or other method
- Child wears DOT approved (or equivalent) helmet with eye protection
- Child wears long sleeved shirt and long pants



## Can your child do this job?

### ABILITY

Can the child reach and operate all controls while comfortably seated?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't reach the controls are more likely to be injured.

Is the child strong enough to operate the controls without straining?

- ☐ Yes.
- ☐ No. **STOP!** Straining to operate the controls could cause injury.

Does the child have good peripheral vision? For example, while looking straight ahead, can the child see your finger entering his or her field of vision at shoulder level?

- ☐ Yes.
- ☐ No. **STOP!** Children with limited vision may not see people or obstacles in the work area.

Can the child use hands and feet at the same time? For example, can the child run and dribble a basketball?

- ☐ Yes.
- ☐ No. **STOP!** Children who lack coordination may not be able to safely drive an ATV.

Can the child understand and repeat from memory a 5-step process?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't remember the steps to a job are more likely to be injured.

Can the child recognize a hazard and solve the problem without getting upset?

- ☐ Yes.
- ☐ No. **STOP!** Children must be able to recognize hazards, think about how to respond, and stay calm to prevent injury.

Can the child react quickly?

- ☐ Yes.
- ☐ No. **STOP!** Children need quick reactions to avoid injury.

Does the child do things that seem dangerous for the thrill of it?

- ☐ Yes. **STOP!** Children who take risks or behave dangerously are more likely to be injured
- ☐ No.

Is your child responsible? Do you trust your child to do what's expected without anyone checking?

- ☐ Yes.
- ☐ No. **STOP!** Irresponsible behavior can lead to injury.

Does the child usually go with his or her "gut" feeling without thinking too much about what could happen next?

- ☐ Yes. **STOP!** Children who act on impulse are more likely to be injured.
- ☐ No.

### TRAINING

Has an adult demonstrated farmwork with an ATV on site?

- ☐ Yes.
- ☐ No. **STOP!** Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **!** CAUTION! An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP!** The right level of supervision is key to preventing injuries.

## Main Hazards



ATV overturns can cause death or disability



Collision with fence or trees can cause injury

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 16+:** **CHECK** every few minutes. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes.

Reprinted from the North American Guidelines for Children's Agricultural Tasks (NAGCAT) website, National Children's Center for Rural and Agricultural Safety and Health [www.nagcat.org](http://www.nagcat.org)

## Remember



Approved helmet with eye protection



Non-skid shoes



Leather gloves

# Leading/grooming animals

beef or dairy

## Adult responsibilities

### ADULTS NEED TO MAKE SURE:

- Work area has no hazards
- Child knows an escape route
- Animals have no disease



## Can your child do this job?

### ABILITY

Is the child comfortable around animals?

- ☐ Yes.
- ☐ No. **STOP!** Children who are uncomfortable around animals are more likely to be injured.

Is the child strong enough to control a dairy or beef animal?

- ☐ Yes.
- ☐ No. **STOP!** Children who can't control an animal are more likely to be injured.

Does the child have good peripheral vision? For example, while looking straight ahead, can the child see your finger entering his or her field of vision at shoulder level?

- ☐ Yes.
- ☐ No. **STOP!** Children with limited vision may not see dangers in the work area.

Can the child react quickly?

- ☐ Yes.
- ☐ No. **STOP!** Because animals behave unpredictably, children need quick reactions to avoid injury.

### TRAINING

Has the child been trained on animal behavior?

- ☐ Yes.
- ☐ No. **STOP!** Children who don't understand animal behavior are more likely to be injured.

Has an adult demonstrated leading and grooming animals on site?

- ☐ Yes.
- ☐ No. **STOP!** Children learn best when shown how to do the job at the work site.

Has the child shown he or she can do the job safely 4 to 5 times under close supervision?

- ☐ Yes.
- ☐ No. **CAUTION!** An adult must watch constantly until the child shows he or she can do the job.

### SUPERVISION

Can an adult supervise as recommended?

- ☐ Yes.
- ☐ No. **STOP!** The right level of supervision is key to preventing injuries.

## Main Hazards



Slippery surface can lead to slips and falls



Animal kicks, step-ons and head butts can cause injury

## Remember



Good handwashing



Steel-toed shoes with non-skid soles



Leather gloves

## Supervision

What's the right amount? Here are suggestions—but remember, it depends on the child.

**Age 12-13:**  
**WATCH** during the whole job.

**Age 14-15:**  
**WATCH** nearly constantly at first. When the child shows he or she can do the job, **CHECK** every few minutes.

**Age 16+:**  
**CHECK** every few minutes at first. When the child shows he or she can do the job, **LEAVE** for 15 to 30 minutes.





# Seniors on the farm

Most frequent causes of death of adults aged 60 and over:

1. machine rollovers
2. alighted operator and improper start runovers
3. animal events
4. entanglements
5. being pinned or struck by a machine
6. falling from, then being run over by a tractor

Most common causes of hospitalization:

1. animal events
2. entanglements
3. being pinned or struck by a machine
4. falls from height
5. falls on the same level

– *Agricultural Injuries in Canada: Adults aged 60 and over*

## Many of these injuries are preventable

- ✓ Prevention of workplace deaths can be accomplished through awareness, education and process change.
- ✓ Proper maintenance of tractors and machinery, and retrofitting seat belts and ROPS on older tractors would help reduce the incidence of injuries.

In adults aged 60 and over, 49% of all deaths were due to two main mechanisms of injury, machine rollovers (25%) and machine runovers (24%). In older adults, the proportion of fatalities due to runovers was more than twice the proportion of fatalities due to runovers in younger adults (10%).

The proportion of tractor-related deaths in adults aged 60 and over was 19.1% greater than for younger adults.

Older adults had a far higher proportion of animal-related fatalities (10%) than younger adults (5%).

– *Agricultural Fatalities in Canada 1990-2008*



Farm family members need to understand the changes in our bodies which can occur as we age, the effects of medical conditions, medications and our lifestyle, and how to plan work activities to compensate for any personal limitations resulting from the aging process, medical conditions or other factors.

– Making Farming Safe for Senior Farmers



## Possible functional consequences of age-related changes:

- ☐ Thought/information processing slows down and may be incomplete, resulting in decisions being made based on less information.
- ☐ Less tolerance for temperature changes or extremes of heat and cold.
- ☐ Changes in sleep patterns, affecting alertness.
- ☐ Changes to balance and a sense of stability, increasing risk of tripping and stumbling.
- ☐ Less ability to judge distance. Objects that are moving are not seen clearly.
- ☐ Decrease in field of vision and sharpness.
- ☐ Require more time to adapt to changes in light, going from indoors to outdoors, and recovering from sun glare.
- ☐ Some sounds become more difficult to hear, such as high-pitched noises and squeals.
- ☐ Becomes harder to hear one sound if there is a lot of background noise, such as hearing someone talking when there is machinery running.
- ☐ May be a change in sense of balance, which is controlled inside the ear.
- ☐ Bones break more easily, from less force or injury.
- ☐ Decreased muscle strength and coordination makes it harder to lift and move heavy objects.
- ☐ Muscles need more time to react to a situation, for example, to jump out of the way.
- ☐ Changes to posture and balance can increase risk of falling.
- ☐ Reduced feeling of stability, which can also increase risk of falling.
- ☐ Increased joint stiffness, pain and swelling; reduced joint mobility increases the risk of strains and sprains.
- ☐ Blood pressure needs more time to adjust to a change in body position, eg. feeling faint when first standing up after sitting or kneeling on the ground.
- ☐ May tire easily or have trouble breathing during hard work activities.
- ☐ Increased risk of dizziness during hard work.
- ☐ While doing hard work, breathing becomes strained and may tire more easily.

Acknowledgment of personal limitations coupled with the recognition and control of hazards associated with each task performed will protect everyone in the agricultural workplace. – **Making Farming Safe for Senior Farmers**

<https://www.safemanitoba.com/Resources/Pages/farms-senior.aspx>



Senior farmers have a higher risk of injury and death as a result of physical limitations. Work practices and views on safety are deeply ingrained and difficult to change after a lifetime of farming. For farmers who view risk taking as routine, the added risk brought on by age-related disabilities can easily lead to injury or death.

– Safety for Aging Farmers,  
Alberta Agriculture and Forestry



## General safety precautions for seniors to consider:

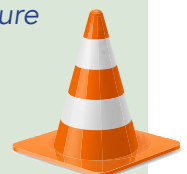
- ☐ Increase light in low visibility areas.
- ☐ Complete tasks while there is lots of daylight. Vision is most hampered at dusk and dawn.
- ☐ Take regular rest breaks, as fatigue leads to injury.
- ☐ Self-assess abilities and limitations on a regular basis.
- ☐ Install gates, doors and animal handling facilities that are easy to use. Use safety devices such as handrails and guards on equipment.
- ☐ Decrease the chance of falls by installing non-slip flooring and handrails.
- ☐ Ensure that tractor rollover protection structures (ROPS) are in place (retrofit if necessary) and buckle up.
- ☐ Get regular medical checkups and check prescriptions to ensure their use does not interfere with the safe operation of machinery.
- ☐ Work with others or, if this is not possible, make arrangements to have someone check on you at regular intervals.
- ☐ Keep in contact with a cell phone or radio.

With the large percentage of tractor-related fatalities it is imperative that senior farmers pay special attention to their ability to operate a tractor safely. – **Safety for Aging Farmers**, National Ag Safety Database

<http://nasdonline.org/67/d001618/safety-for-aging-farmers.html>

Seniors often have to deal with physical factors that decrease their ability to perform tasks that were routine in the past. These changes can affect reflexes, quickness and accuracy while performing farm chores. The loss of vision and depth perception can also impair the ability to operate machinery properly. – **Safety for Aging Farmers**, Alberta Agriculture and Forestry

[http://www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/agdex8272](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/agdex8272)







The Canadian Agricultural Safety Association (CASA) co-ordinates, develops and leads national initiatives to help farmers, their families and workers recognize and manage safety risks.

[casa-acsa.ca](http://casa-acsa.ca)

### Canadian Agricultural Injury Reporting (CAIR)

– formerly the Canadian Agricultural Injury Surveillance Program (CAISP) – is an integrated national surveillance project of the Canadian Agricultural Safety Association that guides and informs the national agricultural health and safety agenda.

[www.cair-sbac.ca](http://www.cair-sbac.ca)



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



CANADIAN AGRICULTURAL  
HUMAN RESOURCE COUNCIL  
CONSEIL CANADIEN POUR  
LES RESSOURCES HUMAINES  
EN AGRICULTURE

The Canadian Agricultural  
Human Resource Council  
(CAHRC)

[www.cahrc-ccrha.ca](http://www.cahrc-ccrha.ca)



Canada Safety Council  
[canadasafetycouncil.org](http://canadasafetycouncil.org)



Canadian Centre for  
Occupational Health  
and Safety

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



Workplace Safety &  
Prevention Services

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



Canadian Centre for Health  
and Safety in Agriculture

Canadian Centre for Health  
and Safety in Agriculture

[www.cchsa-ccssma.usask.ca](http://www.cchsa-ccssma.usask.ca)



# Resources

## BRITISH COLUMBIA

BC Agriculture Council [www.bcac.bc.ca](http://www.bcac.bc.ca)  
AgSafe BC [www.agsafebc.ca](http://www.agsafebc.ca)  
WorkSafeBC (Workers' Compensation Board of British Columbia) [www.worksafebc.com](http://www.worksafebc.com)

## ALBERTA

Alberta Federation of Agriculture [www.afaonline.ca](http://www.afaonline.ca)  
FarmSafe Alberta [www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/aet14540](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/aet14540)  
Alberta Farm Safety Centre [www.abfarmsafety.com](http://www.abfarmsafety.com)  
Workers' Compensation Board of Alberta [www.wcb.ab.ca](http://www.wcb.ab.ca)  
Workplace Health and Safety [work.alberta.ca/occupational-health-safety.html](http://work.alberta.ca/occupational-health-safety.html)

## SASKATCHEWAN

Agricultural Producers Association of Saskatchewan [www.apas.ca](http://www.apas.ca)  
Saskatchewan Abilities Council [www.abilitiescouncil.sk.ca](http://www.abilitiescouncil.sk.ca)  
The Agricultural Health and Safety Network, University of Saskatchewan [aghealth.usask.ca](http://aghealth.usask.ca)  
Workers' Compensation Board of Saskatchewan [www.wcb.sask.com](http://www.wcb.sask.com)  
Government of SK - Labour Relations and Workplace Safety [www.sasklabourrelationsboard.com](http://www.sasklabourrelationsboard.com)  
Occupational Health and Safety [www.worksafesask.ca](http://www.worksafesask.ca)

## MANITOBA

Keystone Ag Producers [www.kap.mb.ca](http://www.kap.mb.ca)  
Manitoba Family Service and Labour, Workplace Safety and Health Division [www.gov.mb.ca/labour/safety](http://www.gov.mb.ca/labour/safety)  
Workers Compensation Board of Manitoba [www.wcb.mb.ca](http://www.wcb.mb.ca)  
Safe Work Manitoba [safemanitoba.com](http://safemanitoba.com)

## ONTARIO

Ontario Federation of Agriculture [www.ofa.on.ca](http://www.ofa.on.ca)  
Workplace Safety & Prevention Services [www.healthandsafetyontario.ca](http://www.healthandsafetyontario.ca)  
Ontario Ministry of Labour [www.labour.gov.on.ca](http://www.labour.gov.on.ca)  
Workplace Safety and Insurance Board of Ontario [www.wsib.on.ca](http://www.wsib.on.ca)  
Occupational Health and Safety Branch [www.labour.gov.on.ca](http://www.labour.gov.on.ca)

## QUEBEC

Service de prévention de l'UPA [www.upa.qc.ca](http://www.upa.qc.ca)  
Commission de la santé et de la sécurité du travail du Québec (CSST) (Occupational Health and Safety Commission) [www.csst.qc.ca](http://www.csst.qc.ca)

## NEW BRUNSWICK

Agricultural Alliance of NB [www.fermeNBfarm.ca](http://www.fermeNBfarm.ca)  
Safety Services New Brunswick [www.safetyservicesnb.ca](http://www.safetyservicesnb.ca)  
WorkSafeNB [www.worksafenb.ca](http://www.worksafenb.ca)

## NEWFOUNDLAND & LABRADOR

NL Federation of Agriculture [www.nlfa.ca](http://www.nlfa.ca)  
Workplace Health, Safety & Compensation Commission of Newfoundland and Labrador [www.whscc.nl.ca](http://www.whscc.nl.ca)  
Occupational Health and Safety Branch, Service NL [www.servicenl.gov.nl.ca/ohs](http://www.servicenl.gov.nl.ca/ohs)

## NOVA SCOTIA

Nova Scotia Federation of Agriculture [www.nsfa-fane.ca](http://www.nsfa-fane.ca)  
Society of Farm Safety Nova Scotia [www.farmsafetyns.ca](http://www.farmsafetyns.ca)  
Workers' Compensation Board of Nova Scotia [www.wcb.ns.ca](http://www.wcb.ns.ca)  
Nova Scotia Labour and Advanced Education, Health and Safety [www.gov.ns.ca/lae/healthandsafety](http://www.gov.ns.ca/lae/healthandsafety)  
Occupational Health and Safety Division [www.gov.ns.ca/lae/ohs](http://www.gov.ns.ca/lae/ohs)

## PRINCE EDWARD ISLAND

PEI Federation of Agriculture [peifa.ca](http://peifa.ca)  
Workers' Compensation Board of PEI [www.wcb.pe.ca](http://www.wcb.pe.ca)  
PEI Public Service Commission, Occupational Health and Safety [www.gov.pe.ca/psc/ohs](http://www.gov.pe.ca/psc/ohs)

## NORTHWEST TERRITORIES & NUNAVUT

Workers' Safety and Compensation Commission of the Northwest Territories and Nunavut [www.wscn.nt.ca](http://www.wscn.nt.ca)

## YUKON

Yukon Workers' Compensation, Health and Safety Board [wcb.yk.ca](http://wcb.yk.ca)

## FEDERAL

[www.canada.ca/en/employment-social-development/programs/labour.html](http://www.canada.ca/en/employment-social-development/programs/labour.html)  
Federal labour standards [www.canada.ca/en/employment-social-development/programs/employment-standards/federal-standards.html](http://www.canada.ca/en/employment-social-development/programs/employment-standards/federal-standards.html)

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- Canadian Agricultural Injury Reporting. *Agricultural Injuries in Canadian Children: Aged 5 to 9*. <http://www.cair-sbac.ca/media/media/archived/>
- Canadian Agricultural Injury Reporting. *Agricultural Injuries in Canadian Children: Overview*. <http://www.cair-sbac.ca/media/media/archived/>
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