

REDUCE THE RISK OF FALLS AMONG OLDER FARM WORKERS



Let's face it, we're all getting older. The average age of farm operators and workers is rising, and many of us are staying on the job long after people in other industry sectors have retired.

While staying active may keep us mentally healthy, with each passing year we're at greater risk of debilitating physical injuries, especially from falls. Same level falls are the number one lost-time injury for workers 55 and up, causing hardship for injured workers, their families, and the operations that rely on them.

PICTURE THIS

It's still dark as you make your way across the yard. Rain fell overnight, and your boots squelch. You step over a water-filled rut. One heel threatens to slide out from under you, but

you catch yourself. You reach the tractor shed, flick on the light, pick up what you came for, and head over to the barn as your eyes readjust to darkness. You reach the barn, slide open the door, reach for the light switch, and down you go, tripping over a pail you had set down yesterday evening to answer your cellphone.

You've done this a thousand times, in all kinds of weather. Why did you fall today?

"Any number of factors could have contributed," says Kristin Hoffman, a WSPS farm safety expert. "But we can prevent falls by taking special precautions. Many involve little or no cost. Better still, they'll help keep everyone safe regardless of age."

Kristin offers a number of suggestions, starting with an appreciation for what it means to be an older farmer.

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WSPS agriNEWS: Agricultural Industrial Sector is the next generation of *Network News*, published by Workplace Safety & Prevention Services (WSPS).

WSPS provides industry-specific health and safety products, training and consulting services to 154,000 businesses and 3.8 million employees in Ontario's agricultural, manufacturing and service sectors. Previously you knew us as Farm Safety Association, Industrial Accident Prevention Association and Ontario Service Safety Alliance. WSPS is committed to putting health and safety solutions within reach of every employee and employer in the province and we believe in building partnerships to help us deliver on that promise.

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WSPS Network News: Agricultural Industrial Sector is also available online at <http://wsps.ca/News-and-Publications/Publications>. Share this newsletter with friends and colleagues by downloading and printing, or emailing them this link.

HOW AGE CHANGES US

As we age, we're less able to

- Perceive slipperiness
- Visually see hazards
- Adapt to the dark
- Tolerate glare
- Differentiate colours
- React quickly
- Control our balance

"Recognizing how we're changing is the first step in reducing the risk of slips, trips and falls," says Hoffman. "The second step is to walk through your operation as if you're seeing it for the first time. Prioritize the hazards you identify, and then take action."

Get started by downloading a free hazard checklist at wsps.ca/WSPS/media/Site/Resources/Downloads/How-Does-safety-rate-on-your-farm.pdf?ext=.pdf.

10 WAYS TO REDUCE THE RISK

Kristin suggests building these no- or low-cost suggestions into your plan.

1. Don't store things on the ground. Find a permanent spot where they won't trip or catch you.
2. Train everyone on spill cleanup (oil, fuel, chemicals, effluent, mud, manure...), and keep cleanup kits handy.
3. Use slip-resistant mats and non-skid strips on wet floors.
4. Improve lighting so workers can see what they're doing and what's around them.
5. Learn to love yellow. Even people with low vision can see safety yellow. Use it to indicate curbs, steps, stairways, and other changes in height.
6. Ensure stairs and ramps have handrails.
7. Keep paths and walkways clear.
8. Fill in potholes and ruts.
9. Make sure everyone wears slip-resistant footwear.
10. Involve everyone in preventing falls. Encourage them to report new hazards right away.

WE CAN HELP

Give WSPS a call: 1-877-494-WSPS (9777). Our people know farms. We can help you identify risks and put effective measures in place to help you and your workers avoid slips, trips and falls. 📞

8 WAYS TO TRAIN NEW AND YOUNG WORKERS ON THE SPOT



"Don't think of safety training as something you do at the beginning of the season and then you're done," says Jay Remsik, a WSPS farm safety expert. "Safe workplaces train all season long. You can do it in small increments every day or every week, quickly and at little or no cost, if you use your own in-house expertise."

Providing on-the-spot training and coaching offers compelling benefits for both family operations and operations that hire seasonal and student workers, explains Jay. "It can help prevent injuries when these workers are at greatest risk. People new to a job are three times more likely to be injured during the first month on the job than more experienced workers."

It also helps supervisors meet their responsibilities under the *Occupational Health and Safety Act* — an important consideration this time of year, when the Ministry of Labour begins its annual new and young worker inspection blitz.

By providing on-the-spot training and coaching, you ensure new and young workers are aware of hazards and know how to safely perform any new tasks and operate new equipment. Interacting regularly with these workers also helps you understand their strengths and weaknesses, monitor progress, and assess performance.

HOW TO DELIVER TIMELY, ON-THE-SPOT TRAINING AND COACHING

Here are just some of the ways you can provide ongoing training and coaching.

1. Observe the workers in action and coach as needed.
2. Set up a buddy system, pairing new hires with experienced workers.
3. Do walk-about so that you can get to know the new hires. Regularly check in with each one — anything from a 2-minute chat to a weekly review.
4. Provide each worker with handouts that are easy to absorb (e.g., simple messages, photos, diagrams, pictograms); alternatively, load and share them on easily accessible e-devices
5. Compliment workers whenever you see them demonstrating safe behaviour.
6. Include safety in tailgate talks with all workers. Focus on how to perform the day's tasks safely, use visual aids and demos to reinforce key points, and tag team with a translator to ensure workers whose first language is not English understand and can ask questions.
7. Make yourself available to answer any questions workers may have.
8. Demonstrate health and safety best practices in everything you do.

Jay also encourages operations to keep records of the training, especially for groups. "If you don't document it, you have no proof. Documenting the training could be as simple as having workers sign an attendance sheet indicating the date and topic. You could even pre-print the workers' names so they just have to initial it," says Jay. "If you download any WSPS safety topics for your talk, staple it to the attendance sheet and you'll also have a record of the resource you used for the talk." 📄

HOW WE CAN HELP

Download up to 46 free safety handouts in English and Spanish and up to 16 hazard-specific tailgate talks. Better yet, order a free USB flash drive with these and other resources (wsps.ca/Farm-Safety-Training/Farm-Safety.aspx).

Download a handy Ministry of Labour guideline for supervisors on how to keep new and young workers safe (www.labour.gov.on.ca/english/atwork/yw_tips_workplaces.php).



Confined Spaces

16 BEST PRACTICES FOR PREVENTION — NOT RECOVERY

“One of the tragedies of confined space rescues,” says WSPS farm safety expert Dean Anderson, “is that they often become recoveries. Not just of the initial victim but also would-be rescuers.”

That’s why Dean recommends having a prevention strategy rather than a rescue strategy. He offers 16 best practices for keeping you and your workers safe around confined spaces in agricultural operations, but suggests first being clear on what a confined space may be, and what hazards it may pose.

DEFINING CONFINED SPACES

“We tend to think in terms of single-use structures like silos and manure tanks, but many multi-use structures could also be a confined space depending on how you use them,” says Dean. “For instance, a portion of a greenhouse, such as a pit or storage area, could become a confined space when the greenhouse is fumigated.”

Here’s how the Canadian Agricultural Safety Association defines a confined space:

- It’s partially or completely enclosed
- It’s not designed or intended for continuous human occupancy
- It has limited or restricted means of entry or exits that may complicate first aid, evacuation, rescue, or other emergency responses, and
- It’s large enough and configured in a way that a worker could enter to perform assigned work

CONFINED SPACE HAZARDS

Hazards vary depending on what’s in the space. Atmospheric hazards arise from unsafe concentrations of toxic gases (e.g., carbon dioxide, ammonia, nitrogen dioxide, hydrogen sulfide) and oxygen deficiency, which can lead to suffocation.

But these aren’t the only hazards. Depending on the nature of the space, workers may also be at risk of falling, drowning, or being crushed or buried.

Here’s a sampling of prevention-oriented best practices drawn from multiple sources.* Most cost little or nothing to implement. Each could save lives.

MINIMIZE THE HAZARD

1. Change work practices to eliminate going into the space.
2. Remove ignition sources where the atmosphere may be flammable or explosive.
3. Don’t introduce hazardous substances into the space. Use safer methods or substitute less hazardous chemicals.
4. Prevent unauthorized entry.
5. Restrict the number of people who need to enter.
6. Never work alone. Always have a designated spotter when someone is in the space.

RAISE AWARENESS OF THE HAZARDS AND RELATED PREVENTIVE MEASURES

7. Develop a written plan to protect workers. Communicate it.
8. Post hazard signs outside confined spaces that explain what the hazards are.

BEFORE ENTERING THE SPACE

9. Test contaminant levels from outside. This requires specialized equipment and skills.
10. Ensure a safe oxygen level by ventilating the space before entering and while working.
11. Turn off or disconnect machinery to prevent electrocution or contamination of the air in the space.
12. Identify and have at hand the equipment needed to work safely.

DOES YOUR OPERATION INCLUDE THESE POTENTIAL CONFINED SPACES?

Here are some possible confined spaces in agricultural operations that could pose hazards:

- Bulk fuel tanks
- Bulk spray tanks
- Fertilizer storage tanks
- Grain driers
- Grape and wine vats
- Hoppers and silos
- Integrated feed systems
- Milk and cheese vats
- Pump houses
- Septic tanks and manure pits
- Sumps
- Valve pits
- Water tanks
- Wells

WHEN IN THE SPACE

13. Enter only if a plan has been developed specifically for the situation.
14. Ensure there is always someone on site who can provide first aid.
15. Use appropriate protective equipment such as respirators where other safety measures don’t adequately control the dangers.
16. Protect against crushing or entrapment by using safety lines or harnesses.

A final reminder: never enter a confined space to rescue someone without using suitable personal protective and rescue equipment. A third of would-be rescuers also become victims when correct rescue procedures are not followed. ☹️

* Sources: Canadian Agricultural Safety Association, Ontario’s Ministry of Labour, Worksafe Victoria (Australia), and WSPS.



SAVE TIME AND MONEY CREATE TRAINING VIDEOS WITH YOUR OWN SMARTPHONE

For many operations, a new season means a fresh batch of employees who need orientation training that gets them up to speed quickly.

Three years ago, Gina Marchionda already had a comprehensive orientation program in place, but she challenged herself to make the training more fun, fresh and engaging. Her solution: filming training videos on site with her own smartphone and featuring her co-workers. Added bonus: fun and engagement for her too.

Gina is responsible for health and safety at Jeffery's Greenhouses Inc. and Jeffery's Greenhouses Plant II Limited, a wholesale flower grower with farms in St. Catharines and Jordon Station, Ontario. Jeffery's Greenhouses employs about 50 people full time, and three to four times more in the growing season. Some are Spanish speakers from abroad.

The employees' experience and language skills vary widely, as do their responsibilities: plant propagation and growing, packaging, transporting and loading products for shipping, making deliveries, merchandising the products at customers' retail locations, and more. Gina wanted to create videos that address this diversity while demonstrating site-specific hazards and safety procedures.

"Our first video was on handling racks — how to move them around the garden centre, load them onto trucks, and unload them," explains Gina. "Another video shows the proper use of electric carts that pull trains of shipping racks through the greenhouse. Each video is shot on site with people in a setting that employees recognize."

The videos have proven to be a huge success. "We now have four," says Gina. "We make a new one every year."

HOW WSPS CAN HELP

Spring means seasonal employees for many workplaces. For over a decade, it's also meant a Ministry of Labour new and young worker inspection blitz for operations covered under the Occupational Health and Safety Act.

Make your orientation program the best it can be with WSPS'

- Orientation training resources, including onsite health and safety awareness training, e-courses, free downloads, and more (wsp.ca/Information-Resources/Topics/Training.aspx).
- Agricultural health and safety awareness training tools available in English and Spanish, at no cost, on USB (wsp.ca/Farm-Safety-Products/Seguridad-Agricola-Agricultural-Safety.aspx). The tools were made possible through a funding grant from the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA).

HOW IT'S DONE

Before shooting starts, Gina and her team already know what hazards and safe practices they want to demonstrate, which they film on a smartphone and edit with an app. They also use the smartphone to tape English and Spanish voiceovers, which they lay over the video track.

Videos are downloaded to a laptop and shown on a big-screen TV connected to the laptop. Supervisors can also access them on a private server and show them to small groups.

"There's no significant cost to it, other than our time putting it together," says Gina. "It's all done on everyday technology available in most workplaces."

GINA'S ADVICE FOR OTHERS

"Before we started, I never would have thought we could do this." But any workplace can, regardless of the industry.

"To make your own videos," she continues, "just pick a job-specific activity that you want to focus on and think of ways to communicate it visually. Break it down into specific steps, and then film each of the steps. Anyone with a steady hand can shoot the video."

The best part is showing the video. "Employees are very engaged by seeing people they know and recognizing settings they work in. Even watching us film engages people. Both the filming and the viewing become a community activity with an important message that everyone understands and buys into." 🌱

SAFETY TIPS During Planting & Seeding

By Fred Young
WSPS Farm Safety Consultant

Planting preparation starts long before the growing season begins. Servicing equipment, changing oil and filters, greasing bearings, and making welding repairs are all part of the annual checks conducted before you can get on the land. Following manufacturers' guidelines for preventive maintenance and your own expertise will have some influence on staying safe and reducing stress levels during planting.

Once the weather breaks and the land opens, we are hard at work tilling and planting. Many farmers have gone to no-tillage equipment to reduce planting time and support soil conditions. While modern equipment has engineered safety right into it, operators and other employees can still get hurt or die if they don't follow safe work practices.



HERE ARE SIX HAZARD AREAS AND RELATED BEST PRACTICES THAT WILL HELP KEEP EVERYONE SAFE.

- 1. Equipment training** – all operators need training. Reading the operator manual is actually a manufacturer's instruction. Becoming comfortable with all the devices and controls helps the operator make the right decision at the right time. Conducting a daily pre-operation check even during planting season is a must.
- 2. Hitching equipment** – today's planting equipment can be very large, long and wide, even in transport position. Getting crushed or run over during hitching are common hazards. Position the implement so that as the operator reverses there is no need for anyone to be between the hitch and the tractor. Other workers can stand at a safe distance and guide the operator with hand signals. MTO-approved safety chains, correct draw pins, SMV signs, lighting, beacons, direction indicators, and width markers are needed to reduce potential road travel hazards. In some cases, an escort vehicle may be needed while travelling on roadways.
- 3. Hydraulics** – hazards include elevated equipment falling on operators during set-up, maintenance and inspection. Using locking devices, pins or electronic locks greatly reduces the potential for crushing fatalities and injuries. Never go under any elevated or raised equipment without hydraulic locks in place. Also note some equipment may have in excess of 5000 psi pressure in the system during operation. Do not inspect for leaks by running your hands along a hose with a suspected leak.
- 4. Falls** – climbing on and off the tractor or seed drill/air seeder day and night can be very dangerous. Falls contribute to many brain injuries with long-term effects. Operator fatigue is a main factor, in addition to mud accumulations on boots and steps during wet weather (see more on fatigue below). When mounting and dismounting, face the equipment, use the handholds, don't jump, and note where the equipment handholds are and are not. Many seed drills do not have guardrails on the loading platform.
- 5. Strain injuries** – loading seed drills and trucks with seed bags increases the potential for soft tissue injuries, muscle strain and pinched nerves. Use proper lifting techniques, respect your body's physical limits, and allow it sufficient rest. Even the amount of time spent in the operator's seat contributes to back fatigue. Get out of the tractor cab, stretch, and walk around the equipment. These are effective methods to reduce the risk of strain injuries.
- 6. Fatigue** – operator fatigue contributes to many serious injuries and motor vehicle collisions. Co-worker injuries and damaged equipment and fences are common consequences. Rest periods and proper eating habits help reduce fatigue related incidents. Note that the *Highway Traffic Act* prohibits equipment operators from using handheld electronic devices while driving. 📱

RELATED RESOURCES ON OUR WEBSITE

Download these and many more free resources, available in English and Spanish, from wsp.ca/Farm-Safety-Products/FarmSafe-Plan.aspx:

- Caught in or Caught-Between Objects
- Hydraulic Systems
- Jacks
- Preventing Lifting & Overexertion Injuries

Here's one more, a detailed guide on farm equipment on highways, courtesy of the MTO: www.mto.gov.on.ca/english/trucks/pdfs/farm-guide-farm-equipment-on-the-highway.pdf.

3 WAYS to Reduce Injuries Around Large Animals

If you've ever been stepped on, knocked down, kicked, bitten, or pinned against a hard surface by a large animal, you know the damage they can inflict. In fact, Ontario farm animals are involved in two deaths every year.

WSPS safety expert Alyson Smith grew up on a dairy farm and understands the hazards these animals pose. "Injuries usually result from a degree of unpredictability in animal behaviour. Our handling practices can also contribute to the risk of injury," she notes.

Here are three ways you can reduce the risk of injuries or fatalities when working around large animals.

1. Create a safe working environment.

Prevent slips and falls with good housekeeping. "There may be areas, particularly in high traffic or wet areas, where non-slip flooring could prevent slips and falls. Additionally, some matting has the added benefit of providing ergonomic relief for strains caused by standing on cement flooring," adds Alyson.

Don't skimp on lighting. Make sure you and your workers can see the animals clearly.

Practice good housekeeping: put things away when you're done using them.

Use the right PPE. "You may want handlers to wear steel-toed shoes, depending on the size of the animals, risk and level of interaction," suggests Alyson.

Avoid working alone. If you can't, make sure you have some way to make emergency contact.

2. Provide a low-stress environment.

"Reducing animals' stress can help minimize behaviours that cause injuries," says Alyson. For a closer look at why animals act the way they do, see "What You Need to Know About Animals". Keep noise and yelling to a minimum.

Loud, abrupt noises can startle and distress livestock. Reducing noise levels has a calming effect.

Approach animals slowly and carefully. Avoid quick movements. Wherever possible, approach from the front or side so they can see you coming.

Give animals time to adjust to a new setting. Be cautious around them until they feel secure.

Stay alert around mothers and newborns. "In some situations, animals may be protective of their young. Use caution when separating them or entering their area," advises Alyson.

3. Apply these safe practices around animals.

Make your presence known: use your voice, stay visible, and gently touch the animal on the front or side. Stay out of animals' blind spots and kicking region. They may kick if they sense movement in their blind spot. Be aware of pinch points: how to avoid them, how to separate yourself from the animal, and how to escape. Understand how to use the animals' flight zone to move them. This works best when the handler remains at the edge of the flight zone.



WHAT YOU NEED TO KNOW ABOUT ANIMALS

Understanding these key facts can help you anticipate and avoid harmful behaviour.

- Most animals have limited vision. They often see differently than we do. These differences may include colour blindness, poor depth perception, difficulty in picking out details, blind spots, and sensitivity to distractions or sudden movement because of wide angled vision. They're also sensitive to contrasts, which may cause them to balk or hesitate at sudden changes in lighting (shadows), colour or texture. They tend to move from dimly lit areas to brighter areas.
- They're territorial. Most animals develop an attachment to certain areas such as pastures, buildings and water troughs. Forceful removal can cause animals to react unexpectedly. Similar problems occur when animals are moved away from feed, separated from the herd, or approached by someone they don't recognize.
- They kick and bite. Triggers include pain, injury, or inflammation, something emerging from a blind spot, and sudden noise. Here's a warning sign: when a horse's ears are laid back or flattened backwards, it may be getting ready to kick or bite.
- They have comfort zones. Most animals, like humans, have a comfort (or flight) zone that can range from 5 to 25 feet. Invading their zone may cause panic and confusion, leading to sudden and unpredictable movements.



SAFETY MESSAGE

New for 2017: Noise Is a Year-long MOL Inspection Priority

As of April 1, Ontario's Ministry of Labour has launched a 12-month noise initiative that targets workplaces under a new noise regulation. This includes agricultural operations.

WSPS can help

Know what you're dealing with. Download these free online resources ([wsp.ca/Information-Resources/Downloads](https://www.wsp.ca/Information-Resources/Downloads))

- Agricultural Safety Topic: Protecting Against Noise
- Hearing Conservation and Personal Protective Equipment

Read about 7 practical noise control tips in our spring/summer 2016 issue ([wsp.ca/WSPS/media/Site/Resources/Documents/AgriNL_Summer2016.pdf](https://www.wsp.ca/WSPS/media/Site/Resources/Documents/AgriNL_Summer2016.pdf))

Adapted from www.labour.gov.on.ca/english/has/pubs/farming/gl_animal.php

FIGHT BACK

Against Stress & Anxiety

"Farmers are often seen as silent stoics enduring the vagaries of markets and Mother Nature, but research from the University of Guelph shows something darker and possibly more harmful could be hiding behind that silence.

Results from a study conducted by the university show that farmers are more likely than other groups to suffer from stress, anxiety, depression, and burnout. How likely? From 1,100 responses to the study's online stress and resilience survey, 45% reported high stress. Another 58% reported varying levels of anxiety, and 35%, depression.

Compounding the stress is a reluctance to talk about it or seek out support. "We are not invincible, but we feel we must be," one respondent said.

"What makes me the most upset is that I have everything I dreamed of – love, family and a farm – and all I feel is overwhelmed, out of control and sad," said another.

"We all experience stress and anxiety," says Andrew Harkness, a mental health expert at WSPS. "It's a part of life, but too much stress and anxiety could put us at risk of depression and burnout."

We don't have to silently endure stress and anxiety. There are steps we can take that will make us more resilient and resourceful in the face of any challenge.

HOW TO FIGHT BACK

Some causes of stress and anxiety are beyond our control, such as weather conditions, crop disease, and commodity price fluctuations. Others we can control, although it may not always feel like it. Examples include workload, finances and personal fitness.

HERE ARE SOME SOLUTIONS TO BETTER MANAGE OUR RESPONSE TO STRESS AND ANXIETY:

- Don't bottle up your feelings. Start conversations with a family member, a good friend or neighbour, someone in your church...
- Hear what other people have gone through, and how they reclaimed their mental health in this series of short videos: www.workplacestrategiesformentalhealth.com/wti/Home.aspx. Explore the entire "Workplace Strategies for Mental Health" website. It's full of free information and resources.
- Assess your own feelings with this free online tool: Check Up From the Neck Up, courtesy of the Mood Disorders Association of Ontario (www.mooddorders.ca/sites/mooddorders.ca/quiz2/checkup.php). On this site you'll also find fact sheets and guides. If you think you may be suffering from depression, you owe it to yourself to speak with a professional.
- Look into these additional resources on our website: wsp.ca/Information-Resources/Topics/Mental-Health.aspx.
- Identify what's causing you stress, and create an action plan. What can you take off your list or change?
- Encourage your farm club to invite someone from your local public health unit or Canadian Mental Health Association office to talk about mental health.
- Find out what community resources are available near you. Call 211 or visit www.211ontario.ca.
- If you're in crisis, call the nearest distress centre. These websites have phone numbers:
 - www.suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/
 - www.dcontario.org/centres.html

"Telling yourself to buck up is not a solution," says WSPS' Andrew Harkness. "Instead, heed feelings of stress and anxiety as a message that something in your life needs attending to." ☺



10 WAYS TOO MUCH STRESS AFFECTS US

How many of these symptoms do you recognize in yourself?

- Poor sleep
- Restlessness
- Dizziness
- High blood pressure
- Low energy and fatigue
- Mental slowness
- Negative attitudes or thoughts
- Difficulty concentrating
- Feeling overwhelmed and helpless

Any of these symptoms can also compromise our work and our relationships with people around us. Ignore the symptoms, and they could escalate into debilitating illness.

Prevent Tractor Rollovers with **STOP THINK ACT**

With tractor rollovers still the leading cause of farm fatalities,

it's time to instill the STOP THINK ACT habit in your operators. "It's a very simple concept," says Dean Anderson, a WSPS safety expert, "but it can have a powerful impact."

WSPS and Esso are working together to encourage farmers to prevent tractor rollovers by putting this tool to use. It only takes a few moments.

Before you start your tractor, STOP and acknowledge there may be dangers, THINK about what the dangers are, and finally ACT in the safest way possible.

"Any number of factors can cause rollovers," says Dean. "Taking a few moments to STOP THINK ACT can keep them top of mind and keep you safe. Look at it as a way of doing things better and smarter."

Here's a sampling of rollover-related STOP THINK ACT questions to ask yourself. Walk others through the questions as a training exercise to help everyone anticipate and deal with hazards. If you can't find a way to do the job safely, don't do it.

Stop **What could go wrong?** Will I be operating the tractor in a manner that could lead to a rollover, such as driving across a steep slope or close to a ditch or culvert?

How bad could it be? Tractor rollovers are the leading cause of agricultural fatalities. Operators are often pinned, crushed or killed.

Has anything changed? Do any mechanical issues need to be addressed? Any changes to the terrain or conditions (e.g., flooding, muddy, soft shoulders)? Will I be returning from the field at night? Rushing because of weather?

Think **Do I clearly understand the task?** Tractor rollovers can occur sideways or backwards. Causes include turning too quickly, driving up a steep slope, and travelling on roads without locking the rear brakes.

Am I physically and mentally ready? Fatigued? Dehydrated? Worried about something else?

Do I have the right equipment, tools and training? Is the tractor the right choice for the job? Are the tractor and equipment in good repair? Am I properly set up and equipped to travel on the road? Is my cellphone handy? Am I wearing my seatbelt?

Act **Make it safe.** Do a circle check to spot safety concerns and make sure the tractor is in good working order.

Use the right tools and procedures. Assign the job to the appropriate worker. Take breaks, and stay hydrated and focused.

Reduce risks. Travel at the appropriate speed. Plan your route and time of roadway travel. Know where hazards are (e.g., ditches, rocks, potholes, old fence rows, hidden well heads, and frozen or muddy ground), and how to work safely around them.

Two to three minutes prep now to work safely could save hours due to an incident... or maybe your life. 🚗

HOW WSPS CAN HELP

Download these free agriculture safety topics, available in English and Spanish:

- Agricultural Tractor Safety (wsp.ca/WSPS/media/Site/Resources/Downloads/Agri-Trctr-Sfty-Final.pdf?ext=.pdf)
- Safe Implement Hitching (wsp.ca/WSPS/media/Site/Resources/Downloads/Safe-Implement-Hitching-Guide.pdf?ext=.pdf)

Check out Stop Think Act videos on WSPS' YouTube channel (www.youtube.com/playlist?list=PL5FjdkloWJye_kVGE7purE5HtCULks_Mv&disable_polymer=true). They're great awareness tools.



SAFETY MESSAGE

Stay Connected with WSPS Social Media

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8 TREES



28,556 L of water consumption flow saved



350 KG of waste containers



1,148 KG CO₂ emissions driven



7 GJ 30,011 60W light bulbs for one hour



1 KG NO_x emissions of one truck during 5 days

CONTRIBUTORS

Editor-in-Chief | Nancy Lee Martin Editor | Scott Williams
Art Director | Marie Vecera
Creative Production | Roula Pappas | Amy Janzen
Advisors | Dean Anderson | Sandy Miller | Nadia Osman
Steve Zronik

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