



## Farm Safety and Health Topics/Activities

- Prevention of green tobacco sickness
- Dealing with farm stress – the farmer’s relationship to farm; difficult family relationships; the importance of faith; recognizing signs/symptoms of depression and suicide; working with the farm’s financial partner; intergenerational farm transfer; dealing with farm tragedies; how stress affects health and wellness; and more...
- Emergency preparedness including what to do if the first person on scene at a farm incident, developing an emergency plan and working with local emergency responders
- Agricultural rescue for firefighters and EMS personnel
- Respiratory exposures and prevention of respiratory illness; medical clearance, respirator fit test; selection, use and care of respirators – options for a 4-hour train-the-trainer class (teaches individuals how to conduct qualitative respirator fit testing as well as how to train employees; provides in-depth information on different types of respirators, cartridges, change schedules, and more. Focus on compliance with WPS. Working on development of a bi-lingual flip chart for training workers. Also address respiratory protection in poultry, swine, grain bins and general farm operations.
- Prevention of pesticide exposure including how to read labels and inventory for proper personal protective equipment
- Selection, fit, care and use of other personal protective equipment – gloves, hearing protection, eye protection, etc.
- Tractor safety, including power take off shafts (PTO’s) and roll-overs
- Other farm machinery safety (i.e., hay balers, combines, tobacco harvesters, tobacco balers, forklifts)
- Farm equipment/motor vehicle safety
- Prevention of heat related illness and fatality; Skin cancer prevention
- Fit to Farm (importance of health and wellness in prevention of adverse agricultural health and safety outcomes; includes small behavior changes farmers can make in diet, beverages and activity levels on the farm to reduce risks)
- Hearing conservation including selection and use of hearing protection (can include hearing screening).
- Eye safety
- Agricultural-related cancers
- Agricultural-related neurological conditions (e.g., Parkinson’s, peripheral neuropathy, etc.)
- Grain bin safety (including augers, use of lifeline, lock-out tag out and grain rescue)
- Slips, trips, and falls
- General farm safety & health overview (includes many topics on this list)
- Working with large animals safely
- Working safely with veterinary pharmaceuticals; prevention of needle sticks; selection, use and care of personal protective equipment when using veterinary pharmaceuticals and chemicals (e.g., ear tags, rodenticides, disinfectants, etc.)
- Work smarter, not harder – ergonomic principles for the farm

- Adaptive technology and worksite modifications for individuals farming with a disability or chronic condition (e.g., arthritis, back pain, hip/knee replacement, etc.)
- Special health/safety challenges of aging farmers
- Appropriate work tasks for age of child/youth
- Farm safety day for children/youth; Safe play areas on the farm for children
- Child health and safety in agritourism; general safety for agritourism operations including adult visitors – includes on-site safety review, technical assistance on development of signage, policy development, purchasing equipment and training employees
- Developing a culture of safety on the farm; making health and safety top priority – how to get workers to comply with safety and health policies
- Developing partnerships for on-the-farm safety training of English and non-English speaking workers
- What to do when OSHA comes to visit
- Conducting on-site safety reviews
- Conducting on-site health screenings (can be tailored to business preference; can provide an overall health/wellness summary for the business so they know where their strengths/weaknesses are). Routinely include two or more of the following: blood pressure, blood sugar, height/weight, body mass index, hearing (audiometry), lung function (spirometry), vision and facial screening for skin cancer (dermascan)
- Other health and safety topics of the farm's choice specific to its commodities and individuals working and living on the farm.

Topics can be tailored to meet the needs of the individual operation. For more information contact Robin Tutor-Marcom [tutorr@ecu.edu](mailto:tutorr@ecu.edu) or LaMar Grafft [graftl@ecu.edu](mailto:graftl@ecu.edu) at the NC Agromedicine Institute 252.744.1008.