Bridging the Divide Safety Training Workshop

March 25-26, St. John’s

Dr. Mumtaz Cheema
Grenfell Campus, Memorial University

Supporting newcomers through all aspects of integration for over 40 years
WHAT IS FARM SAFETY??

It is all about protecting you, your fellow farm workers and your family.

We all play a role in the farm safety. For example, farm managers, supervisors, farm workers and families.

TAKE A MOMENT AND START THINKING

What are my safety responsibilities on the farm?

- Arrive fit for duty
- Follow procedure that apply to you.
- Report all unsafe conditions immediately
- You have a right to refuse to work in an unsafe environment.
- Report all incidents immediately
- Ensure all guards and protective shields are in place.
- Wear required PPE.
- Only operate equipment that you have been trained on.
- Comply with safe zones for family, visitors and contractors.
HAZARD MANAGEMENT ON THE FARM

A hazard is defined as a situation, condition or behavior that has the potential to cause injury or loss. Hazard identification and control is very important for every safety management program.

While we do many different jobs each day on the FARM, pause before starting and consider the hazards that are present.

| IDENTIFY THE HAZARDS AND THEN IMPLEMENT HAZARD CONTROLS |

![Hierarchy of Controls Diagram]

**ENGINEERED CONTROLS**

**Examples:**
- Replacing a portable ladder with a permanent access ladder for maintenance procedures on grain bins.
- Constructing a permanent fence around the dugout.
- Installing or upgrading a barn’s ventilation system to provide adequate fresh air.
- Installing lights with motion detectors to ensure workers have better visibility in low-light areas.

**ADMINISTRATIVE CONTROLS**

Administrative controls involve the implementation of practices, procedures and rules to reduce the amount of exposure a worker has to the danger. Signage, job scheduling, equipment maintenance, and worker orientation and training are also important forms of administrative controls.

- Developing and enforcing practices and procedures for doing a task safely.
- Providing emergency response training to all workers, including regular drills.
- Job rotation and scheduling to decrease fatigue and complacency (self-satisfaction).
- Preventative maintenance scheduled and performed on all machinery.
- Posting signs to warn of high noise areas.
PERSONAL PROTECTIVE EQUIPMENT (PPE)

Personal protective equipment (PPE) should be your last resort, and should always be used in combination with other control methods. Personal protective equipment is often the easiest control to apply, but it is usually the least effective. In some cases, you might supply workers with the required PPE, or you may require workers to provide it themselves. In all cases, you should provide formal training in the selection, care, use and maintenance of all PPE.

Examples:
- Safety glasses to protect eyes from flying debris.
- Chemical resistant clothing for handling and applying pesticides.
- Respiratory protective equipment to protect lungs from harmful dusts and chemical vapours.
- High-visibility clothing, especially during dawn/dusk work or dusty areas.

TYPE OF ASSESSMENTS

ASK YOURSELF
1. What would happen if that piece of equipment was energized?
2. Where will I go if I need to escape? How will I escape?
3. What changes have occurred in the weather and how has this affected my work environment?
4. How will I be rescued if I need help?

WHAT CAN YOU DO........

Keep your formal hazard assessment program simple. Try to stay away from too much detail when beginning this process.

Consider “Stop-n-think”

Next, let's review the steps for assessing hazards on your farm.

STEP 1 – IDENTIFY JOBS

On an annual basis review the top five to ten jobs that represent most of the work you do -

For example:
1. Seeding
2. Spraying
3. Harvesting
4. Feeding
5. Handling livestock
6. Shop work
7. Bailing
8. Barn Chores.
STEP 2 – IDENTIFY HAZARDS
Once you have identified the job tasks, now look at the hazards that might exist.

<table>
<thead>
<tr>
<th>SEEDING</th>
<th>SPRAYING</th>
<th>HANDLING LIVESTOCK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Strain</td>
<td>Pesticide exposure</td>
<td>Crush injury</td>
</tr>
<tr>
<td>Work at heights</td>
<td>Fatigue</td>
<td>Muscle strain</td>
</tr>
<tr>
<td>Moving equipment on roads</td>
<td>Moving equipment</td>
<td>Animal strike or contact</td>
</tr>
<tr>
<td>Fatigue, moving parts</td>
<td>Climbing equipment</td>
<td></td>
</tr>
</tbody>
</table>

STEP 3 – IDENTIFY CONTROLS
What can you do to control the identified hazards?

<table>
<thead>
<tr>
<th>SPRAYING – Pesticide Exposure</th>
<th>HANDLING LIVESTOCK – Crush Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use chemical handling equipment</td>
<td>Identify and sign crush areas</td>
</tr>
<tr>
<td>Cab chemical filters</td>
<td>Train staff to identify livestock crush zones with livestock</td>
</tr>
<tr>
<td>Chemical gloves</td>
<td>Set up corrals to remove crush areas</td>
</tr>
<tr>
<td>Goggles</td>
<td>Use lock system for gates</td>
</tr>
<tr>
<td>Chemical resistant outerwear</td>
<td></td>
</tr>
</tbody>
</table>

STEP 4 – PROVIDE TRAINING

- Now provide training to everyone using the information you have gathered. During training, listen to your family and workers to update your assessments.
- Ensure that the evaluation stays alive over time and train new workers and visitors as they arrive on the farm.

SUMMARY

- The hazard management program is probably the most important aspect of your farm safety system. It can also be the most complex.
- The key to your success will be to start with something manageable and then let it grow and change over time.
- You will find that once you start, it will get easier and contribute to the bottom line of your operation.
Resources
AgSafe Alberta e-learning course: [Hazard Management On The Farm](#)

AgSafe Alberta video: [Hazard Management Quick Start](#) (click to start video) - if you get a Security Warning message, click to **Allow** Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
WORKING FROM HEIGHTS ON THE FARM

Falls usually results in serious injuries and affected workers can end up in the hospital for days or suffer from long injuries.

Resources
AgSafe Alberta e-learning course: Working From Heights On The Farm

AgSafe Alberta video: Fall Protection Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
Provide workers with awareness regarding how the job can be performed safely at heights.

**STEP 1 – IDENTIFY JOBS TO BE PERFORMED AT HEIGHTS**
Identify areas around the farm where jobs performed could cause a farm worker to fall greater than 10 feet.

Examples:

1. Changing lights in the barn.
2. Working from ladders.
3. Working around openings in the floor of the barn.
4. Changing roofing materials
5. Performing maintenance on equipment mounted on the sides and tops of facilities.

**STEP 2 – DESIGN A PLAN**
Design a plan for performing the work at heights in a safe manner. There are six key elements for the farm fall protection plan.

- Identify all the hazards for the job.
- What type of fall protection will be required?
- Where will the fall protection equipment be anchored?
- How will the fall protective equipment be assembled, disassembled, inspected and maintained?
- If the farm worker falls, identify how they will be protected from hitting structures or the ground below?
- If a worker falls, how will they be rescued?

**STEP 3 – TRAINING**
Train all farm workers that perform work at heights

- With the evaluation of the work that is considered “work at heights”, identify the farm workers that will be expected to perform those job tasks.
- Farm workers that perform work at heights will need to have specialized training that includes procedures to assemble, maintain, inspect, use and disassemble the fall protection system or systems in use.
- Any of the farm workers that will be expected to rescue another worker who has fallen must be trained in rescue procedures.
INCIDENT MANAGEMENT ON THE FARM

Incidents are an important part to any safety program because they provide the farm with intelligence about why people were hurt, animals were injured and equipment gets damaged. This information can then be used to prevent the same events from happening in the future.

Resources

AgSafe Alberta e-learning course: Incident Management On The Farm

AgSafe Alberta video: Incident Management Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
What can be done differently in the future to prevent re-occurrence?

**LESSONS LEARNED**
Your incident management program reviews the event that occurred, or could have occurred and discusses what can be done differently in the future to prevent re-occurrence.

The program allows to develop procedures and provide training to all family and farm workers based upon incidents that have occurred in the past- whether these events are on the farm, at the neighbors or elsewhere in the agriculture industry.

<table>
<thead>
<tr>
<th>What is an INCIDENT?</th>
<th>What is a NEAR MISS?</th>
</tr>
</thead>
<tbody>
<tr>
<td>An unplanned, unwanted event that results in personal harm, property damage, injury to animal welfare, or loss.</td>
<td>An event that could have caused personal harm, injury to animal welfare, property damage or loss.</td>
</tr>
</tbody>
</table>

Next, let’s review the steps for assessing hazards on your farm

**STEP 1 – REPORT**
After an incident or near miss has occurred, report as soon as possible. Decide who on the farm will gather information about what happened and train farm workers to report as soon as possible. This will help to ensure that evaluation occurs quickly.

**STEP 2 – ANALYZE**
Analyze what happened and what caused the incident to occur. A simple evaluation tool that one can use is to “ask WHY” five times.

For example, consider this scenario:

**A tractor rolled over in the ditch while mowing**

<table>
<thead>
<tr>
<th>Why did the tractor roll over?</th>
<th>Why did the driver turn uphill quickly?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Because the ground was steep and the tractor rolled when the driver turned uphill quickly.</td>
<td>Because they did not know how to drive out of the ditch properly.</td>
</tr>
</tbody>
</table>

**Why did he not know how to drive?**

*Because they had no training.*
STEP 3 – EVALUATE
Evaluate the reasons that caused the incident and setup corrective actions. For each one of the questions in step two above, develop corrective actions to address the issue.

STEP 4 – ASSIGN
Assign corrective actions and complete as soon as possible. Once the corrective actions are completed, sign the investigation form to document that all actions have been closed.

SUMMARY
• Taking time to think about events that have occurred, and how you can prevent them from happening will contribute to the success of the farm.
• Incidents can be very costly, especially when you consider the hidden costs of lost time, long term injuries and damage to your farm capital. You can plan your future success by evaluating what has gone wrong in the past.
CONFINED SPACE ON THE FARM

Almost every farm has some sort of confined space area on the property. Sumps, wells, lagoons, grain/feed bins, channels, attics (basement), and even some equipment are technically considered confined spaces. While we don’t usually consider these areas harmful, they are in fact very dangerous.

Resources

AgSafe Alberta e-learning course: Confined Space On The Farm

AgSafe Alberta video: Confined Space Management Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
Types of Confined Space on the Farm

- Grain bins
- Wells & below ground structures
- Tanks & vats
- Bunkers

Grain Bins
- Grain bins are considered a confined space because they are not meant for human occupancy and they can be difficult to get in and out of.
- If someone became engulfed in grain, rescue is extremely difficult.

Wells & Below Ground Structures
- Wells, cisterns (reservoir) and other below ground structures are also confined spaces.
- Dangerous gases can collect or oxygen can be missing in these areas making them very dangerous.

Tanks & Vats
- Tanks and vats are confined spaces.
- If a worker falls ill inside, rescue can be very difficult without proper rescue equipment available.

Bunkers
- Bunkers, root cellars, and areas that have only one point of entry are confined spaces.
- Oxygen displacement and drowning can render a farm worker unconscious. Providing assistance is then difficult because other workers cannot enter to provide help.
Let's review the steps for managing confined space on your farm

**STEP 1**
Identify the confined space locations within your operations. Walk around your farm work sites and list all the locations that fit the criteria of confined or restricted space (sumps, grain/feed storage, lagoons and holding ponds).

**STEP 2**
Add signage to all confined space areas to raise awareness for all family and farm workers. Confined space signs inform the person entering the area of potential danger and also trigger the farm worker to pause and think about the potential hazards before entry.

**STEP 3**
Develop a confined space code of practice for your farm. The code of practice will contain the following topics:

- Hazard management program for confined spaces on the farm
- Training requirements for entering the confined space
- Pre-entry checklist & atmospheric testing requirements
- Procedures for working in confined and restricted spaces on the farm
- Ventilation requirements for confined space entries
- Emergency response planning and training

**STEP 4**
Train all farm workers and family members about the confined space management program on your farm. This will help to ensure that everyone is familiar with the dangers of confined spaces and help protect them from harm.
Emergency Response on the Farm

Farms are located in rural areas and that means emergency responders take longer to reach a victim or farm site that needs assistance. Setting up your emergency response plan is vital to protecting your family, farm workers and your farm.

Resources

AgSafe Alberta e-learning course: Emergency Response On The Farm

AgSafe Alberta video: Emergency Response Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
Let's review the steps for creating an emergency response plan for your farm

**STEP 1: EVALUATE THE TYPES OF EMERGENCIES**
What are the emergency situations that could happen on your farm?

Build a list of all emergencies that could possibly occur. For example; structural fire, medical emergency, work alone rescue, grain engulfment, wild fire, tornado, blizzard, flooding, fall from height rescue, confined space rescue, power line contact, vehicle incident, etc. For each emergency, develop the response plan and decide who is responsible to get help.

**STEP 2: IDENTIFY EMERGENCY RESPONSE**
When one of the identified emergencies happens, what do you do?

What does your family do?
What do your farm workers do?

Go through the process of deciding what your emergency response will be for each type of emergency.

**STEP 3: LOCATE EMERGENCY EQUIPMENT**
Based on the types of emergencies, develop a plan where you will have emergency response equipment for your farm.

**CONSIDER THE FOLLOWING IDEAS**

Once you have the list, install the equipment and train everyone about where the equipment is stored and how to use it. Also discuss with your family and farm workers how to keep equipment in ready condition.
Where are your fire extinguishers? What type of fire extinguishers do you need on equipment?

Will you have an AED on your farm?
How will farm workers rinse their eyes if needed?

How will you maintain your emergency response equipment?
STEP 4: **Key Contact Information**

When an emergency happens, we have a hard time remembering what numbers to call.

Writing down the key contact numbers and posting these where family and farm workers can find them is an important step to any emergency response program. Consider posting contact numbers by the phone, on safety boards, and within each piece of motorized equipment on the farm.

**SUMMARY**

Emergency preparation is best done sooner than later. Once you have your plan established, check it periodically to ensure that it is current and train your family and your farm workers about the program to help them prepare. When something happens, you will be glad you had a plan in place.
CONTRACTORS ON THE FARM

Contractors and sub-contractors can play a big role on your farm. Farm owners’ and managers’ responsibilities extend to the health and safety of everyone who works on the farm – full-time, part-time, casual employees, and this can also include contractors and their employees.

Resources

AgSafe Alberta e-learning course: Contractors On The Farm

AgSafe Alberta video: Contractor Visitor Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)

HERE’S THE THING

Make sure contractors share a common understanding of the hazards that workers face and how they will be made safe while attending the farm.

Whenever you hire external contractors, you invite individuals onto your farm who are presumed to be competent and self-sufficient, which does not mean that they can be left to their own supervision. Even though they may be professionals, when they arrive on your farm they may be strangers to your manner of doing things and your farm facilities which increases the level of risk to which they and, in turn, you are exposed.
Next, let's review the steps for managing contractors on your farm

**STEP 1: PLAN FOR CONTRACT WORK**

Define and assess all important aspects of the project that contractors are being hired to complete

- Define who is responsible for safety of the workers.
- Detail work to be carried out and the required approach.
- Complete a hazard assessment for work tasks of the project and develop the safe work procedures that are required to ensure the health and safety of contractors while working on your farm.
- Determine whether high risk work training is needed i.e. confined space work, working with hazardous substances, or working at heights.
- Prepare emergency response plan for the project including farm map to identify hazards that may impact the contractor: powerlines, no-go zones, waterways and also indicate location of fire extinguishers and first aid supplies.

**STEP 2: PRE-QUALIFICATIONS**

The pre-qualification stage helps determine whether the contractor possesses all the necessary qualifications, technical capability and minimum safety standards to carry out the work.

- It will be useful to have a checklist to assist you with the assessment process.
- Contractor experience: relevant to the project.
- Do the contractor’s health and safety programs or methods meet the minimum standards of your farm? If the contractor does not have a program, are they willing to follow and adhere to the farm’s OHS program?
- Supervision: The contractor must explain how the work will be supervised, provide the name of the individual in charge and detail the manner in which any incident or accident will be reported.

**STEP 3: CONTRACT INITIATION**

Once you have decided on a contractor and signed the contract, organize an initial meeting with the contractor prior to commencing work to discuss:

- Whether or not they have a valid certificate in good standing and provision of a employer clearance certificate with the farm name assigned.
- Expectations respecting worker schedule, work quality, fitness for work, site entry and exit.
- The farm’s safety requirements for contractors and all persons working with the contractor:
  - Safe work practices and procedures
  - Emergency response plan
  - Out of bounds areas
  - Required PPE, footwear and suitability for work
  - Hazard and risk management responsibilities
  - Incident reporting and investigation process
  - Training requirements for high risk jobs
  - Adhere to all local, provincial, federal and farm OHS requirements
STEP 4: SUPERVISE WORK IN PROGRESS

Supervision of the contractor is crucial to ensure that all work is carried out as agreed upon in the contract and that all risks that might lead to an incident or accident are kept in check.

- It is essential to monitor the work progress and ensure compliance with standards, rules and safety procedures. In the event that issues arise during work performed or if any incidents occur, take action promptly, investigate and put corrective action in place to ensure that similar safety issues do not recur in the future.
- Once the project is finished, meet with the contractor and discuss what went well and what could be done better in the future to enhance the overall safety of contractors on the farm.
FATIGUE MANAGEMENT ON THE FARM

In Agriculture industry, there are times of the year where we find ourselves tired, run down or fatigued. It is a fact of our business because we work with living systems – livestock, crops, and the weather. When we are tired, we are less effective and maintaining safety becomes more difficult. In fact, the level of risk for the fatigued worker is very high and is more likely to contribute to an incident.

**SYMPTOMS OF FATIGUE INCLUDE**

- Micro-sleeping while operating equipment.
- Irritable mood swings, short tempered.
- Upset stomach, headaches, dizziness, blurry vision.
- Reflexes are slow and we have poor concentration.
- Feeling distracted, tired all over, sleepy.

**FATIGUE CAN BE CAUSED BY:**

- Missing minimum hours of sleep.
- Working long days/nights.
- Stress that results from the work/farm operation.
- Poor eating habits.
- Being sick &/or using medication for pain relief.
- Diseases caused by alcohol or drug abuse.

Next, let's review the steps for managing the fatigue on your farm

**STEP 1 – EVALUATE**

For those situations where we know that the potential for being tired exists, we can do some planning to arrange for assistance.

- For example, if we know that during the spring, we are going to be calving or seeding, we can think about our past experiences and the issues that we encountered. What were the situations that caused us to become tired, frustrated, stressed? Document those experiences and list all the potential concerns.

**STEP 2 – ASSIGN PREVENTION**

Now, we have identified the problem, what can we do to manage the situation?
**CONTROL #1: ENSURE YOUR EQUIPMENT IS READY**
The first thing to do will be to make sure your equipment is safe. Check all your guards and protective devices and make sure that are installed. These guards will help protect you from placing your body in harms way when you are tired. Ensure that your equipment is maintained and ready for service. The less equipment repairs you have in season, the less stress and fatigue you will have.

**CONTROL #2: ENSURE YOU ARE READY**
Take care of yourself – eat properly, keep fit and check in with the doctor before the busy season. Comparable to getting ready for playoffs, you need to prepare yourself for the season ahead. Train your body and your mental capability to enhance your fatigue management skills. Eat the proper foods to provide energy instead of junk food that is low grade fuel for your body.

**CONTROL #3: SCHEDULING**
You know when your busy season is likely to happen. What can you do to ensure that you have the right number of people in place to deal with the work load ahead? Consider how you will deal with peaks in the work load and what can you do with scheduling the farm work force to address fatigue. Don’t forget to think about change caused by environment and the unforeseen. Once you have a plan in place, when things go sideways, you can implement your strategies.

**CONTROL #4: REMOVE THE KIDS FROM THE EQUATION**
When we are fatigued, it takes all we have to focus on the work we are performing. Kids and youngsters in our work environment are a distraction that we are less able to protect when we are tired. Plan your visits to the field with your fatigue levels in mind. When you are tired, get used to saying NO to kids on the equipment, in the barn or in the field.

**CONTROL #5: TAKE EXERCISE AND STRETCHING BREAKS**
This will help to get some fresh air, increase blood circulation and raise oxygen levels in the blood system. Plan your stretches and then follow through with your schedule to avoid fatigue.

**STEP 3 – CONTINUALLY ASSESS**
Now that you have a plan in place, controls identified, and you are busy at work, take the time to evaluate how things are going.

Assign someone on the farm with the responsibility to watch for fatigue within the family or within the farm workers. Allow that champion to provide feedback, awareness and ideas to address fatigue issues that have crept into our farm work environment. Have that person check everyone, the farm sites, the field sites for issues that we may have missed because you are tired?

**SUMMARY**
- Simple steps towards your fatigue management program will help to ensure that you have a plan before your busy seasons hits.
- Discuss your strategies with your family and your workers to help them get ready. When things get busy, pause and review your strategies to make certain you and your farm workers are in the best condition possible.
Resources
AgSafe Alberta e-learning course: Fatigue Management On The Farm

AgSafe Alberta video: Contractor Visitor Quick Start (click to start video) - if you get a Security Warning message, click to Allow Adobe to connect.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
TIP: GRAIN STORAGE

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
TIP: WORKING WITH LIVESTOCK

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
TIP: MOVING PARTS

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
TIPS: AVOIDING SLIP, TRIP, FALLS

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
HAZARD ASSESSMENT: CATTLE FARM

There are many potential hazards when working on a farm with livestock. In this video, a cattle farmer is going to highlight some potential hazards when working with livestock in the yard, corral or pen (small enclosure for animals). Watch this video for some examples of how to keep both the livestock and workers safe on the cattle farm.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
HAZARD ASSESSMENT: GRAIN HANDLING AND STORAGE

There are many potential hazards when working on a grain farm such as working with heavy duty machinery, to climbing large bins. In this video, a grain farmer will discuss a few examples of the hazards associated with grain handling.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
HAZARD ASSESSMENT: FARM SHOP

There are many hazards present in the farm shop environment. A farmer will walk us through some common hazards that exist in a typical farm shop.

If the video below does not work, click here to view in your browser. (Must be connected to the internet.)
Safety Tips while working on farms

- **Dress warm**
  Make sure that you are wearing enough layers to keep yourself warm. Also, remove any wet layers of clothing immediately and replace with dry clothing. Make sure to protect the ears, face, hands and feet in extremely cold weather. Carry cold weather gear such as extra socks, gloves, hats, jackets, blankets, a thermos of hot liquid.

- **Wear high-visibility clothing in the dark**
  If you are working early mornings and evenings, remember to wear hi-visibility items of clothing so that others can see you.

- **Remove snow and cover icy patches**
  Remove snow from pathways and entryways to allow easier access to and from locations on the farm and sprinkle salt or sand on places you know to be icy. Also, make sure you have the proper footwear for walking around on icy areas (i.e. winter boots with good traction on ice).

- **Fence around areas of water**
  If possible, have a fence around areas of water that could be dangerous and covered in ice and snow (i.e. a pond). Identify these areas to anyone you know who is going to be on farm and around the property.

- **Don’t be out in bad weather if it is not necessary**
  Don’t put yourself or others at risk to perform unnecessary work in poor conditions.

- **Be prepared**
  Be up-to-date on the maintenance of your facility, vehicles and machinery so that everything works properly and is ready to go in case of an emergency. Also, you should have a safety kit readily available.

- **Always let others know where you are working**
  Informing someone of your whereabouts will help them to find you quickly if an accident were to take place (i.e. falling on the ice and hitting your head). Also, always have a communication device on you when working alone. Try to work in groups or pairs.

- **Eat and stay hydrated**
  Make sure that you have enough to eat to provide you energy while working. Also, keep yourself hydrated.

- **Watch the weather**
  It’s not only the cold temperatures that can affect your day on the farm. Storms can reduce visibility while operating equipment outside.

- **Have a backup plan**
  Be prepared for power outages and storms by considering such things as: having a generator to operate equipment or having extra feed on hand in case you are stormed in for a few days.

Cold Weather Injuries

1. **Frostnip**
   Freezing of the top layers of skin tissues and is normally reversible.

2. **Frostbite**
   Actual freezing of the tissues and body part. Ice crystals form inside the skin that can destroy the tissues and you can lose skin, part of finger, toe or foot.

3. **Hypothermia**
   is the general cooling of the body. When the body drops much below the normal temperature of 37°C, serious problems can arise. Severe hypothermia can lead to death.
What is Personal Protective Equipment (PPE)?

PPE is used to minimize exposure to specific hazards. Examples include, respirators, gloves, aprons, fall protection, and full body suits, as well as head, eye and foot protection. Using PPE is only one element in a complete hazard control program that would use a variety of strategies to maintain a safe and healthy environment. PPE does not reduce the hazard itself nor does it guarantee permanent or total protection.

PPE is considered the last line of defense in any safety system. For farm work, PPE is instrumental in protecting workers from injuries while doing specific tasks.

When Should PPE Be Used?

PPE is used to reduce or minimize the exposure or contact to injurious physical, chemical, ergonomic (to minimize physical effort and discomfort), or biological agents. Remember, a hazard is not “gone” when PPE is used, but the risk of injury may be reduced. For example, wearing hearing protection reduces the likelihood of hearing damage when the ear plugs or muffs are appropriate for the kind of noise exposure and when the PPE is used properly. However, using hearing protection does not eliminate the noise.

PPE Should Only Be Used

- As an interim (short term) measure before controls are implemented;
- Where other controls are not available or adequate;
- During activities such as maintenance, clean up, and repair where pre-contact controls are not feasible or effective;
- During emergency situations.

Safety Foot Wears

Safety footwear protect feet against a wide variety of injuries. Impact (collision), compression, and puncture are the most common types of foot injury.

Footwear Must Be Chosen Based On The Hazards That Are Present

- Risk of objects falling onto or striking the feet.
- Any material or equipment that might roll over the feet.
- Any sharp or pointed objects that might cut the top of the feet.
- Objects that may penetrate the bottom or side of the foot.
- Possible exposure to corrosive or irritating substances.
- Possible explosive atmospheres including the risk of static electrical discharges
- Risk of damage to sensitive electronic components or equipment due to the discharge of static electricity.
- Risk of coming into contact with energized conductors of low to moderate voltage (e.g., 220 volts or less).
- Type of walking surface and environmental conditions workers may be exposed to (e.g., loose ground cover, smooth surfaces, temperature, wet/oily, chemicals, etc.).

Also, evaluate the risk:

- to ankles from uneven walking surfaces or rough terrain
- of foot injury due to exposure to extreme hot or cold
- of slips and falls on slippery walking surfaces
- of exposure to water or other liquids that may penetrate the footwear causing damage to the foot and the footwear
- of exposure to rotating or abrasive machinery (e.g., chainsaws or grinders)
WHAT SHOULD I KNOW ABOUT THE FIT AND CARE OF SAFETY FOOTWEAR?

FIT
• Try on new boots around midday. Feet normally swell during the day.
• Walk in new footwear to ensure it is comfortable.
• Boots should have ample toe room (toes should be about 12.5 mm from the front). Do not expect footwear to stretch with wear.
• Make allowances for extra socks or special arch supports when buying boots. Try on your new boots with the supports or socks you usually wear at work. Check with the manufacturer if adding inserts affects your level of protection.
• Boots should fit snugly around the heel and ankle when laced.
• Lace up boots fully. High-cut boots provide support against ankle injury.

CARE
• Use a protective coating to make footwear water-resistant.
• Inspect footwear regularly for damage (e.g., cracks in soles, breaks in leather, or exposed toe caps).
• Repair or replace worn or defective footwear.
• Electric shock resistance of footwear is greatly reduced by wet conditions and with wear.
• Footwear exposed to sole penetration or impact may not have visible signs of damage. Replacing footwear after an event is advisable.

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