

NATIONAL FARM SAFETY AND HEALTH WEEK – 2020 20 PROGRAMS :60 EACH

This series of safety and health shows was offered to stations affiliated with Farm to Fork for use during National Farm Safety and Health Week, September 20-26, 2020. Please note that some of the programs are outdated and those are flagged in the scripts.

You may use these any way you wish. For example, you could create a package for local sponsors, run them in your news and farm programs, etc.

There are generic, pre-produced versions available. You may [download a zip folder with all 20 produced segments here](http://www.northshoreproductions.com/Audio/farm-safety-health-week-vignettes.zip). If you prefer to use your own voice talent, the [audio clips/actualities within the shows are available separately here in a zip folder](http://www.northshoreproductions.com/Audio/farm-safety-health-week-actualities.zip). Scripts follow.

The material for these segments was collected from an August 2020 webinar hosted by the Upper Midwest Agricultural Safety and Health Center. Many of the persons featured are based in Minnesota and there are some references to that fact. The information presented, however, is pertinent to farmers, ranchers, and rural communities anywhere in the country. Also, only a couple of the clips mention Farm Safety and Health Week, so most of these could be used at other times. Again, some reference COVID-19 and may be outdated.

Each 60-second installment ends with “stay well and stay safe.” I don’t identify myself in the produced versions and they refer in no way to Farm to Fork. If you have any questions, let me know. Otherwise, I hope you can make use of these. If your station is interested in carrying Farm to Fork, feel free to visit my [website](http://www.northshoreproductions.com/) to learn more!

 Darrell Anderson, producer/host

TRACK 1 WHAT’S THE HURRY?

IT’S TEMPTING TO CUT CORNERS TO SAVE TIME ON THE FARM, BUT IT COULD END UP COSTING YOU EVEN MORE TIME—OR WORSE—IF YOU’RE INJURED AS A RESULT. MINNESOTA AG COMMISSIONER THOM (TOM) PETERSEN…

(WHEN I WAS A YOUNG MAN, I THINK I WORKED TWO JOBS, WENT TO COLLEGE, FARMED ALMOST FULL-TIME. I WAS GOING 100 MILES AN HOUR ALL THE TIME AND I THINK THAT’S SOMETIMES WHERE ACCIDENTS HAPPEN. AND NOW AS I GET A LITTLE BIT OLDER, I NOTICE I’M NOT QUITE AS SHARP AS I USED TO BE, AND THAT’S WHERE WE SEE ACCIDENTS, TOO. KEEP IN MIND THE AVERAGE AGE OF A FARMER IN MINNESOTA IS 58 YEARS OLD.) :22

PETERSEN BELIEVES MANY FARM INJURIES ARE PREVENTABLE. DON’T SKIMP ON REPAIRS OR REPLACEMENT OF SAFETY EQUIPMENT ON MACHINERY. HE ALSO ADVOCATES FOR TAKING CARE OF YOUR MENTAL HEALTH AS WELL AS YOUR PHYSICAL HEALTH. YOU CAN LEARN MORE BY TYPING NATIONAL FARM SAFETY AND HEALTH WEEK INTO YOUR INTERNET SEARCH ENGINE. OUR SPONSORS WANT YOU TO STAY WELL AND STAY SAFE.

TRACK 2 BE A DUST BUSTER

SAFETY-CONSCIOUS FARMERS KNOW THAT WEARING PROPER GEAR HELPS PROTECT YOUR LUNGS FROM AIRBORNE DUST AND CHEMICALS. LINDA EMMANUEL IS A COMMUNITY HEALTH NURSE WITH THE AGRI-SAFE NETWORK…

(WHEN WE TALK ABOUT DUST IN AGRICULTURE, IT’S NOT SO MUCH THE DUST YOU CAN SEE. I KNOW IT’S A NUISANCE AND ANNOYING AND MAY MAKE YOU COUGH AND SNEEZE, BUT THE DUST THAT MAKES US SICK IS A RESPIRABLE DUST.) :12

EMMANUEL SAYS GRAIN HANDLING IS A COMMON DUST GENERATOR…

(AND IN THESE GRAIN BINS, YOU’RE GOING TO FIND, OF COURSE, POSSIBLY MOLD, BACTERIA, INSECT PARTS, RODENT FECES, NASTY THINGS THAT YOU CAN SUCK DOWN INTO YOUR LUNGS. WE TALK ABOUT LIVESTOCK BARNS. THERE’S PLENTY OF MOLD IN THERE WITHIN THE HAY, WITHIN THE MANURE. WHEN YOU START SCOOPING AND START MOVING THAT, THAT’S WHEN THAT DUST FLOWS AND INCREASES YOUR CHANCE OF PULLING THAT DOWN INTO YOUR LUNGS.) :24

DON’T RELY ON A BANDANA. USE APPROVED PROTECTIVE GEAR. THAT’S HOW YOU CAN STAY WELL AND STAY SAFE.

TRACK 3 COVID-19 PROTECTION (OUTDATED—DO NOT USE)

DURING NATIONAL FARM SAFETY AND HEALTH WEEK LAST YEAR, WE DIDN’T HAVE COVID-19 TO WORRY ABOUT. NOW, WE DO. AMY LIEBMAN (LEEB-man) OF THE MIGRANT CLINICIANS NETWORK SAYS FARMWORKERS ARE PUT AT GREATER RISK BECAUSE THEY ARE CONSIDERED ESSENTIAL WORKERS…

(THE VULNERABILITIES OF THESE POPULATIONS OF ESSENTIAL WORKERS ARE MULTIFACETED. THEY’RE LONGSTANDING. THEY’RE NOT PARTICULAR TO COVID-19, PER SE. WE HAVE CULTURAL AND LANGUAGE DIFFERENCES. AGRICULTURE IS AN EXTREMELY DANGEROUS OCCUPATION. IT’S OFTEN A LOW-WAGE JOB. IMMIGRATION IS A REALLY IMPORTANT COMPONENT. AND THEN MANY OF OUR FARMWORKERS—NOT ALL—ARE MOVING FROM PLACE TO PLACE AND MANY OF OUR FARMWORKERS DO NOT HAVE ACCESS TO HEALTHCARE, THEY DO NOT HAVE ACCESS TO INSURANCE EVEN IF THEY WANTED IT—ALTHOUGH SOME DO—ANY MANY LACK THE FINANCIAL RESOURCES TO GET HEALTHCARE.) :37

BE SURE TO FOLLOW THE LATEST GUIDELINES AND DIRECTIVES CONCERNING COVID-19, IN ORDER TO STAY WELL AND STAY SAFE.

TRACK 4 CALL BEFORE YOU DIG

WHEN FARMERS DIG IN THE GROUND, UTILITY OPERATORS SOMETIMES GET NERVOUS. CHRIS THOME (THOHM, LIKE HOME) IS WITH THE PIPELINE AG SAFETY ALLIANCE…

(TYPICAL NORMAL FARMING ACTIVITIES THAT DON’T CONCERN PIPELINE OPERATORS INCLUDE PLOWING, CUTTING, DISCING, PLANTING, CULTIVATING, HARVESTING. THE STUFF YOU’RE GOING TO DO IN YOUR NORMAL COURSE OF WORK. BUT THE MAINTAINING OF FENCE, DRAIN TILING, TERRACING, CONTOURING—ANY TIME YOU’RE CHANGING THE DEPTH OF THE SOIL, IT MAY NOT INTERFERE WITH THE PIPELINE OPERATION BUT THE PIPELINE OPERATOR IS GOING TO WANT TO CHANGE THAT INFORMATION ON THEIR MAPS. THEY’RE GOING TO WANT TO CHAT WITH YOU ABOUT THAT.) :29

THOME SAYS YOU NEED TO CALL 8-1-1 AT LEAST TWO DAYS BEFORE YOU DIG…

(OUR SOLE MISSION IS TO MAKE SURE THAT WE DON’T HAVE EMS WORKERS AND FIREFIGHTERS HAVING TO SHOW UP ON THE FARM BECAUSE OF A PIPELINE INCIDENT.) :11

AGAIN, CALL 8-1-1 BEFORE DIGGING TO STAY WELL AND STAY SAFE.

TRACK 5 PESTICIDE SAFETY (NOTE: DATED REFERENCE TO PANDEMIC.)

PESTICIDES ARE DESIGNED TO KILL TROUBLESOME INSECTS BUT THEY CAN BE BAD FOR PEOPLE, TOO, IF NOT HANDLED PROPERLY. KERRY RICHARDS OF THE NATIONAL PESTICIDE SAFETY EDUCATION CENTER…

(THE BOTTOM LINE WITH WORKER PROTECTION STANDARDS TRAINING IS THAT TRAINING IS NOW REQUIRED TO BE REPEATED EVERY 12 MONTHS. AND IT MUST BE PROVIDED BY A TRAINER WHO MEETS THE EPA-APPROVED TRAINER REQUIREMENTS AND MUST BE PRESENT OR ACCESSIBLE DURING THE TRAINING TO ANSWER QUESTIONS.) :20

RICHARDS SAYS THE PANDEMIC HAS MADE PROPER SAFETY EQUIPMENT SCARCE…

(THE INCREASING DEMAND ALONG WITH THE SUPPLY CHAIN ISSUES, WHICH WE’VE FOUND ARE ISSUES NOT JUST WITH PROTECTIVE EQUIPMENT BUT FOOD SUPPLIES AND EVERYTHING, BUT THAT SPECIFICALLY FOR RESPIRATORS HAS CAUSED A LIMITED AVAILABILITY OF THE REQUIRED RESPIRATORY PROTECTION OPTIONS FOR USE IN AGRICULTURE.) :17

PROPER PESTICIDE HANDLING IS THE LAW AND IT’S THE SENSIBLE WAY TO STAY WELL AND STAY SAFE.

TRACK 6 ZOONOTIC DISEASE RISK

CAN YOUR LIVESTOCK MAKE YOU SICK? IN A WORD, YES. A ZOONOTIC DISEASE IS ONE THAT CAN BE TRANSMITTED FROM ANIMALS TO HUMANS. THINK E. COLI OR RABIES. WHITNEY PENNINGTON IS WITH THE HIGH PLAINS INTERMOUNTAIN CENTER FOR AGRICULTURAL HEALTH AND SAFETY…

(WHEN WE’RE GETTING INTO ZOONOTIC DISEASES, NOW WE ALSO HAVE TO WORRY ABOUT OUR EMPLOYEES, AND SPECIFICALLY THINKING ABOUT WHAT HAPPENS TO THEIR PRODUCTIVITY OR THE PRODUCTIVITY OF YOUR OPERATION OVERALL IF SOMEONE CAN’T BE THERE FOR A FEW DAYS. WHAT IF THEY COME BACK AND THEY’RE A LITTLE BIT SLOW BECAUSE THEY’RE STILL RECOVERING? OR, IF SOMEONE HAS TO LEAVE WORK ALTOGETHER AND NOW YOU HAVE TO HIRE AND RETRAIN.) :23

TO KEEP FROM CATCHING A ZOONOTIC DISEASE, PENNINGTON SUGGESTS PERSONAL PROTECTIVE EQUIPMENT, GOOD HYGIENE—SUCH AS HAND-WASHING, AND BEING VACCINATED. ALSO MAKE SURE EVERYONE WORKING AROUND LIVESTOCK KNOWS THE POTENTIAL RISKS. IT’LL HELP EVERYONE STAY WELL AND STAY SAFE.

TRACK 7 STRESS FEST (NOTE: DATED REFERENCE TO PANDEMIC.)

FARMERS ARE ONE STRESSED-OUT GROUP OF PEOPLE. EMILY KREKELBERG (KREK-ul-burg) SEES IT IN HER WORK WITH UNIVERSITY OF MINNESOTA EXTENSION…

(WHAT WE SEE A LOT OF IN AGRICULTURE AND FARMING RIGHT NOW IN MY PERSONAL OPINION IS SEVERE STRESS ON PEOPLE’S MENTAL HEALTH. NOT MENTALLY ILL, BUT IN POOR MENTAL HEALTH. AND IF WE DON’T INTERVENE, IT IS POSSIBLE THAT PEOPLE CAN MOVE INTO MENTAL ILLNESS.) :18

KREKELBERG SAYS STRESS CAUSED BY THE PANDEMIC IS JUST A PART OF THE PROBLEM…

(IT’S NOT JUST ONE THING AT ONCE. IT IS FOUR THINGS AT ONCE, FIVE THINGS AT ONCE, SIX THINGS AT ONCE, RIGHT? AND IT JUST NEVER SEEMS TO STOP. I KNOW THAT THE COVID-19 OUTBREAK, THAT HAS REALLY THROWN A LOT OF PEOPLE A CURVE BALL AND ADDED AN IMMENSE AMOUNT OF STRESS TO AN ALREADY STRESSFUL SITUATION.) :19

IF YOU OR SOMEONE YOU KNOW IS SUFFERING FROM STRESS ON THE FARM OR RANCH, HELP IS JUST A GOOGLE SEARCH AWAY. STAY WELL AND STAY SAFE.

TRACK 8 NOW HEAR THIS

HERE’S SOMETHING IRONIC: THE PEOPLE MOST IN NEED OF THIS 60 SECONDS OF INFORMATION MAY NOT BE ABLE TO HEAR IT ON THE RADIO. WE’RE TALKING ABOUT HEARING LOSS CAUSED BY SUSTAINED EXPOSURE TO LOUD NOISE. AUDIOLOGIST SARAH ANGERMAN (ANG-ger-man) SAYS THERE ARE THREE WAYS TO DEAL WITH NOISY ENVIRONMENTS…

(WE CAN WALK AWAY, MEANING THAT WE CAN REDUCE OUR EXPOSURE TO NOISE SIMPLY BY TAKING BREAKS OR BY MOVING AWAY FROM SOMEBODY ELSE WHO IS USING LOUD EQUIPMENT IF WE COULD DO OUR WORK ELSEWHERE. SECOND STRATEGY IS TURN IT DOWN. FOR EXAMPLE, WE CAN PURCHASE QUIETER EQUIPMENT FROM THE GET-GO OR WE CAN PUT BARRIERS AROUND EQUIPMENT THAT IS PARTICULARLY NOISY TO REDUCE OUR NOISE EXPOSURE. AND THEN OUR THIRD STRATEGY IS TO PROTECT OUR HEARING THROUGH HEARING PROTECTION DEVICES.) :32

ANGERMAN SAYS THIS IS SO IMPORTANT BECAUSE HEARING LOSS IS PERMANENT. KEEP IT QUIET TO STAY WELL AND STAY SAFE.

TRACK 9 SLEEP ON IT

GETTING ENOUGH SLEEP IS MORE IMPORTANT TO YOUR HEALTH AND SAFETY THAN YOU MAY REALIZE. A LOT OF RESEARCH HAS BEEN DONE ON THIS, SAYS SUSAN HARRIS OF NEBRASKA EXTENSION…

(SLEEP DEFICIENCY IS NOW OFFICIALLY IDENTIFIED AS A PUBLIC HEALTH PROBLEM BY THE WORLD HEALTH ORGANIZATION AND THE CDC. SLEEP IS NOT LIKE A BANK ACCOUNT THAT YOU CAN TAKE FROM AND THEN PUT BACK LATER. THOSE OF US WHO LIKE TO SLEEP IN ON THE WEEKENDS? IT’S NOT A GOOD THING. IT’S NOT HELPING YOU BECAUSE EACH NIGHT THAT YOU LOSE SOME VALUABLE SLEEP, YOU ARE DEPRIVING YOUR BODY OF SOME REALLY ESSENTIAL FUNCTIONS.) :26

HARRIS SAYS INADEQUATE SLEEP CAN LEAD TO MANY SORTS OF HEALTH PROBLEMS: DIABETES, HEART DISEASE, AND HIGH BLOOD PRESSURE TO NAME A FEW. NOT ONLY THAT, BUT THE LONGER YOU GO WITHOUT SLEEP, THE LESS COGNITIVE FUNCTION YOU HAVE. OPERATING MACHINERY AND EQUIPMENT BECOMES UNSAFE, FAST. GETTING ENOUGH SLEEP HELPS YOU STAY WELL AND STAY SAFE.

TRACK 10 THE KIDS KNOW YOU’RE STRESSED

THE FARM IS REALLY STRESSING YOU OUT—AND THE KIDS, TOO. MONICA McCONKEY (mc-KON-kee) CONTRACTS WITH THE STATE OF MINNESOTA TO PROVIDE FREE STRESS COUNSELING SERVICES TO FARMERS…

(FARM YOUTH SPECIFICALLY DEAL WITH SOME STRESSORS THAT AREN’T AS TYPICAL WITH MAYBE OFF-FARM YOUTH. AND, OF COURSE, THE ONE THAT REALLY RISES TO THE SURFACE IS THE IMPACT OF PARENTAL STRESS AND HOW THAT TRICKLES DOWN AND IMPACTS THE KIDS.) :19

AND, IF YOU THINK THE KIDS DON’T SEE THAT, SAYS McCONKEY, YOU’RE UNDERESTIMATING THEM…

(MANY OF THE FARMERS I TALK TO WILL TELL ME, “WELL, I DON’T TALK ABOUT THE STRESS AS A FAMILY. WE DON’T TALK ABOUT WHAT WE’RE GOING THROUGH.” BUT I WILL TELL YOU, THE KIDS KNOW WHAT’S GOING ON. EVEN IF THEY DON’T KNOW DETAILS, THEY KNOW THERE’S STRESS.) :15

McCONKEY SAYS YOU CAN’T AVOID STRESS, BUT YOU CAN BE OPEN WITH THE KIDS ABOUT IT, TO HELP THEM STAY WELL AND STAY SAFE.

TRACK 11 OPIOID PROBLEM

OPIOID ABUSE. IT HAS THE ATTENTION OF THE RURAL COMMUNITY BECAUSE IT’S A PROBLEM IN THE RURAL COMMUNITY. RUTH MEIRICK (MAIR-ick) HEADS THE MINNESOTA FARM BUREAU FOUNDATION…

(WITHIN FARM BUREAU, WE TALK A LOT ABOUT FARM SAFETY AND HEALTH AND FARMER WELLNESS. AND IN MY 24 YEARS WITH THE MINNESOTA FARM BUREAU, IN THE LAST FOUR TO FIVE YEARS DID I EVER THINK THAT I’D BE TALKING TO MY FARM FAMILIES ABOUT MENTAL HEALTH AND OPIOID ADDICTION.) :16

MEIRICK OFFERS SOME STATISTICS ON THE PROBLEM…

(SEVENTY-FOUR PERCENT OF FARMERS AND FARM FAMILIES SAY THEY’VE BEEN DIRECTLY IMPACTED BY THE OPIOID EPIDEMIC. THREE OUT OF FOUR FARMERS SAY IT’S EASY TO ACCESS LARGE AMOUNTS OF PRESCRIPTION OPIATES WITHOUT A PRESCRIPTION. UNDERSTAND THAT 80 OUT OF 100 PRESCRIPTIONS ARE WRITTEN FOR OPIATES.) :16

THE FARM BUREAU AND THE NATIONAL FARMERS UNION OPERATE A RELATED WEBSITE AT FARMTOWNSTRONG-DOT-ORG. IT MAY BE THE START FOR YOU OR SOMEONE YOU KNOW TO STAY WELL AND STAY SAFE.

TRACK 12 RESPECT THE MACHINE

RESPECT THE MACHINE, BUT DON’T EXPECT THE MACHINE TO RESPECT YOU. FARMER DALE KREKELBERG (KREK-ul-burg) IS IN HIS 60S NOW BUT HE WAS ONLY 19 WHEN HE GOT HIS LEG TANGLED IN A FEED AUGER. HIS ADVICE TO THOSE WORKING AROUND MACHINERY…

(KEEP THOSE SHIELDS IN PLACE. AND IF YOU FEEL YOU’RE IN AN UNSAFE CONDITION AT SOME PLACE WHERE YOU’RE WORKING—YOU JUST DON’T FEEL THAT THIS IS RIGHT, BACK AWAY FROM IT. GO WITH YOUR GUT.) :10

A POWER TAKE-OFF IS ANOTHER FARM TOOL THAT MAKES HEADLINES WHEN IT GRABS SOME UNFORTUNATE FARMER. MIKE CRUSE (KROOZ) IS WITH UNIVERSITY OF MINNESOTA EXTENSION…

(WHEN WE’RE TALKING ABOUT PTO SAFETY, WE TEND TO TRY TO CUT CORNERS. SAVE 10 SECONDS WHEN, YOU KNOW, WALKING AROUND THE TRACTOR INSTEAD OF STEPPING OVER SOMETHING, RIGHT? YOU KNOW, IT MIGHT TAKE JUST A LITTLE BIT LONGER AND, YOU KNOW, WE’RE ALL VERY BUSY BUT TAKING THAT LITTLE BIT OF TIME TO DO THINGS RIGHT CAN REALLY PREVENT A MAJOR ISSUE DOWN THE ROAD.) :19

GOOD ADVICE TO HELP YOU STAY WELL AND STAY SAFE.

TRACK 13 SUN SAFETY

SUNLIGHT. GOOD FOR PLANTS. BUT, TOO MUCH OF IT IS BAD FOR PEOPLE. UNIVERSITY OF MINNESOTA MEDICAL STUDENT MICHELE BUONOMO (bwoh-NO-moh)…

(FARMERS EXPERIENCE GREATER UV EXPOSURE THAN THE GENERAL PUBLIC FOR MANY REASONS. SOME OF THESE REASONS INCLUDE SPENDING LONG HOURS IN THE MIDDAY SUN AND WORKING FROM MAY THROUGH OCTOBER, WHEN UV EXPOSURE IS HIGHEST IN NORTH AMERICA. A RECENT RESEARCH STUDY ON FARMWORKERS AND SUN SAFETY FOUND THAT ONLY 23% OF FARMERS REPORTED USING SUNSCREEN WHEN OUTSIDE FOR 15 MINUTES OR MORE. THEY ALSO FOUND THAT SOME OF THE MOST COMMON BARRIERS TO SUN PROTECTION WERE THE DISCOMFORT WITH WEARING LONG PANTS AND SHIRTS AND THE INCONVENIENCE OF WEARING WIDE-BRIMMED HATS.) :34

BUONOMO’S ADVICE: TRY TO DO AS MUCH OF YOUR OUTSIDE WORK EARLY OR LATE IN THE DAY AND LIMIT MIDDAY SUN EXPOSURE. WEAR SUNSCREEN AND PROTECTIVE CLOTHING AND SUNGLASSES. AND GET ANY SUSPICIOUS SKIN ISSUES CHECKED OUT. STAY WELL AND STAY SAFE.

TRACK 14 ACCIDENTS ARE PREVENTABLE

MANY INJURIES ON FARMS AND RANCHES ARE A MATTER OF BEING IN THE WRONG PLACE AT THE WRONG TIME. YET MANY ARE ALSO PREVENTABLE. THAT’S THE OPINION OF MINNESOTA AGRICULTURE COMMISSIONER THOM (TOM) PETERSEN…

(I’VE JUST KNOWN TOO MANY PERSONALLY TOUGH STORIES, YOU KNOW, PEOPLE THAT HAVE HAD A BAD ACCIDENT, THAT HAVE LOST THEIR LIFE. AND WHEN YOU THINK ABOUT IT, IT JUST SHOULDN’T HAVE HAPPENED. I SEE A COMMON THEME RIGHT NOW OF FARMERS TELLING ME THEY HAVEN’T BEEN ABLE TO REPLACE EQUIPMENT FOR MANY YEARS, THAT THEY’RE RUNNING ON OLDER EQUIPMENT JUST BECAUSE OF THE TOUGH ECONOMY.) :23

PETERSEN SUGGESTS THAT STATE AND LOCAL GOVERNMENTS BE MORE PROACTIVE ABOUT PREVENTION OF FARM INJURIES AND DEATHS. INDIVIDUAL FARMERS CAN BE, TOO. MAKING SURE YOUR FAMILY MEMBERS AND YOUR FARMWORKERS ARE TRAINED AND EQUIPPED WITH THE PROPER SAFETY EQUIPMENT CAN GO A LONG WAY TOWARD INJURY PREVENTION. YOU CAN HELP EACH OTHER TO STAY WELL AND STAY SAFE.

TRACK 15 COVID’S LESSON ABOUT ZOONOSES (NOTE: DATED REFERENCE TO PANDEMIC.)

THE CORONAVIRUS HAS TAUGHT US THAT BEING AROUND SICK ANIMALS CAN MAKE PEOPLE SICK, TOO. DISEASES THAT CAN BE TRANSMITTED FROM ANIMALS TO HUMANS ARE CALLED ZOONOSES, AND COVID-19 IS ONE OF THEM. WHITNEY PENNINGTON IS WITH THE HIGH PLAINS INTERMOUNTAIN CENTER FOR AGRICULTURAL HEALTH AND SAFETY…

(COVID-19 STARTED POTENTIALLY AS A ZOONOTIC DISEASE WHERE IT CAME FROM BATS OR SOME OTHER ANIMAL SOURCE, AND WE’VE KNOWN THIS THREAT TO BE IN EXISTENCE FOR A LONG TIME—THAT THERE ARE HIGH-CONSEQUENCE ZOONOTIC DISEASES—AND THIS I THINK IS ALONG WITH MAYBE BIRD FLU FROM A COUPLE OF YEARS AGO, ALTHOUGH THAT REALLY DIDN’T AFFECT PEOPLE. THIS HAS REALLY BROUGHT HOME ABOUT HOW FAST AND HOW GLOBALLY THESE THINGS CAN IMPACT US AND ABOUT HOW WE NEED TO BE PREPARED AND BE PLANNING AHEAD AND WHAT ARE BIOSECURITY PROTOCOLS.) :31

THE BEST DEFENSE AGAINST THESE DISEASES IS GOOD BIOSECURITY PROTOCOLS ON THE FARM. A LITTLE COMMON SENSE WILL ALSO HELP YOU TO STAY WELL AND STAY SAFE.

TRACK 16 BE HEALTHY, BE PRODUCTIVE

IF YOU’RE NOT HEALTHY MENTALLY AND PHYSICALLY, YOUR WORK ON THE FARM OR RANCH WILL SUFFER. EMILY KREKELBERG (KREK-ul-burg) SEES IT IN HER WORK WITH UNIVERSITY OF MINNESOTA EXTENSION…

(OVERALL WELLNESS IS CRITICAL TO OUR FARM SAFETY. TAKING CARE OF YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH. SO THAT CAN LEAD TO LESS FATIGUE, AND LESS BRAIN FOG, QUICKER REFLEXES, AND BETTER DECISION MAKING. AND I WOULD SAY ALL FOUR OF THOSE COMPONENTS ARE THE TOP OF MY LIST FOR BEING ABLE TO OPERATE A SAFE AND HEALTHY FARM.) :21

SOME HEALTH PROBLEMS ARE NOT THAT OBVIOUS SAYS KREKELBERG. IT’S NO TIME TO STAND BY AND DO NOTHING…

(IF YOU’RE CONCERNED ABOUT SOMEBODY, PLEASE REACH OUT TO THEM. YOU KNOW, WE CAN’T LET OUR OWN COMPLACENCY GET IN THE WAY OF HELPING OTHER PEOPLE GET THE HELP THAT THEY NEED.) :09

MANY, MANY RESOURCES ARE AVAILABLE TO FARMERS ACROSS THE COUNTRY. CHECK WITH YOUR LOCAL EXTENSION STAFF OR SEARCH ONLINE. AND PLEASE, STAY WELL AND STAY SAFE.

TRACK 17 STOP HEARING LOSS

FARMS AND RANCHES CAN BE NOISY PLACES AND YOU OR SOMEONE YOU KNOW MAY BE LOSING THEIR HEARING BECAUSE OF THAT. AUDIOLOGIST SARAH ANGERMAN (ANG-ger-man) HAS A LIST OF WARNING SIGNS…

(IF OTHER PEOPLE SEEM LIKE THEY ARE MUMBLING, IT MAY BE THAT YOU ARE MISSING OUT ON SOME OF THE SOUNDS OF SPEECH. YOU’D ALSO BE AWARE THAT SOME OF THOSE SOUNDS ARE MISSING IF YOU’RE HAVING A HARD TIME SPECIFICALLY PICKING UP ON HIGH-PITCHED SOUNDS LIKE BIRDS OR ALARMS. IF YOU NOTICE THAT YOU HAVE MORE DIFFICULTY CONVERSING WHEN THERE’S NOISE IN THE BACKGROUND, SUCH AS AT A RESTAURANT OR PARTY, THAT’S ANOTHER EARLY SIGN OF HEARING DIFFICULTY. AND ALSO, IF YOU HAVE RINGING IN YOUR EARS THAT IS CHRONIC AND IS NOT THERE FOR JUST A MOMENT OR TWO BUT IS ONGOING.) :32

IF YOU SUSPECT YOUR HEARING IS IMPAIRED, YOU’LL NEED TO TAKE STEPS TO ENSURE IT WON’T GET WORSE. AVOID LOUD, PROLONGED NOISE EXPOSURE AND USE APPROVED HEARING PROTECTION AT A MINIMUM IN ORDER TO STAY WELL AND STAY SAFE.

TRACK 18 THE SCOOP ON SLEEP

YOU WOULDN’T DRIVE A TRACTOR OR OPERATE A TABLE SAW WHILE INTOXICATED. DID YOU KNOW IT’S THE SAME IF YOU DO THOSE THINGS WHILE SLEEP DEPRIVED? SUSAN HARRIS IS WITH NEBRASKA EXTENSION…

(IT AFFECTS OUR SAFETY. OUR COORDINATION. OUR JUDGEMENT. OUR EXECUTIVE FUNCTION IS ALL AFFECTED IF WE DON’T HAVE ENOUGH SLEEP. AND ESPECIALLY IN THE FARMING OR IN THE AG INDUSTRY, THIS CAN BE A LIFE OR DEATH SITUATION IF WE MAKE POOR JUDGEMENTS AND IF WE’RE KLUTZES ON THE FARM.) :17

HARRIS SAYS INADEQUATE SLEEP ALSO IMPACTS OUR OVERALL HEALTH…

(LACK OF QUALITY SLEEP IS ASSOCIATED WITH DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE, DEPRESSION, EVEN OBESITY. AND MORE STRESS, BY THE WAY. OUR STRESS IS ONLY EMPHASIZED EVEN MORE WHEN WE DON’T SLEEP ENOUGH.) :12

HARRIS SAYS GETTING UP THE SAME TIME EVERY DAY IS A GOOD SLEEP TIP. ALSO, KEEP THE ROOM TEMPERATURE AT NIGHT IN THE 60S. GETTING A GOOD NIGHT’S SLEEP REGULARLY WILL HELP YOU STAY WELL AND STAY SAFE.

TRACK 19 NOT THE KIDS’ FAULT YOU’RE STRESSED

THE KIDS KNOW YOU’RE STRESSED. THEY NEED TO BE TOLD THEY’RE NOT TO BLAME. FARM STRESS COUNSELOR MONICA McCONKEY (mc-KON-kee) SAYS IF YOU DON’T TALK TO THE KIDS ABOUT THE PRESSURE YOU’RE FEELING FROM THE FARM OR RANCH, THEY MAY THINK THEY’RE CONTRIBUTING TO THE PROBLEM…

(BUILD THAT RELATIONSHIP WITH YOUR CHILDREN, BUT ALSO TO SURROUND THEM WITH POSITIVE INFLUENCES IN THEIR LIFE. YOU KNOW, WHEN PARENTS ARE UNDER STRESS THAT COMMUNICATION IS SO IMPORTANT THAT, “YOU KNOW WHAT? YOU MIGHT SEE ME CRYING. YOU MIGHT SEE ME UPSET. YOU MIGHT SEE ME QUIET. WHATEVER YOUR REACTION IS TO STRESS. IT’S NOT YOUR FAULT. IT’S ALL OF THESE OTHER THINGS THAT I’M DEALING WITH.”) :27

McCONKEY SAYS IF YOU’RE NOT ABLE TO HELP YOUR KIDS COPE WITH STRESS, LET THEM TRY OTHER AVENUES. SHE SAYS 4-H, F-F-A, AND CHURCH GROUPS ARE OFTEN GOOD SOURCES, FOR EXAMPLE. WHATEVER IT TAKES TO HELP THEM STAY WELL AND STAY SAFE.

TRACK 20 OPIOID PROBLEM – 2

TAKING ON THE PROBLEM OF OPIATE ADDICTION IN RURAL AMERICA. RUTH MEIRICK (MAIR-ick) OF THE MINNESOTA FARM BUREAU SAYS NEARLY THREE QUARTERS OF FARMERS AND FARM FAMILIES IN AMERICA HAVE BEEN TOUCHED BY THE EPIDEMIC…

(OUR OBJECTIVE WITH THE OPIATE CRISIS IN FARM BUREAU IS TO REALLY REDUCE STIGMA THAT’S ASSOCIATED WITH OPIATE ADDICTION.) :07

MEIRICK SAYS FARM BUREAU IS LOOKING FOR FOLKS WHO WANT TO HELP COMBAT THE OPIATE PROBLEM…

(WE ARE ENCOURAGING PEOPLE TO SET UP OUTREACH MEETINGS AND PARTICIPATE IN EVENTS TO BUILD AWARENESS. ALSO, ENGAGE IN PARTNERSHIPS. FIND THOSE PARTNERSHIPS THAT WORK FOR YOU. IT MIGHT BE WITH YOUR LOCAL SHERIFF’S DEPARTMENT ASSISTING AT A NATIONAL TAKE-BACK DAY. IT MIGHT BE WORKING AT YOUR LOCAL PHARMACY JUST WITH SOME MATERIAL TO HAND OUT TO PEOPLE ABOUT THE SAFE DISPOSAL OF UNUSED PRESCRIPTION MEDS.) :21

THE FARM BUREAU AND THE NATIONAL FARMERS UNION OPERATE A RELATED WEBSITE AT FARMTOWNSTRONG-DOT-ORG. IT MAY BE THE START FOR YOU OR SOMEONE YOU KNOW TO STAY WELL AND STAY SAFE.