



NEWSLETTER

August 2020

Harvest Safety



As many farmers around the province are getting ready for harvest, safety may be the last thing on their mind. Although it's not top priority on everyone's to-do list to review before heading to the field, harvest brings long days, late nights, equipment moves, and plenty of stress and a quick review can save time, money, and even lives.

Here are some steps to managing fatigue during #harvest20:

1. Evaluate: For those situations where we know that the potential for being tired exists, we can do some planning to arrange for assistance. What were the situations that caused us to become tired, frustrated, stressed last year? Document those experiences and list all the potential concerns.

2. Assign Fatigue Prevention Strategies: Now that we have identified the problems, what

can we do to manage the situation?

IDEA #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 they 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.

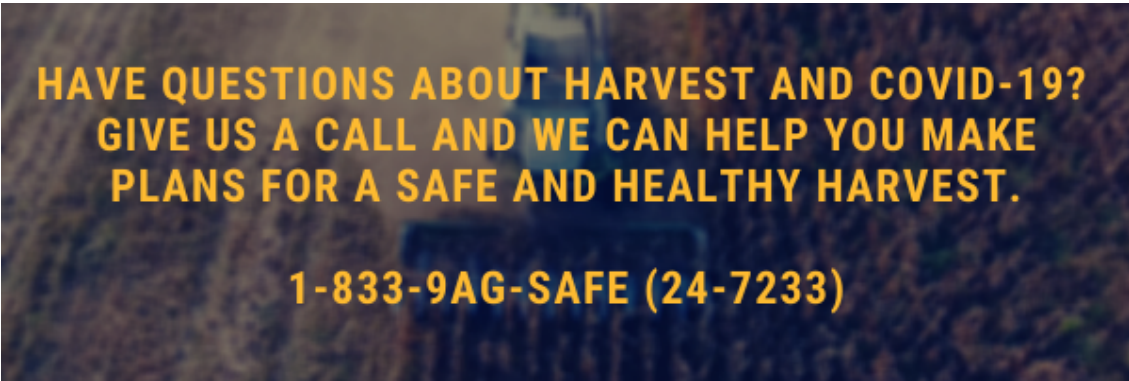
IDEA #2: Ensure you are ready. Take care of yourself – eat properly, keep fit and check in with the doctor before the busy season. Comparable to getting ready for playoffs, you need to prepare yourself for the season ahead. Eat the proper foods to provide energy instead of junk food that is low grade fuel for your body.

IDEA #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 the environment and the unforeseen. Once you have a plan in place, when things go sideways, you can implement your strategies.

IDEA #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. When you are tired, get used to saying NO to kids on the equipment, in the barn or in the field.

IDEA #5: Exercise. Take exercise and stretching breaks. This will help to get some fresh air, increase blood circulation and raise oxygen levels in the blood system.

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.



**HAVE QUESTIONS ABOUT HARVEST AND COVID-19?
GIVE US A CALL AND WE CAN HELP YOU MAKE
PLANS FOR A SAFE AND HEALTHY HARVEST.**

1-833-9AG-SAFE (24-7233)

COVID-19 Webinar

In response to COVID-19, the Government of Alberta has created a new Agriculture Training Support Program to help employers in the food supply chain provide necessary training to new Alberta employees.

The program is intended to offset costs for COVID-19 safety and training, including the costs for personal protective equipment and to remove any barriers to get Albertans safely working.

<https://cap.alberta.ca/CAP/program/TRAINING>



FarmSafe Webinar Series

System Admin

This webinar will provide you with information on keeping records and maintaining them. You may then want to use this information to identify trends and areas for improvement on your farm.



OUR WORKSHOPS ARE NOW ONLINE!

Attend Farm Safe workshops
from the comfort of your home.

System Administration

August 12 @7pm

Find out more at agsafeab.ca

CHECK YOUR LOAD BEFORE YOU HAUL

- Does your tractor and hay trailer have working lights?
 - Reflective tape and reflectors?
 - Slow moving vehicle sign?
 - Is the load properly secured?



agsafeab.ca

We want to hear from you!

Every month, we will be including a survey question for our subscribers about ag safety!

August's question is:

How do you incorporate safety planning into your harvest plan?



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