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June 2019

MANAGING FATIGUE

**21 hours with no
sleep = impaired**



Did you know that the number of hours you are awake can be compared to blood alcohol levels?

If you have been awake for 21 hours or more, the equivalent blood alcohol content is 0.08 (which is the legal limit in Canada).

In agriculture, becoming fatigued often seems unavoidable. Long hours are needed to make the farm and ranch successful. Working long hours is just one of many causes of fatigue. Other work factors like activity levels and break time between shifts play a role. Factors outside of work such as sleep routines, diet and medical history can also contribute.

Everyone has a role to play in managing fatigue. Some simple things you can do to prevent or manage fatigue are:

- Get a good night's rest

- Eat a healthy, balanced diet
- Avoid excessive alcohol or caffeine
- Avoid operating equipment or vehicles if tired, or take rest breaks if needed

If you're an owner or manager, make sure you know how to recognize the signs of fatigue. If you notice a worker or family member showing these signs, it's time for a rest break. Signs may include:



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

A little planning can go a long way when it comes to managing fatigue. Check out some of our other resources for help on managing fatigue:

[eLearning](#)

Fatigue Management [QuickStart guide](#)

Source: CCOHS (Canadian Center for Occupational Health and Safety)



Introducing AgSafe Alberta's new Hotline!



HOTLINE
for INCIDENT ASSISTANCE
1-833-9AGSAFE
(1-833-924-7233)

If your farm or ranch falls under the jurisdiction of Alberta Occupational Health and Safety (OHS) legislation and you experience a serious incident, **AgSafe Alberta** is available 24/7 to provide you with support. Your call is connected directly to an AgSafe representative.

Support includes:

- On-site or over-the-phone assistance
- Working through stop work/use orders or demands issued by OHS
- Information on applicable reporting requirements
- Information on return-to-work programs for injured workers

When should you call the HOTLINE?

- You've had a serious incident occur on your farm or ranch, including: injury, illness, property damage, near misses
- OHS has arrived on your farm or ranch to perform an inspection or investigation
- You're unsure of the reporting requirements for OHS in Alberta

Call 911 in the event of a life-threatening emergency.

For livestock emergencies — contact **Alberta Farm Animal Care** at 1-800-506-2273.

For spills, releases, or environmental contamination — contact **Alberta Environment or Transportation and Dangerous Goods** at 1-800-222-6514.

AgSafe Alberta OUT AND ABOUT

The AgSafe Alberta team is coming to an event near you!



AgSafe Alberta is participating in many events over the coming months. Please come by our booth for a chat about what's happening on your farm and/or in your sector and find out how we can work with you to develop and implement practical farm safety management systems to make safety a fully-integrated part of your day-to-day operations.

Upcoming Events

June 26th, 2019 | Lacombe, AB

5th Annual Alberta
canolaPALOOZA
 The Agronomy Event of the Summer

GET AN EXPERT ANSWER TO EVERY CANOLA QUESTION

CanolaPALOOZA is happening on June 26th at the Lacombe Research & Development Centre in Lacombe, AB from 9:30 am to 3:30 pm.

For information and registration, click [here](#).

ALBERTA CANOLA + THE CANOLA COUNCIL OF CANADA present

Wednesday, July 10
 ENMAX Centre
 Lethbridge, AB

**ALBERTA
 COMBINE
 COLLEGE**

Hands on
 training with leading
 combine manufacturers

Information sessions to help
 you optimize every
 aspect of harvest

Registration opens in May,
 for more details visit:

albertacanola.com/combinecollege

canolacouncil
 OF CANADA

ALBERTA CANOLA

Alberta Combine College is taking place at the ENMAX Centre in Lethbridge on Wednesday, July 10 from 8:30 am to 4:30 pm. For information and registration click [here](#).



WheatStalk

ONE DAY OF AGRONOMY SOLUTIONS

WheatStalk is taking place on August 8 at the Lyons Production Services Event Centre in Grande Prairie from 9:00 am to 3:00 pm. For details and tickets click [here](#).



AgSmart is happening on August 13 and 14 at the south portion of the Olds College Campus from 9 am to 5 pm. This isn't just a trade show. It's a hands-on demonstration and education expo! Learn more [here](#).

This event will be showcasing the [Olds College Smart Farm](#) and [Technology Access Centre for Livestock Production!](#)

VISIT OUR WEBSITE FOR EVENT DETAILS



YOUR SAFETY, YOUR WAY

AgSafe Alberta is an INDUSTRY-LED safety organization that is results-oriented, accountable, and transparent to our Members and stakeholders, with a focus on continuous improvement and best practices.

AgSafe's goal is to empower farmers and ranchers to integrate practical safety management programs into their daily operations to prevent illness and injury for everyone involved on the farm.





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