



NEWSLETTER

May 2020

Safe Lifting Techniques

- Figure out if you can lift the load alone, need another person, or need equipment to help
- Keep your feet shoulder-width apart, with one foot beside and the other foot behind the object being lifted.
- Keep your back straight and bend your knees
- Use a palm grip instead of gripping with your fingers
- Lift with your legs, not your back and keep your elbows and arms as close to your body as possible when lifting
- Bend your knees, don't stoop, when setting down the object again
- Make sure your hands and feet are clear!

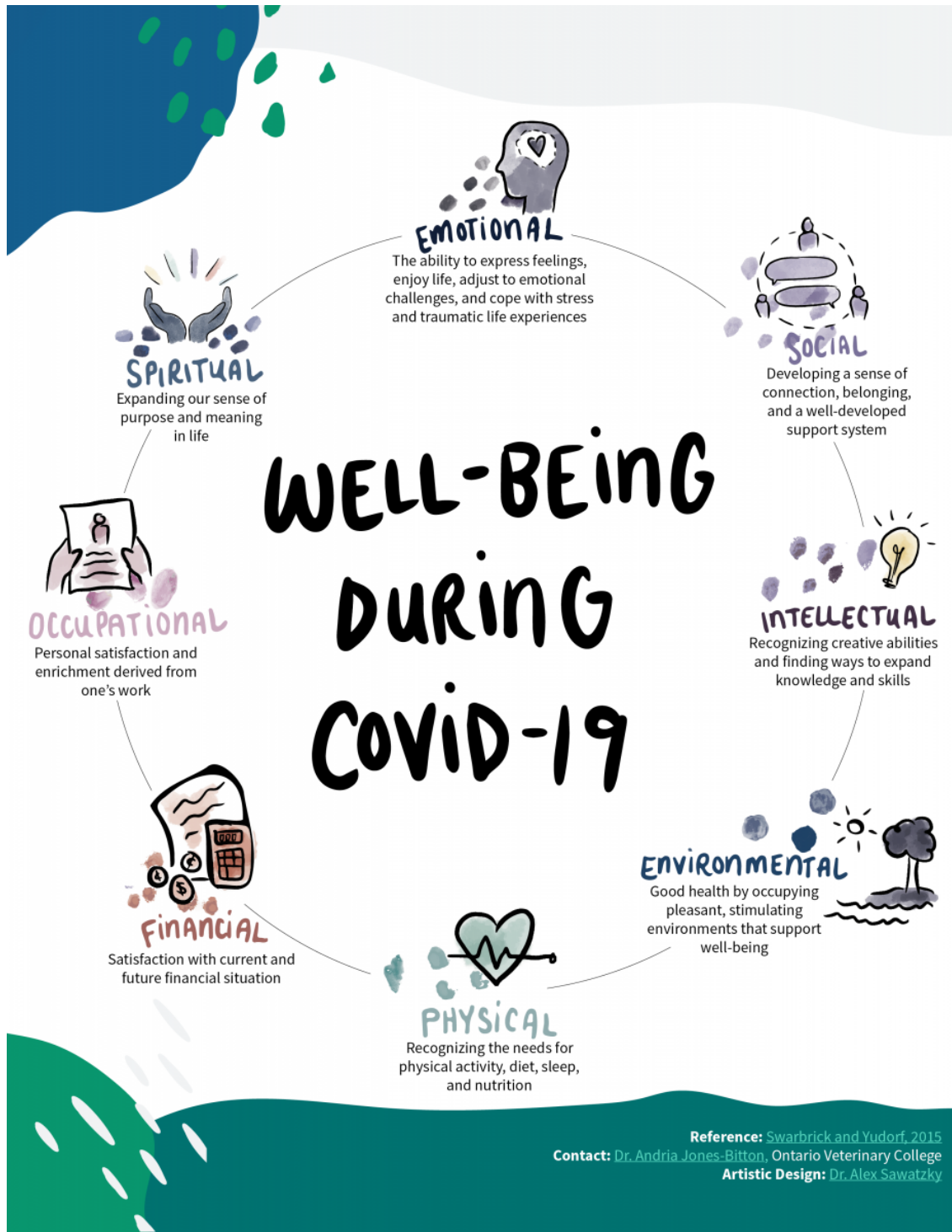


Working on a farm can mean having to manage many different tasks during the day and it can be easy to forget safe lifting practices. Slow down and take some time to think about the task ahead. It's easier to prevent back injuries than to recover from them!

[Find more information here](#)

Mental Health Resources

We know that COVID has created many challenges for us in agriculture. We are sharing some links including this graphic from the Ontario Veterinary College to provide some resources to help create a mentally healthy workplace.



April Webinars

On April 21 and 23 we hosted the first live webinars in our FarmSafe series and had a fantastic response! These free webinars allowed participants to virtually attend a workshop with an AgSafe facilitator, be able to ask any questions they had, and participated virtually with the other attendees. The recordings of the webinars will be online on our website this month and you can follow us on [Twitter](#) or [Instagram](#) to find out when the next webinars will be held.



What Respirator Should You Be Using?

Agricultural Respirator Selection Guide

Use Only NIOSH Approved Respirators



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Airborne (or Respiratory) Hazards may result from either an oxygen deficient atmosphere or breathing air contaminated with toxic particles, vapors, gases, fumes or mists. The proper selection and use of a respirator depend upon an initial determination of the concentration of the hazard or hazards present in the workplace, or the presence of an oxygen deficient atmosphere.



Respirator Worksheet

PPE Request Form

We want to hear from you!

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

May's question is:

Do you hold regular toolbox talks with your farm team to talk about safety concerns on your farm?

To answer, click below:



PROTECT YOUR PEOPLE

With Spring seeding starting, remember to be proactive and not reactive when it comes to safety. Engage your farm team to develop a safety plan that fits your operation. Visit agsafeab.ca.



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