



FARM  
SAFETY  
ASSOCIATION

*Growing Safety*

# Farm SAFE

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2007

## KEEP KIDS AWAY FROM TRACTORS


**B**etween 1990 and 2000, 172 children under fifteen years old were killed in agricultural injury events. From April 1990 to March 2000 an additional 1,886 children

Bystander runovers and extra rider runovers together account for 42.4% of child fatalities. Drownings were also a significant cause of death.

were hospitalized for treatment of agricultural injuries. Most of these deaths and injuries were work related. Of them, 78.6% involved an adult who was engaged in agricultural work. Examples include, cases where a child extra rider fell from a tractor, or where a pick up truck reversed over a child bystander.

Children under age five are particularly the most vulnerable on the farm to experience a fatal injury. It is important to keep children away from farm work and agricultural hazards until they are old enough to be assigned age-appropriate tasks. They should then be provided with adequate supervision, safety equipment and task-specific training. Children of any age **SHOULD NOT** be taken as extra riders on tractors or other farm machinery.



times. An adult who is engaged in agricultural tasks cannot supervise a preschooler adequately in the work site. 

It is crucial for adults to supervise preschool aged children closely at all

Source: Canadian Agriculture Industry Surveillance Program

## SEASON GREETINGS

HAVE A SAFE & HAPPY HOLIDAY  
FROM THE FARM SAFETY ASSOCIATION

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## MOL & WSIB WARN FARMERS

### HIGH PRESSURE SALES TACTICS PROVIDING MISLEADING INFORMATION ABOUT WORKPLACE NOTICES & SAFETY TRAINING

Both the Ontario Ministry of Labour (MOL) and the Workplace Safety & Insurance Board (WSIB) have received a number of reports and complaints about aggressive, high pressure sales tactics by private providers. These companies are implying a connection to the two above organizations and are selling posters that they claim will satisfy legislated posting requirements, as well as "training" that may not be appropriate or required.


The best way to protect yourself against aggressive sales tactics is to understand your legal obligations. For instance, employers must:

- Display the most recent Employment Standards Act (ESA)

poster as prepared by MOL in at least one obvious location in the workplace. A simple print-out on legal size paper is adequate. To learn more, download "What you should know about the Ontario Employment Standards Act" at [www.labour.gov.on.ca](http://www.labour.gov.on.ca).

- Post a copy of the Occupational Health & Safety Act (OHSA) in the workplace. Copies of the act and the eight guidelines for farming operations can be purchased from the Farm Safety Association or the Queen's Printer and can also be downloaded from [www.e-laws.gov.on.ca](http://www.e-laws.gov.on.ca).
- Prepare, and review annually,

your written Occupational Health & Safety policy, and develop and maintain a program to implement that policy. The Farm Safety Association's website offers a wealth of free resources, or you can contact one of our consultants for assistance.

Contact the Farm Safety Association at 1.800.361.8855 or visit us at [www.farmsafety.ca](http://www.farmsafety.ca). 

### OHSA UPDATE

#### Fines & Orders


LEAMINGTON, ON, Aug. 16

A Leamington farmer was fined \$5,000 for a violation of the OHSA that resulted in an ankle injury to a young employee. On September 22, 2006, a worker was standing on a tire of a "tomato harvester" when the owner put the harvester in reverse. The worker's legs became caught between the tire and a metal plate resulting in a broken ankle. The Ministry of Labour (MOL) found that no formal

procedures were in place for the cleaning, maintenance and operation of the harvester and that the owner did not ensure the worker was in a safe position before moving.

The owner plead guilty, as an employer, to failing to develop and implement a procedure for cleaning, maintaining and operating the tomato harvester and failing to ensure the equipment was not moved until all workers were in a safe position. This is contrary to Section 25(2)(h) of the



OHSA. Effective June 30, 2006, OHSA coverage was extended to farming operations. 



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The Farm Safety Association believes the information and recommendations in this publication are reliable and reflect expert contemporary opinion on the subject area(s). However, the Association assumes no responsibility or liability for the accuracy or sufficiency of this information, recognizing that circumstances, conditions and other extraneous but pertinent factors may vary greatly.

## STRETCHING PREVENTS INJURIES

Every employer and supervisor should encourage their employees to warm-up their joints and muscles with an approximate six minute stretching program before starting each shift. Why? Because warm muscles reduce the risk of injury and injuries cost money.

The Workplace Safety & Insurance Board (WSIB) has identified Musculoskeletal Disorders (MSD), more commonly recognized as ergonomic injuries, as the number one type of work related lost time claim reported in Ontario. MSDs account for 42% of all lost time claims and 50% of the lost time days. These claims represent almost 27 million lost days of work with direct costs of more than \$3 billion. Ontario employers are estimated to have paid more than \$12 billion in direct and indirect costs related to MSD related lost time claims.

Workplaces should try to minimize the hazards which contribute to these types of injuries. Employers and supervisors should ensure workers are aware of hazards which contribute to such injuries and take steps to minimize the hazards. The main ergonomic workplace hazard identified in Ontario's agricultural sector are from repetition, awkward and static postures, and forceful exertions.

A simple stretching program for workers includes shoulders, neck,

hands, back, hips and legs. Every stretch program should include both general and job specific stretches. For example, a job that requires lifting will need to warm-up and stretch the lower back, abdominal and leg muscles; whereas a job that requires

The objective of stretching is to prepare muscles, tendons, ligaments and joints for work. Stretching increases flexibility, coordination, enhances circulation, decreases stiffness and reduces inflammation and/or pain. Workers who do

**STRETCHING PREVENTS INJURIES**

Stretches can be done at any time of the day, but they are most beneficial on warmed muscles. Make stretching part of your daily routine and stretch whenever you feel tension or pain. Don't overextend your joints or overexert your muscles, you should feel pressure - not pain.

**FARM SAFETY ASSOCIATION**  
Growing Safety

SHOULDERS	NECK	HANDS	BACK	HIPS & LEGS

**STRETCHING BENEFITS**

- ✓ Gets oxygen and nutrients to the muscles and improves circulation.
- ✓ Helps to prevent muscle strains.
- ✓ Relieves muscle tension and stress.
- ✓ Keeps muscle fibers healthy.
- ✓ Increases the range of motion and flexibility of joints.
- ✓ Removes lactic acid deposits, which can harm muscle fibers.

**STRETCH PROPERLY**

- ✓ Stretch using a slow smooth movement. Avoid bouncing or fast jerky motions during your stretch.
- ✓ Extend the stretch only to the point of feeling mild tension.
- ✓ Hold each stretch for a minimum of 20-30 seconds (unless otherwise stated). Breathe slowly through your nose, exhale out your mouth as you ease into each stretch.
- ✓ Recommended to repeat each stretch 3-5 times.
- ✓ Always stretch both sides of the body.

**ERGO**

100 - 70 Franklin Street  
Guelph, ON, N1H 7S9  
www.ergo.on.ca

mainly pinch gripping would need to warm-up and stretch the forearms and fingers. Furthermore workers should be encouraged to stretch for two minutes every hour or whenever they feel muscle tension or pain.

Simple and basic rules of stretching:


- hold each stretch for 20-30 secs.
- don't bounce
- be gentle
- breath deeply
- stretch both sides

stretching exercises will increase performance and efficiency and reduce their risk of injury.

A stretching poster with basic reminders and suggestions has been developed by the Farm Safety Association and is available as a free download. Although presently available only in English, Spanish and French versions of the poster will be placed on the website in the near future.

EXTRA

# 2008 ANNUAL CONFERENCE



FARM SAFETY ASSOCIATION PRESENTS  
35<sup>TH</sup> ANNUAL CONFERENCE  
MARCH 17-18, 2008

## DELEGATE REGISTRATION FORM

Full Names (to appear on delegate badges): \_\_\_\_\_

Organization: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ e-mail: \_\_\_\_\_@\_\_\_\_\_

**LOCATION:**

HILTON FALLSVIEW  
6361 Fallsview Blvd, Niagara Falls

**For hotel reservations please call:**  
1.800.339.5023 ext 55161 or 1.905.354.7887  
email: lara\_warren@hilton.com  
**group rate code:** FSAFE

**Make all reservations by March 2<sup>nd</sup>, 2008** (to receive the group rate)

**How many attendees?**

- \_\_\_\_\_ x \$ 125 Both conference days (incl. Banquet)
- \_\_\_\_\_ x \$ 55 Monday Conference only (incl. lunch)
- \_\_\_\_\_ x \$ 35 Monday Banquet only (evening)
- \_\_\_\_\_ x \$ 90 Monday Conference & Banquet
- \_\_\_\_\_ x \$ 50 Tuesday Conference only

Please fax or mail your registration form by February 25<sup>th</sup>, 2007 to  
Farm Safety Association Inc., 101-75 Farquhar Street, Guelph, Ont N1H 3N4.  
Contact us via phone 1.800.361.8855 or 1.519.823.5600 or via email at info@farmsafety.ca.  
**Please fax form back to the attention of Sandy Miller at 1.519.823.8880**

# NEW YEARS RESOLUTIONS

Children learn by watching mom and dad do their daily chores around the farm. But did you ever stop to think that you were passing on bad habits that you may not even be aware of?

The vast majority of injuries in Ontario workplaces deal with musculoskeletal disorders (MSD), or strains, sprains and back injuries as they are more commonly known. A number of factors are responsible for such high injury rates. Among the top ones, improper lifting techniques and just not preparing the body for daily activity are high on the list.


Too many adults out there still stoop over to pick something up, rather than squatting down and using their leg muscles to do the work.



Stooping over, time and time again weakens the discs in our backs, day after day, year after year. It is a slow and almost unrecognizable process that eventually catches up with us. We have all heard of the person who threw their back out simply stooping over to pick up a pencil.

We need to teach our children how to lift properly by good example and as they grow older, we need to correct them if they are stooping over. You can save your child's back

by starting early. Your toddler knows how to pick things up the proper way. Just watch them. They will approach an object on the floor and their little legs bend as they squat down, grab the object and stand up. Instinctively they lift the way nature intended them to. They learn to bend over as they get older from watching examples around them -- instilling bad habits.

For this year's resolution -- let's learn from our children and practice safe lifting, like they do. 

Unintentional injuries related to slips, trips and falls are one of the most common injuries reported in Ontario workplaces. Employers, supervisors and workers have responsibilities to prevent such occurrences. Furthermore, employers have a legal obligation to take every precaution reasonable in the circumstances for

the protection of a worker. As well, supervisors and workers must take appropriate steps to identify and address all workplace hazards.

Employers shall provide the necessary information, instruction and supervision to prevent falls...

- from heights within a structure

- from ladders
- through openings in a work surface
- while working on a level surface
- while working on and around machinery

*continues on page 6*

## LIQUIDS THAT KILL

Let's say we put three glasses of clear liquid in front of you and ask you to drink one. Would you be able to tell which one was the poisonous one and could cause instant death? Would you take the



chance? It is not likely that you would play this game of Russian Roulette where your odds of dying are one in three. Chances are you won't do it.

Many children have been poisoned both in the home and in outbuildings because they tasted something in a

familiar can or bottle. Leftover chemicals, or other products that can harm someone, need to be stored in their original containers, ideally with childproof lids. Too often people have poured a little left over substance into


dispose of the larger one. These unmarked poisons are a tragedy waiting to happen.

Pesticides are usually locked up in chemical storage locations making it difficult for children to access but what about the shop, or in the house (like

under the sink). Poisonings among children can be avoided if we get down on their level and take a hard look around at all of the potential temptations that they may encounter.

a small container such as a water bottle or pop can, just so that they can

Some chemicals cause adverse reactions when mixed with others. Never mix unrelated chemicals together. You would be surprised at how many people have died simply by cleaning their toilets with materials that reacted with each other. Take these simple measures to protect yourself and everyone:

- do an inventory of hazardous products
- store them where they can't be accessed by children
- **READ THE LABELS** 

*continued from page 5*

Employers and supervisors should ensure that...

- workers are adequately trained on fall protection systems
- fall protection systems are used when working at heights
- all components of the fall protection system are in good working conditions
- work surfaces are clear of slip & trip hazards

*EVERYONE IS RESPONSIBLE*

Workers should ...

- follow employers instructions and training (ask if unsure)
- wear supportive & proper fitting footwear, with non-slip soles

- learn to recognize potential slip & trip hazards
- report any hazard their supervisor

General housekeeping can eliminate most hazards on level surfaces. Some easy activities that everyone can practice are:

- all floors, stairs and catwalks should be free of clutter/debris
- clean up oil spills and other slippery materials immediately
- slip resistant flooring and walking surfaces (consider non-slip paint or corrugated flooring)
- tidy-up tools when not in use
- wear slip resistant safety footwear


- limit access to areas that are continually slippery due to continual water use
- use sand and/or salt on icy surfaces

### Preventative Methods

**Fix it:** clean it up or move it.

**Identify it:** warn others of the dangers.

**Flag it:** if it can't be fixed, mark the hazards so co-workers are aware of the hazard.

**Report it:** employees should immediately report all hazards or work related injuries to their supervisor. 

# PETER'S SECOND CHANCE

**E**arly in the morning of August 15th, 2007, the transplant pager went off and eight hours later, a man was rolled into the O.R. to receive a new set of lungs. Within hours of waking up, he was chatting effortlessly, much like the man we all know and love.

In the spring of 2004, Peter Olsen, past chair of the Board of Directors and the owner of Royal City Nursery in Guelph, was diagnosed with Pulmonary Fibrosis. This is a condition that scars the lungs causing shortness of breath, fatigue, hacking coughs, loss of appetite and discomfort in the chest. As the condition worsens, the lung capacity for oxygen depletes and eventually ceases. Up to and just prior to the transplant, we all remember Peter breathless and gasping for air after only a few spoken words.

After approximately eight months of being on the Toronto lung transplant list, which forced Peter to stay within two hours of the city, and lugging around a portable oxygen tank for a year, Peter received his second chance at life. Although lung

transplants have a success rate of 88%, it is the possibility of rejection that the doctors really focus on.


Remarkably Peter walked, with some assistance, down the hall less than 50 hours after coming out of major surgery. Within 72 hours, he was moved out of ICU and into the step down recovery unit. Immediately Peter looked ten

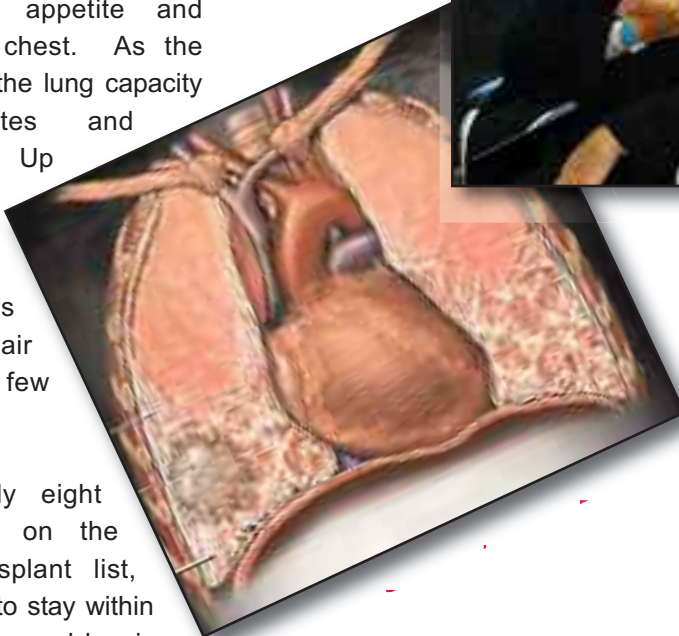
of joy and best of all, a first clear and quiet breath.

Yes there have been challenges. Peter has been ordered by doctors to gain weight -- a challenge most of us wish we had.

Peter has endured many tests, countless physiotherapy hours, education sessions on the next steps to recovery and living as a transplant receiver, as well as taking more medication than most of us have in our medicine cabinets.

After all of this, we are glad to see Peter back home with his family and enjoying this second chance.

Glad to have you home Peter! 



years younger. The week, after surgery came with many new firsts -- a first real laugh in months, first tears

## YOU HAVE THE POWER TO SAVE LIVES

CONSIDER SIGNING YOUR DONOR CARD TODAY  
& TELL LOVED ONES OF YOUR DECISION

For more information  
about being a possible  
organ and tissue donor

visit [giftoflife.on.ca](http://giftoflife.on.ca)

1.800.263.2833

# ANNOUNCEMENTS & EVENTS



**Wilmot John "Bill" Rose**

September 15, 1935 -  
November 5, 2007

## AN IRISH BLESSING

*May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
The rain fall soft upon your fields,  
And until we meet again,  
May God hold you in the palm of His hand.*

*Though your smile is gone forever,  
And your hand we cannot touch  
Still we have so many memories,  
Of the one we loved so much.  
Your memory is our keepsake,  
With which we'll never part;  
God has you in His keeping,  
We have you in our heart.*

## IN MEMORIAM

It is with deep regret that we report the passing of Bill Rose, a dedicated and passionate man of the community as well as a retired Farm Safety consultant (1984-2000). Bill died at his home in Guelph with family at his side on Monday, November 5, 2007 after a courageous struggle with cancer. He was in his 73rd year. Bill's cheerful manner and deep commitment to the health and safety of Ontario's farm community will be remembered and missed. The Farm Safety Association sends condolences to his family and friends.



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