



# Cranberry Safety Talk

- Hearing loss
  - 50% of farmer >50 years old have hearing loss



Tillie finds out her new rescue dog is hard of hearing.

- Wear appropriate hearing protection.
  - Duration and loudness both critical consideration
- Get a free hearing test at Costco.



- Traumatic injury
  - Tractor rollover
  - Machinery Trauma – Pinch point
  - PTO trauma
  - Chainsaws
  - Y chromosome

The prefrontal cortex on people with a Y chromosome is underdeveloped when it comes to heavy equipment safety.



# PPE



# Most common problems I see:

Noncompliance with the label  
about PPE & off target application



# Most common problems I see:

Inadequate protection:





# Most common problems I see:

## Hand and cloths washing



# Most common problems I see:

Clavier attitude  
towards safety:



- Farmers are in the most high-risk skin cancer category



**Basal Cell  
Carcinoma (BCC)**



**Melanoma**

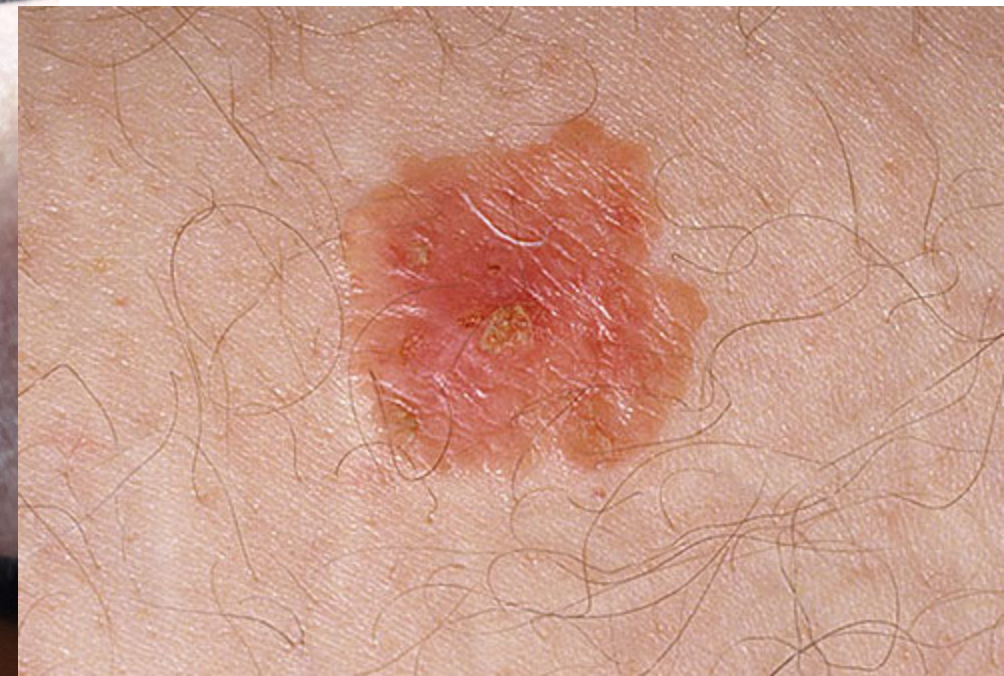


**Squamous Cell  
Carcinoma (SCC)**





- 1) Sunscreen, especially face and ears
- 2) Wear a 'real' sun hat
- 3) Check yourself and friend and family for suspect spots
- 4) See a dermatologist annually



# Mental Health for **Farmers**





"THEY MAINTAIN THEIR TRACTORS, THEY  
MAINTAIN THEIR PUMPS AND EVERYTHING  
BUT THEY DON'T MAINTAIN THEMSELVES."

Harry, male farmer on farmer's mental health  
in Judd, et al, 2006

#ElevateTheConvo

Photo Credit Derek Gavey

- No end to the list of stresses
  - Finances
  - Markets
  - Health
  - Intergeneration conflict
  - Loss of spouse
  - Loss of assets meant for the next generation
  - Alcohol
  - Etc.

There are several signs or symptoms to look for when stress has begun to take an effect on you or someone you know:

- Thoughts of hurting oneself
- Care of Livestock Declines
- Increase in Agriculture-Related Accidents
- Appearance of Farmstead Declines
- Children Show Signs of Stress
- Lack of energy/motivation to do usual tasks
- Loss of interest in favorite activities
- Alcohol and/or substance abuse/addiction
- Withdrawal from others
- Relational tension

**1-800-SUICIDE (1-800-273-8255)** For individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week