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Southwest Center
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Blast | March 2020

Produced by the SW Ag Center

Farmer Wellness

Ag Safety Awareness Program Week

American Farm Bureau Federation's 2020 Ag Safety Awareness Program (ASAP) Week was created to bring awareness to safety and health issues facing the agriculture industry.

Themes: 20:20 Vision on Ag Safety

- Mental Health
- Transportation Safety
- Weather Disasters
- Confined Spaces
- [Farmer Wellness](#)



For the rest of March, we want to focus on Farmer Wellness.

Winter is almost over, so we think it is time to "spring" into better health.

Tips for you and your family to stay healthy:

1. Make sure you and your family see a doctor at least once a year. Get that check up on the calendar today!
2. Pack with those field meals with fruits, veggies, proteins, and water to provide energy for those long days.
3. Try switching out soda for water to prevent heat illness. Water keeps you hydrated & alert.
4. Your skin is the largest organ on your body! Make it a top priority by wearing sunglasses, a long sleeve shirt and pants and use sunscreen while in the sun.

Visit our social media pages to see ASAP Week posts, links and videos for each theme.

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Fatigue • Cramps • Dizziness • Headache • Fast heart rate (over 100 beats per minute) • Nausea or vomiting • High body temperature • Heavy sweating or dry skin • Confusion • Fainting • Shaking



REMEMBER: A few minutes in the shade or AC can help prevent heat stroke or illness.

If someone is experiencing these symptoms, call 911 (or your local emergency services) & notify the supervisor while waiting for help to arrive.

- ☐ Move the person under the shade.
- ☐ Ask them to loosen their clothes/remove extra layers.
- ☐ Help them lower their temperature: Fan the person. Put a wet cloth to the forehead, groin, & armpits.
- ☐ If the person is not vomiting give them water, a little at a time.
- ☐ Never leave the person alone.

**DRINK PLENTY OF WATER**

Drink one quart of water (2 water bottles) every hour during your shift.

WEAR LIGHT-WEIGHT/LOOSE-FITTING CLOTHING

Include bandana; UV-absorbent sunglasses.

TAKE FREQUENT BREAKS

Frequent breaks in the cool shade allows the body to recover.

Find more info at <http://bit.ly/agheatsafety>

OSHA-NIOSH Heat Safety Tool App

The OSHA-NIOSH Heat Safety Tool is a useful resource for planning outdoor work activities based on how hot it feels throughout the day. Featuring real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and

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NIOSH.

Click the phone to learn more or download app.[Click for Health Check Up Guide](#)[Click for Heat Safety](#)[Click for USDA My Plate Tips](#)[Click for a Sun Safety Printable Guide](#)