

January 2019



FReSH eNews

Ag Safety & Health Community of Practice—eXtension

Winter Reminders for Ag Producers

Walking on Snow and Ice – It is difficult to walk on snow and ice in the winter and serious injury can occur from slipping and sliding. Make sure that you wear comfortable boots with good rubber tread. When walking on snow and ice, take your time. Remember, taking smaller steps may help you to react more quickly to a potential fall.

What to Wear? – Dress in layers this winter. Make sure that you have adequate clothing and accessories for the frigid temperatures and precipitation.

Stay Connected – Make sure that people know where you are working and have a way to stay connected in bad weather. Carry a cell phone or 2-way radio so family members or workers can reach each other in an emergency.

Look before you Step – Watch where you step when entering a building during the winter because the floor may be slippery due to water and snow. Install a non-skid rug to reduce the risk of falling. Whether going into the barn or stepping onto a tractor, it does not take long for ice to accumulate on a surface so look before taking that first step.

Get a Grip – If your boots do not provide adequate traction, a pair of ice-grippers may provide you with extra stability. Ice grippers attached to the bottom of your shoes may also help in reducing falls.

Have some fun! – Take some time when things on the farm are not as busy and give yourself a break. Do something that you enjoy like hunting, traveling, or just have some downtime.

Upcoming Events

[Farm Stress Management Summit](#)—January 24-25, 2019—East Lansing, Michigan

[National AgrAbility Virtual Training Workshop](#)—January 29—31, 2019

[Women in Ag Programs for the 21st Century Farms and Ranches: Best Practices & Innovative Approaches for Emerging Audiences](#)—Virtual Conference—January 29—31, 2019

[Grain Bin Safety Week, Together, We Can Prevent Grain Bin Accidents](#)—February 17—23, 2019

SAY National Clearinghouse

Ag safety and health curriculum or resources that align with AFNR standards can be promoted through the SAY National Clearinghouse. Contact [Linda Fetzer](#) or visit the [SAY Project](#) homepage.



Thank you to the CHS Foundation for their support of eXtension.



FReSH Article Highlights:

[Cold-Related Conditions and Agriculture](#)

[Dangers of Silo Gas](#)

[Hearing Loss and Protection for Agricultural Producers](#)

Plan to attend and promote the National Children's Center Child Ag Injury Prevention Workshop.

There are 3 opportunities to attend including Pennsylvania, Kentucky, and Iowa. Click [here](#) for more information and to register.

FReSH: <http://www.extension.org/agsafety>

Questions or comments? Email Linda Fetzer at lmf8@psu.edu.