

“Reframe, Refocus, Rebuild” at MRASH

by Gayle Olson, MS, CHES, I-CASH Assistant to the Director



The 2019 Midwest Rural Agricultural Safety and Health (MRASH) Conference is in the books! An emphasis on disaster response and mental health led the planning team to select “Reframe, Refocus, Rebuild” as the theme. Marshalltown, with their recent tornado experience, was a wonderful host community for this year’s conference, a joint effort between our regular MRASH partners and the Iowa Rural Health Association (IRHA). More than 110 people attended some aspect of the conference, which was supported by 19 sponsors and exhibitors.

Courtney Long of Iowa State University Extension and Outreach (ISUEO) moderated the keynote panel which focused on both immediate disaster response and longer term consequences. Panelists included Elayne Saejung, Director of Emergency Management for the University of Nebraska Medical Center (UNMC) who managed UNMC’s efforts in the spring floods this year; Linda Emanuel, agricultural producer and AgriSafe Network Community Health Nurse whose farm suffered flooding and who provided safety and health information to those involved with the clean-up efforts; and Clarissa Thompson, Executive Director, Mid-Iowa Community Action whose agency was a key coordinator of housing needs and assistance programs following the Marshalltown tornado. Shay Foulk followed the panel with a presentation on developing an emergency readiness plan.



The MRASH keynote panel focused on immediate disaster response and long term consequences.



Conference participants enjoyed a reception at the Orpheum Theater and a Farmers’ Theater program developed by the University of Kentucky and presented by Iowa Valley Community College personnel.

Wednesday afternoon included 18 presenters in breakout sessions with a wide range of rural health and agricultural safety and health topics. Wednesday evening, conference participants enjoyed an Iowa wine and local foods reception at the Orpheum Theater. In addition to networking opportunities, they learned about a comfort dog program headquartered in Illinois that targets responders, and experienced a Farmers’ Theater program developed by the University of Kentucky and presented by Iowa Valley Community College personnel.

On Thursday morning, Marshall County Emergency Management Director, Kim Elder, brought a team to discuss lessons learned from their tornado response in July of 2018.

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Director's Message

by Brandi Janssen, PhD

Although it's December, we know that there are still combines running in many fields across our region. I speak for many who will be glad to put this season in the past, and settle in for a rest over the winter.

It's been a busy summer and fall for I-CASH, culminating with the annual MRASH conference, which you can read more about in this newsletter. This year we partnered with the Iowa Rural Health Association to host a joint conference and which helped us think about rural and agricultural health more broadly, especially in terms of disaster preparedness and response in our rural communities.



Brandi Janssen, PhD

Our fall seasonal campaign focused on a persistent, common problem that receives very little attention in agriculture: falls. In 2017, the Census of Fatal Occupational Injuries (CFOI) recorded the highest rates of deaths from falls in the history of the census. In agriculture, we know there are many tasks that put workers at risk of falls, from working on grain bins and silos, building repair, ladder use, and even climbing into and out of equipment. Our fall campaign focused on ladder safety, pointing out that "no matter the ladder," there are a number of safety tips that one should observe. Three points of contact, where you always have at least two feet and one hand or one hand and two feet on the ladder at all times, is one key safety tip regardless of how high or what type of ladder you're using. Ladder placement and maintenance are other considerations, along with your own level of fatigue and balance. You can find a printable ladder safety card on the I-CASH website.

This winter, we focused on emergency preparedness. You can read some best practices in my abbreviated interview with Shay Foulk on page 3. For our winter campaign, we addressed preparing for winter weather hazards. A packet has been distributed to all Farm Service Agency (FSA) and Iowa State University Extension and Outreach (ISUEO) offices, so stop in to pick yours up.

In addition, we finished our third I-CASH Farm Safety Calendar, which provides farm safety and health tips and best practices for each month of the year. As in past years, we have beautiful landscape photography from Patti Zwick, DeAnn Scott-Harp, and Nancy Mast, all of eastern Iowa. Calendars are also available at FSA and ISUEO offices statewide.

Finally, I'm pleased to welcome several new I-CASH advisory board members. Keely Coppess, Matt Gronewald, and Jenifer Lara will join us from the Iowa Department of Agriculture and Land Stewardship. In addition, we recently welcomed Shay Foulk of Ag View Solutions and Tammy Jacobs, the director of the Iowa Concern Hotline. I look forward to getting to work with them, along with the rest of our board, in 2020.

Wishing you a peaceful holiday season, and a safe and prosperous 2020.

Dr. Brandi Janssen directs I-CASH, housed in the Department of Occupational and Environmental Health of the College of Public Health. She can be reached at 319/335-4190 (brandi-janssen@uiowa.edu).



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kay-mohling@uiowa.edu

www.i-cash.org

2019 I-CASH Outstanding Agricultural Youth Grant Awarded

The Delaware County Fair Society received the I-CASH Outstanding Agricultural Youth Grant Award. Jeannie Domeyer, Delaware



Dr. Temple Grandin provided a livestock handling presentation as part of the Delaware County Project.

County Fair Manager and Maquoketa Valley FFA Chapter members Amber Engelken, Shelby March, and Alyssa Langel provided a presentation on the project at the MRASH Conference.

The Delaware County Fair Society, with the help of Dr. Temple Grandin and FFA members, provided a livestock handling program for over 300 county youth. The FFA members worked with Dr. Grandin to learn safe animal handling practices and then prepared an educational program for the younger livestock exhibitors. Information on the 2019 projects, as well as applications for the 2020 Agricultural Youth Grant Program, are available at www.i-cash.org.



Jeannie Domeyer, Delaware County Fair Manager and FFA members Amber Engelken, Shelby March, and Alyssa Langel (l to r) presented their project at the MRASH Conference.

Farm Emergency Response Planning at MRASH

by Brandi Janssen, PhD

Much of the 2019 MRASH/IRHA conference focused on emergency preparedness and planning. Shay Foulk, who provided a keynote address, is a Risk Management Safety Consultant with Ag View Solutions, a firm that provides Farm Emergency Response Planning services. I talked with him following the conference to learn about the most important steps in farm emergency management planning. He says, "Farm Emergency Response Planning, when done right, is very involved and very intensive." As a result, he points out, farmers often don't think about developing a plan until well after an incident has occurred on the farm.

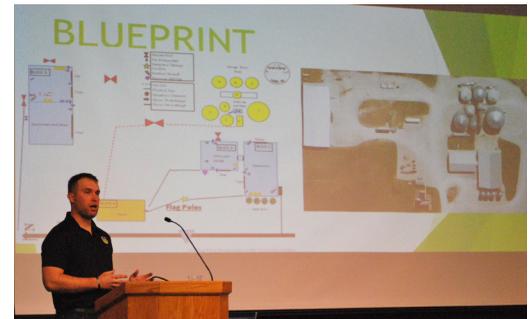
Foulk says, "the biggest challenge is that you don't know what you don't know, so you need to ask the right questions." For example, in case of a fire, does everyone know where to meet? Are exits clearly labeled? Who is in charge if this occurs? Simply listing these questions is a good starting point to generate the next steps, such as creating an emergency contact list and thinking through how to help emergency responders find your farm and respond quickly.

Any response plan needs to be easy to implement; Foulk recommends "starting small and rudimentary if necessary, then use your momentum to continue to improve and implement the plan." You want to develop a plan that is effective, practical to use, and financially achievable.

Finally, don't forget to communicate about the plan throughout the process of developing it, and after it is complete. All family members and employees should be involved throughout the process, and know what their role will be if they have to use it. Review the plan periodically as your farm infrastructure changes.

According to Foulk, "if Farm Emergency Response Planning can prevent just one injury, save just one life, or stop just one farm accident, then it is all worth it." He recognizes that envisioning future events, especially disasters that sometimes seem unimaginable, can be hard to do. But, he says, the best "tangible measurement is if an Emergency Response Plan is in place and works effectively in the event of an emergency."

For more emergency planning resources, visit www.i-cash.org or contact Shay Foulk at agronguy@gmail.com or (319)464-5708. A longer version of this story was published in Iowa Farmer Today, December 2019.



Shay Foulk, consultant with Ag View Solutions, provided a keynote address on emergency response plans at the MRASH Conference.

Mental and behavioral health issues and resources were covered by Tammy Jacobs of Iowa Concern Hotline, Mark Smith who is both a counselor and a legislator, Rochelle Honey-Arcement of CommUnity Crisis Center, and David Brown who is the Behavioral Health Specialist for Iowa State University Extension and Outreach.

Small discussion groups gave participants an opportunity to begin applying what they learned at the conference for follow-up in their own work, and recommendations to consider for new projects.



Marshall County Emergency Management staff shared lessons learned from their tornado response in July of 2018.



Jon-Michael Rosmann received the Jerry Karbeling Award from Bill Menner, IRHA Executive Director.

At the awards luncheon Bill Menner, IRHA Executive Director, presented the Jerry Karbeling Award to Jon-Michael Rosmann. Brandi Janssen, I-CASH Director, presented the Outstanding Agricultural Youth Grant Award to the Delaware County Fair Society and FFA youth for their role in bringing Temple Grandin to teach safe livestock handling at the Delaware County Fair.

After the conference, many people stayed to attend the “Stop the Bleed” workshop and the “Question, Persuade, Refer” (QPR) workshop on suicide prevention. Several MRASH presentations and resources are available at www.i-cash.org/2019-mrash.

June 8-12, 2020
UI College of Public Health Bldg.
145 N. Riverside Drive
Iowa City, IA 52242

Save the date

June 8-12, 2020





Agricultural Safety and Health: The Core Course

The course provides the information and skills needed to enable safety and health professionals to anticipate, recognize, and prevent occupational illness and injury among members of the agricultural community.

The course includes agricultural safety and health activities, networking opportunities, farm tours, case studies, classroom instruction, and safety and rescue demonstrations.

Course registration fee waivers are available

Visit www.gpcah.org for more details and updates



NEWS AND UPDATES

Agricultural Safety and Health: The Core Course will be held June 8-12, 2020 at the University of Iowa College of Public Health. The training includes classroom instruction, farm tours, safety and rescue demonstrations at the National Education Center for Agricultural Safety (NECAS), case studies, panel discussions, and networking opportunities. Visit www.gpcah.org for details.



Farmers offered guidance on Farm Bill decisions. Upcoming Iowa State University Extension and Outreach meetings will provide guidance for Iowa farmland owners and operators reviewing their options under the 2018 Farm Bill. Farmland owners and operators have the opportunity to make a new decision on their enrollment and election between the commodity programs, Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC). There is no registration fee to attend, but pre-registration is encouraged. For a complete list of Farm Bill meetings visit the Extension and Outreach statewide calendar at www.extension.iastate.edu/calendar

I-CASH Agricultural Youth Grant applications are now available at www.i-cash.org. Each year I-CASH provides funds for small grants to community youth groups for farm safety-related projects. In addition, I-CASH awards an Outstanding Youth Grant Award and the winners are invited to present their project at the annual MRASH Conference. Past projects have included distributing safety supplies such as ear plugs and sun screen, building a farm safety hazard display, and developing agricultural safety materials and presentations. **Grant applications are due February 17th.**



Upcoming Events

January 16-18
Practical Farmers of Iowa Annual Conference
Ames, IA

January 22-23
Iowa Pork Congress
Des Moines, IA

January 23-24
Farm Futures Business Summit 2020
Coralville, IA

February 17
I-CASH Agricultural Youth Grant deadline

February 21-23
Western Farm Show
Kansas City, MO

March 3-5
Hawkeye Farm Show
Cedar Falls, IA

March 19-20
North American Agricultural Safety Summit
Las Vegas, NV

March 23-26
AgrAbility National Training Workshop
Madison, WI

April 7-8
2020 Iowa Governor's Conference on Public Health
Des Moines, IA

June 8-12
Agricultural Safety and Health: The Core Course
Iowa City, IA

June 22-26
The International Society for Agricultural Safety and Health (ISASH) Annual Conference
Asheville, NC



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