

# Instructions for Printing GPCAH Materials:

## PostCards (4" x 6")

## Rack Cards (approx. 4" x 8")

Click on the following to be taken to the instructions for printing the following products, by vendor:

[VistaPrint - Postcards \(4" x 6"\)](#)

[VistaPrint – Rack Cards \(4" x 8"\)](#)

NOTE: TIF files are set to print correctly using VistaPrint.com

[Moo – Postcards \(4" x 6"\)](#)

[Moo – Rack Cards \(3.67" x 8.5"\)](#)

NOTE: PNG files are set to print correctly using MOO.com

### Notes:

Download images from GPCAH website: <https://gpcah-public-health.uiowa.edu/materials-for-health-care-providers.org>

Examples of front/back of:

### Postcards

#### Hearing Loss Prevention for Farmers

Exposure to loud noises on the farm causes **permanent and irreversible** hearing loss.

Noise Source	Sound Level	Max safe time*
ATV, push mower	90 dB	2.5 hr
Enclosed cab tractor or combine, grain auger	92 dB	95 min
Air compressor	95 dB	47 min
Pigs squealing, table saw, irrigation pump	100 dB	15 min
Tractor, combine (no cab), grain dryer	105 dB	4 min
Chainsaw	115 dB	<1 min

\*Time without using hearing protection

Wear hearing protection when sound level exceeds 85 dB.

Select hearing protection that fits, is comfortable, and reduces sound.

**Muffs** **Disposable Plugs**

Manufacturers of devices that are intended to protect hearing provide an **NRR** (noise reduction rating).

Make access to protection easy:

- Permanently store hearing protection near noisy locations
- Bring with you in vehicles / tractors

#### To Prevent Hearing Loss:

- Recognize loud tasks before they start
- Bring hearing protection with you
- Use smart phone app if you are unsure about noise levels
- Use protection when tasks are at/above 85 dB
- Check hearing to identify early signs of hearing loss

Discuss your concerns about hearing loss with your health care provider.

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Center for Agricultural Health

More information on this topic is available at [www.gpcah.org](http://www.gpcah.org)

### RACK Cards

#### Winter Hazard: Fall Prevention

Take precautions against cold and ice prevent injuries from falls, frostbite, and hypothermia.

#### Falling through Ice

**Risk Factors to Consider**

- Larger water bodies (lakes) take longer to freeze than smaller ones (ponds)
- Creeks/streams/ponds with **flowing** water unfreeze **more quickly** than ponds without moving water
- Ice that has thawed and refrozen is only HALF as strong as new, clear ice

**Prepare before walking/driving onto ice**

- Bring safety kit when on the ice to respond if someone falls through -- include dry clothes, throw rope, hand warmer, and a whistle
- Check thickness every 150 ft, at a minimum
- Depths given below should be doubled with refrozen ice

Minimum Ice Depths needed to support weight, for New Ice ONLY

Double these depths if ice has been refrozen.

#### Winter Hazard: Fall Prevention

**Prepare for ice on Paths**

- Use ice melt on solid walking surfaces
- Anticipate where water pools to prepare for icy patches
- Be prepared to call for help if you fall:
  - Bring phone
  - Wear cold-weather attire
  - Let someone know **where** you are and **when** you expect to be back

**Walking Tips**

- Do the penguin shuffle: Slow, short, flat-footed steps and keep your feet under your center of gravity
- When stepping out of vehicles, step DOWN and not OUT

**Wear Appropriate footwear**

- Non-slip sole with deep tread
- When additional traction is needed: Cuts for moderate icy patches Spikes for ice on deep snow drifts

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Center for Agricultural Health [www.gpcah.org](http://www.gpcah.org)

## Vistaprint Instructions for GPCAH POSTCARDS (Vistaprint.com)

Download the pair of 4x6 inch card images (.tif) for the topic of interest. You will see a FRONT and a BACK tif image for each.

Locate the 4x6 postcard:

Put “4x6 postcard” into search feature and click ShopNow

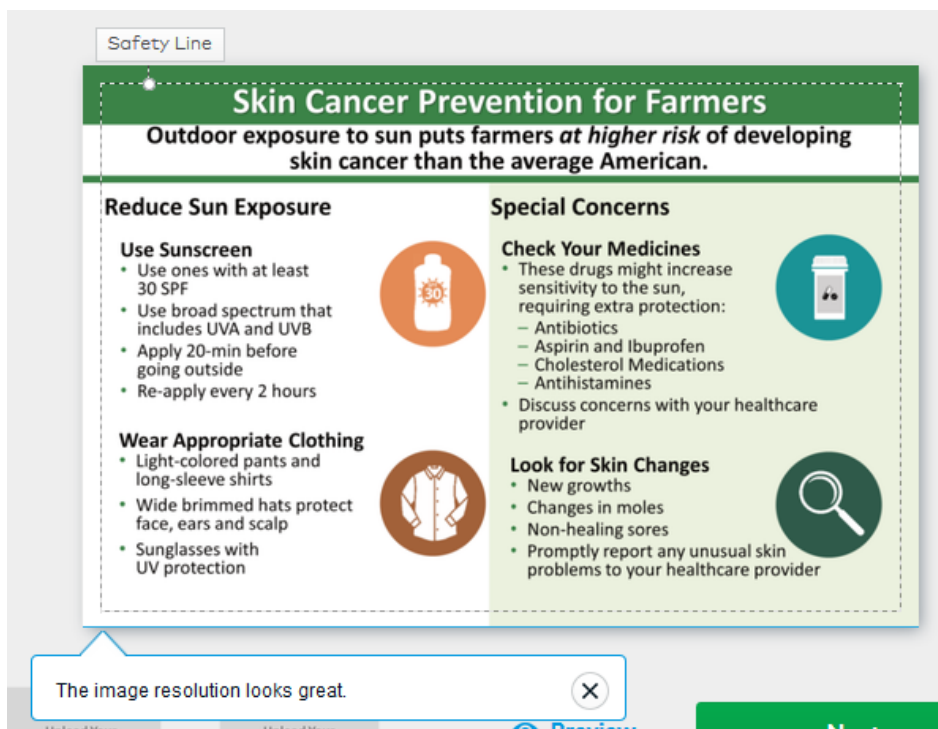
Select Horizontal orientation and 4” x 6” for size. Select weight and stock you desire.

Click “Start designing”

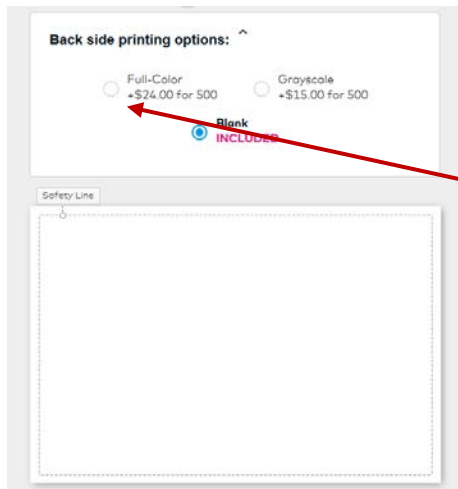
Select the “Use your complete design” option.

When you see the Upload your design, click on it and select “Add Image” then find the image on your computer. Bring in the FRONT image first.

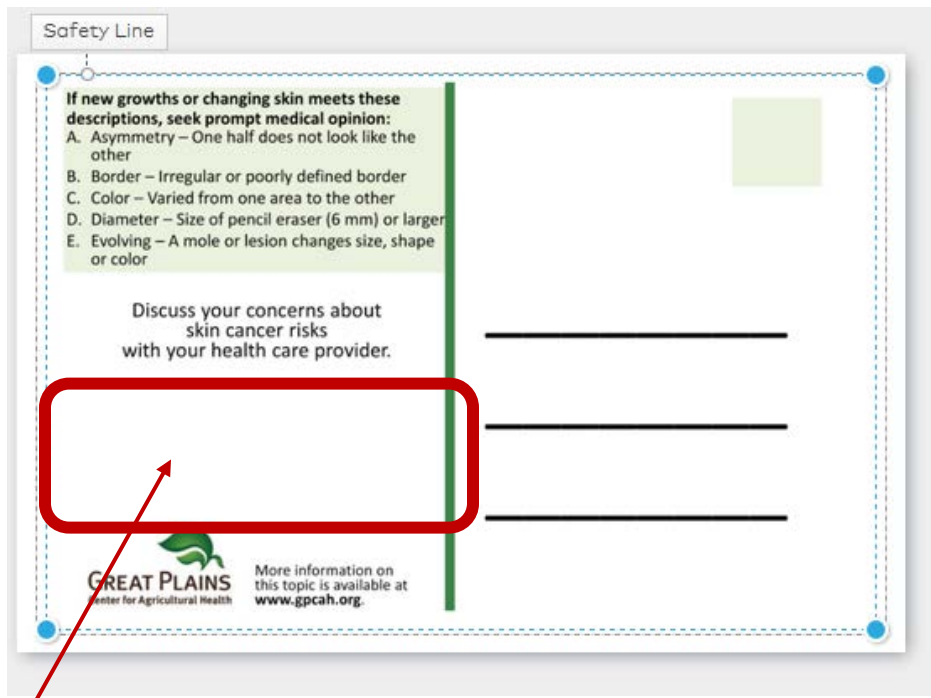
**For optimal printing of Front:** The edges of the image should extend beyond the “safety line” to fill the entire card area, as below.



To include the back side of the postcard:  
Click on “Back Side” then Check “Full color printing” option.



Then, click on the “back” and select Upload the back image. Arrange the image to fit INSIDE the safety line. You will want to pull in a corner to get everything to fit WITHIN the safety line, as below:



Insert your company logo / address / contact information on the back side of the card in the blank space on the center left (Circled above) by inserting a new image.

## Vistaprint Instructions for GPCAH Rack Cards (4x8 inch) (Vistaprint.com)

Download the pair of 4x8 inch card images (.tif) for the topic of interest. You will see a FRONT and a BACK tif image for each topic.

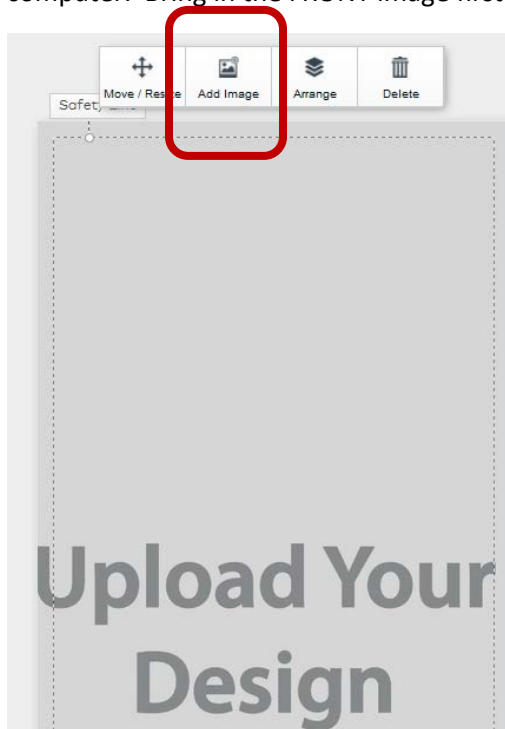
Go to Vistaprint.com and search for “Rack Card”.

Select paper thickness and stock type.

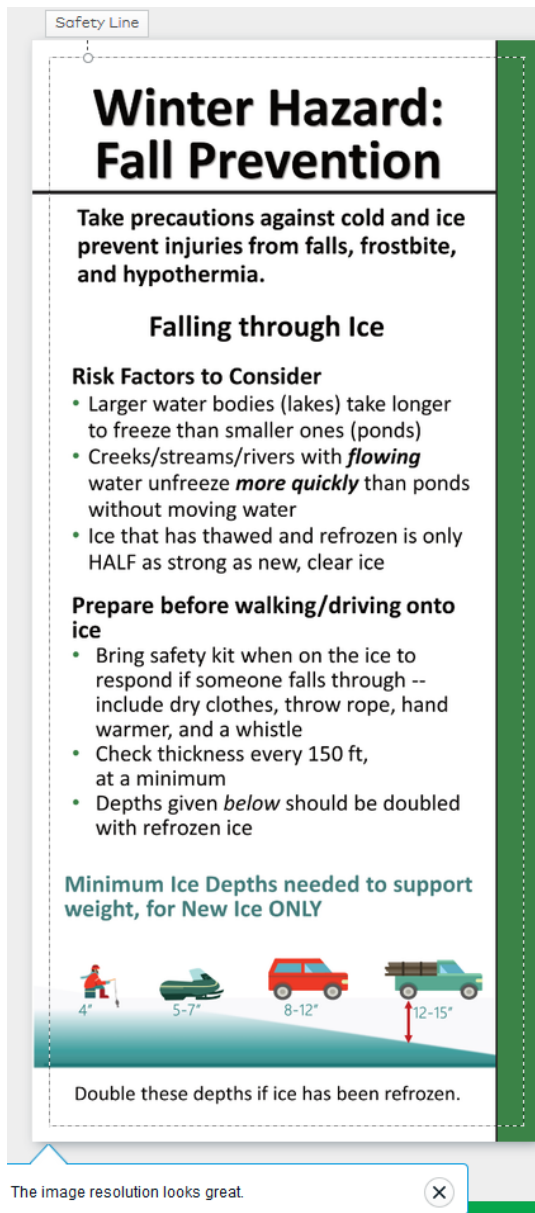
Click “Start designing”

Select the “Use your complete design” option.

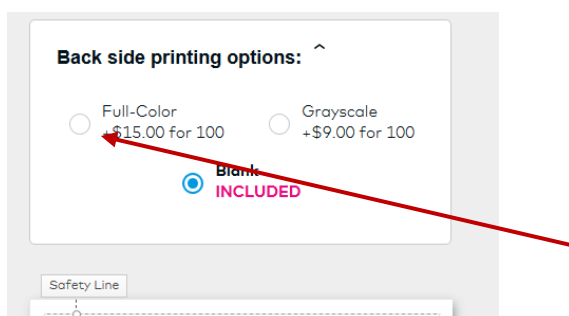
When you see the Upload your design, click on it and select “Add Image” then find the image on your computer. Bring in the FRONT image first.



**For optimal printing of Front:** The edges of the image should extend beyond the “safety line” to fill the entire card area, as below.



Click on Add Back Design and select "Full-Color", then you can upload the back image.



Again, the full image filling the print image to beyond the safety line is what you want to do. You should not see any text or images in the “bleed” area (to the outside of the “safety line” box). Any lines that extend outside of the safety line all continue to the edge of the card area, which will ensure that the final printing does not look weird.

Safety Line

## Winter Hazard: Fall Prevention

### Prepare for Ice on Paths





- Use **ice melt** on solid walking surfaces
- Anticipate where water pools to preplan for icy patches
- Be prepared to call for help if you fall:
  - Bring phone
  - Wear cold-weather attire
- Let someone know **where** you are and **when** you expect to be back

### Walking Tips


- Do the penguin shuffle:  
Slow, short, flat-footed steps and keep your feet under your center of gravity
- When stepping out of vehicles, step **DOWN** and not **OUT**

### Wear Appropriate Footwear


- Non-slip sole with deep tread
- When additional traction is needed:  
**Coils** for moderate icy patches  
**Spikes** for ice on deep snow drifts



coilchainspikecrampon



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Check Next to look at final approval:

Front - [View Larger](#) | [Edit](#)



Back - [View Larger](#) | [Edit](#)



Check to make sure the top, bottom and sides do not cut off any text.

You need to click "Approve" and then setup your payment. If you are logged on, you can save these and come back to print again in the future.

## Moo Instructions for GPCAH POSTCARDS (moo.com)

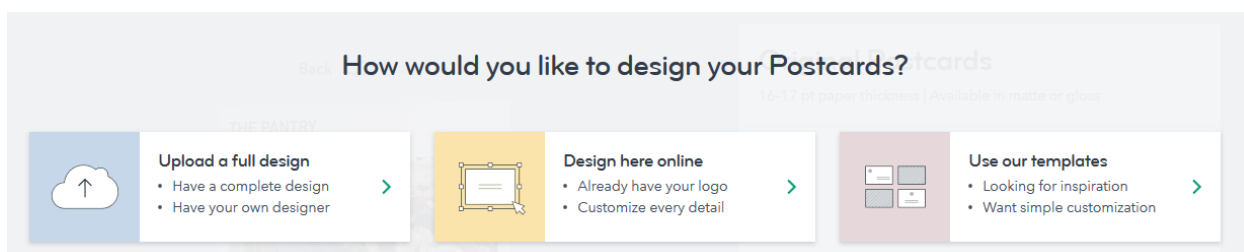
Download the pair of 4x6 inch card images (.png) for the topic of interest. You will see a FRONT and a BACK tif image for each. Moo does not take .tif files. Note that these png files have been made so that they are the right size for the bleed area used by Moo. This means all the text will be inside the safe area of the card and there should be no white border around the images when printing these cards.

If you want to add a logo to the card, it must be in one of these file types: gif, jpeg, pdf, or png.

Here are your steps:

1. Download and store your .png files in a folder that you can find them when you are online.
2. Go to Moo.com and search for original postcards: Select STANDARD 4" x 6".

Select "Upload a full design" on the left:



With Moo, you can have ONE front and up to 25 different backs. The Standard Postcards (4"x6") are \$21/25 cards.

3. Begin to load images:

Click on the front of the card and you will be asked to upload a photo or design.

**Front:**

The postcard has a green header with the title "Hearing Loss Prevention for Farmers" and a "Safe Area" label. Below the title is the text "Exposure to loud noises on the farm causes permanent and irreversible hearing loss." The main body is divided into two columns. The left column contains a table of noise sources and their safe exposure times. The right column contains text about wearing hearing protection, a list of selection criteria, images of muffs and disposable plugs, and a list of easy access tips.

Noise Source	Sound Level	Max safe time*
ATV, push mower	90 dB	2.5 hr
Enclosed cab tractor or combine, grain auger	92 dB	95 min
Air compressor	95 dB	47 min
Pigs squealing, table saw, irrigation pump	100 dB	15 min
Tractor, combine (no cab), grain dryer	105 dB	4 min
Chainsaw	115 dB	<1 min

\*Time without using hearing protection

Wear hearing protection when sound level exceeds 85 dB.

Select hearing protection that *fits*, is *comfortable*, and *reduces sound*.

**Muffs** **Disposable Plugs**

Manufactures of devices that are intended to protect hearing provide an **NRR** (noise reduction rating).

Make access to protection easy:

- Permanently store hearing protection **near** noisy locations
- Bring with you in vehicles / tractors



Back:

**To Prevent Hearing Loss:**

- Recognize loud tasks *before* they start
- *Bring* hearing protection with you
- Use *smart phone app* if you are unsure about noise levels
- Use *protection* when tasks are at/above **85 dB**
- Check hearing to identify *early* signs of hearing loss

Discuss your concerns about hearing loss with your health care provider.

Enter own logo, address, or other custom information here

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More information on this topic is available at [www.gpcch.org](http://www.gpcch.org).

Note that there are no warnings (orange exclamation mark) in either side and all text and graphics are within the safe area marking.

4. **Review:** After selecting quantity and paper, look at the review one more time to confirm that the content is not cut off and you are ready to order these. If you want to include your own address / logo, there is room to place it on the back of the card (see red circle above).

To follow are examples of four postcards set up on Moo, captured during “review”

**Hearing Loss Prevention for Farmers**  
Exposure to loud noises on the farm causes **permanent and irreversible hearing loss.**

Noise Source	Sound Level	Max safe time*
ATV, push mower	90 dB	2.5 hr
Enclosed cab tractor or combine, grain auger	92 dB	95 min
Air compressor	95 dB	47 min
Pigs squealing, table saw, irrigation pump	100 dB	15 min
Tractor, combine (no cab), grain dryer	105 dB	4 min
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\*Time without using hearing protection

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Select hearing protection that *fits*, is *comfortable*, and *reduces sound*.

Muffs Disposable Plugs

Manufacturers of devices that are intended to protect hearing provide an **NRR** (noise reduction rating).

Make access to protection easy:

- Permanently store hearing protection near noisy locations
- Bring with you in vehicles / tractors

**To Prevent Hearing Loss:**

- Recognize loud tasks *before* they start
- *Bring* hearing protection with you
- Use *smart phone app* if you are unsure about noise levels
- Use *protection* when tasks are at/above **85 dB**
- Check hearing to identify *early* signs of hearing loss

Discuss your concerns about hearing loss with your health care provider.

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More information on this topic is available at [www.gpcch.org](http://www.gpcch.org).

Front (matte finish)

Back (matte finish)

## Effects of Vehicle Vibration

**Whole Body Vibration (WBV)** occurs when the shaking motion of a vehicle is transmitted through the body of the operator.

**Health hazards from WBV are just now being understood for farmers.**

**WBV exposures lead to:**

- Low back pain
- Muscle fatigue and cramping
- Headache
- Dizziness
- Loss of balance
- Increased blood pressure

The amount of vibration generated varies by vehicle type, seat type, driving speed, and terrain.

On average, *how long can you operate equipment each day before WBV puts you at risk of these health outcomes?*

	4 hours	8 hours
ATVs	●	
Utility equipment	●	
Tractors	●	
Road vehicles		●
Combines		●

Combines weighed down with grain vibrate less than other vehicles

Front (matte finish)

- To prevent WBV effects:**
- Vehicle maintenance: Keep tires inflated
  - Seat: Should not bottom-out during use
  - Posture: Minimize how much you lean forward when driving
  - Terrain: Slow down on rough terrain
  - Rest: Stop and take breaks regularly

Discuss your concerns about whole body vibration effects with your health care provider.



More information on this topic is available at [www.gpcah.org](http://www.gpcah.org).

Back (matte finish)

## Skin Cancer Prevention for Farmers

**Outdoor exposure to sun puts farmers at higher risk of developing skin cancer than the average American.**

**Reduce Sun Exposure**

- Use Sunscreen**
  - Use ones with at least 30 SPF
  - Use broad spectrum that includes UVA and UVB
  - Apply 20-min before going outside
  - Re-apply every 2 hours
- Wear Appropriate Clothing**
  - Light-colored pants and long-sleeve shirts
  - Wide brimmed hats protect face, ears and scalp
  - Sunglasses with UV protection

**Special Concerns**

- Check Your Medicines**
  - These drugs might increase sensitivity to the sun, requiring extra protection:
    - Antibiotics
    - Aspirin and Ibuprofen
    - Cholesterol Medications
    - Antihistamines
  - Discuss concerns with your healthcare provider
- Look for Skin Changes**
  - New growths
  - Changes in moles
  - Non-healing sores
  - Promptly report any unusual skin problems to your healthcare provider

Front (matte finish)

- If new growths or changing skin meets these descriptions, seek prompt medical opinion:**
- Asymmetry – One half does not look like the other
  - Border – Irregular or poorly defined border
  - Color – Varied from one area to the other
  - Diameter – Size of pencil eraser (6 mm) or larger
  - Evolving – A mole or lesion changes size, shape or color

Discuss your concerns about skin cancer risks with your health care provider.



More information on this topic is available at [www.gpcah.org](http://www.gpcah.org).

Back (matte finish)

## Winter Hazards: Falls and Cold Weather

**Precautions against cold and ice are important to prevent injuries from falls, frostbite, and hypothermia.**

**Tips to prevent winter slips and trips**

- Know areas where water pools and refreezes
- Wear appropriate footwear: non-slip sole with deep tread
- Use additional traction when needed
  - Use coils for moderate icy patches
  - Use spikes for ice on deep snow drifts

**Frozen Water Bodies**

- Smaller water (ponds) freeze before larger ones (lakes)
- Larger rivers/stream *unfreeze* quicker due to flowing water
- Ice that has thawed and refrozen is only half as strong as new, clear ice

**Prepare before walking/driving onto ice**

- Check thickness every 150 ft at a minimum
- Depths given below should be doubled with refrozen ice
- Bring safety kit when on the ice to respond if someone falls through: dry clothes, throw rope, hand warmer, whistle

**Step DOWN not OUT when getting out of vehicles**

**Do the penguin shuffle**  
Short, slow flat-footed steps keeping feet under your center of gravity

**Ice thickness chart:**

Temperature	Safe for foot	Safe for car	Safe for truck
4°F	4"		
5-7°F	5"	5"	
8-12°F	8"	8"	8"
12-15°F	12"	12"	12"

Front (matte finish)

- Plan for ice during winter months**
- Use ice melt on solid surfaces to eliminate ice on walking surfaces
  - Bring phone and wear cold-weather attire no matter how short your walk – if you fall, you can signal for help
  - Let someone know you are outside and when you expect to be back or check in so help can be sent

Discuss your concerns about falling with your health care provider.



More information on this topic is available at [www.gpcah.org](http://www.gpcah.org).

Back (matte finish)

## Moo Instructions for GPCAH RACK CARDS (moo.com)

Download the pair of rack card images (.png) for the topic of interest. You will see a FRONT and a BACK png image for each. You cannot use .tif files for Moo. Hence, all of our png files are sized to correctly print for dimensions/bleed areas for Moo.com.

Moo uses 3.67" by 8.5" for Rack Cards, so the PNG files have been sized specifically for Moo printing. This means all the text will be inside the safe area of the card, and there should be no white border around the images when printing these cards.

If you want to add your own logo to the card, be prepared to load it from one of these four file types: gif, jpeg, pdf, or png.

Here are your steps to making the Moo Rack Cards:

1. Download and store your .png files in a folder that you can find them when you are online.
2. Go to Moo.com. Use the Search box and enter "Rack Cards"

The screenshot shows the 'Rack Cards' section on the Moo.com website. It features a 'NEW FOILS' badge and a note about dimensions: '3.67" x 8.5" - in your choice of 3 paper stocks'. Below this are three dropdown menus for 'Paper', 'Coating', and 'Foil', each with a 'Choose your...' option and a green checkmark icon. At the bottom, it states '25 postcards from \$23.00' next to a green 'Start making' button.

Once you select your papers and coatings, select "Upload a full design":

This screenshot shows the 'How would you like to design your Rack Cards?' screen. It has a 'Back' button and a 'Next' button. There are three main options: 'Upload a full design' (with a cloud icon), 'Design here online' (with a frame icon), and 'Use our templates' (with a grid icon). Each option has a list of bullet points and a green arrow pointing right. The 'Upload a full design' option lists 'Have a complete design' and 'Have your own designer'. The 'Design here online' option lists 'Already have your logo' and 'Customize every detail'. The 'Use our templates' option lists 'Looking for inspiration' and 'Want simple customization'.

Using Skin Cancer Prevention images, we will illustrate the process.

Upload the images on the **Front** png:

# Skin Cancer And Farmers

Safe  
Area

**Outdoor exposure to sun puts farmers at higher risk of developing skin cancer than the average American.**

- 1 in 5 Americans will develop skin cancer in their lifetime
- Farmers get 2-3 times more ultraviolet light from the sun than indoor workers
- Melanoma is the most serious form of skin cancer



## ABCs of Identifying Melanoma

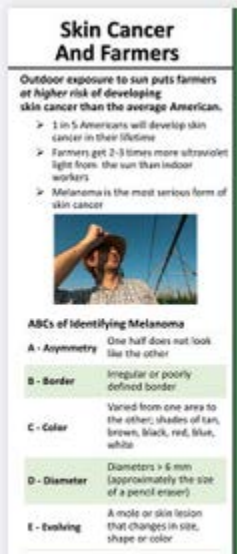
<b>A - Asymmetry</b>	One half does not look like the other
<b>B - Border</b>	Irregular or poorly defined border
<b>C - Color</b>	Varied from one area to the other; shades of tan, brown, black, red, blue, white
<b>D - Diameter</b>	Diameters > 6 mm (approximately the size of a pencil eraser)
<b>E - Evolving</b>	A mole or skin lesion that changes in size, shape or color

Rotate to see the **Back**, to upload that image:



These png images are sized to fit within the safe area *without adjustment* when loaded onto Moo, as are shown above.

When finished loading the images and selecting the paper type you want, examine the images using **Review** (click to zoom in to see the final print). Confirm that everything is within the printing borders:



Front (uncoated finish)



Back (soft touch finish)

Then, add to cart and setup payment.

Others prepared 2-sided cards include:



Front (soft touch finish)



Back (soft touch finish)



### Hearing Loss Among Farmers

Why should farmers and agricultural workers be concerned about hearing loss?

Because hearing loss from exposure to noise is:

- Common among farmers and agricultural workers
- Permanent and irreversible
- Preventable

Noise levels from agricultural equipment often exceed the safe level of 85 dB.

Noise Source	Sound Level	Max safe time*
ATV, push mower	90 dB	2.5 hr
Enclosed cab tractor or combine, grain auger	92 dB	95 min
Air compressor	95 dB	47 min
Pigs separating, table saw, irrigation pump	100 dB	15 min
Tractor, combine (no cab), grain dryer	105 dB	4 min
Chainsaw	115 dB	<1 min

\*Without wearing hearing protection

Front (soft touch finish)

### Hearing Loss Prevention

Exposure to noise can be controlled. Farmers & agricultural workers should:

1. Reduce sound levels by selecting equipment with the quietest option
2. Perform routine equipment maintenance
3. Isolate yourself from noise
4. Use hearing protection
5. Identify "HIGH NOISE" areas or equipment to remind you to wear hearing protection
6. Limit daily noise exposure duration

Select hearing protection that fits, reduces sound, and is comfortable.



Muffs Disposable Plugs

Permanently store hearing protection near noisy locations for easy access when you need it.

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Back (soft touch finish)

### Winter Hazard: Fall Prevention

Take precautions against cold and ice prevent injuries from falls, frostbite, and hypothermia.

#### Falling through ice

**Risk Factors to Consider**

- Larger water bodies (lakes) take longer to freeze than smaller ones (ponds)
- Creeks/streams/rivers with *flowing* water unfreeze more *quickly* than ponds without moving water
- Ice that has thawed and refrozen is only HALF as strong as new, clear ice

**Prepare before walking/driving onto ice**

- Bring safety kit when on the ice to respond if someone falls through -- include dry clothes, throw rope, hand warmer, and a whistle
- Check thickness every 150 ft. at a minimum
- Depths given below should be doubled with refrozen ice

Minimum Ice Depths needed to support weight, for New Ice ONLY



Double these depths if ice has been refrozen.

Front (soft touch finish)

### Winter Hazard: Fall Prevention

**Prepare for ice on Paths**


- Use ice melt on solid walking surfaces
- Anticipate where water pools to preplan for icy patches
- Be prepared to call for help if you fall:
  - Bring phone
  - Wear cold-weather attire
  - Let someone know *where* you are and *when* you expect to be back

**Walking Tips**

- Do the penguin shuffle: Slow, short, flat-footed steps and keep your feet under your center of gravity
- When stepping out of vehicles, step DOWN and not OUT

**Wear Appropriate Footwear**

- Non-slip sole with deep tread
- When additional traction is needed:
  - Cuts for moderate icy patches
  - Spikes for ice on deep snow drifts



cut chain spike stomp

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Back (soft touch finish)

Note that users might want to make a *single sided card*, which will reduce printing costs. Merely select the image associated with the message that you want to communicate to your audience for your outreach effort.

Please contact the GPCAH if you are using these cards and any feedback you have on events where you found these useful.