

## **We want to hear from you!**

Farmers know it only takes one incident to cause a farm injury that can change your life. Sharing stories of incidents and close calls can bring to light on-farm risks and prompt discussions about effective ways to prevent debilitating injuries and illnesses. The GPCAH staff are developing *FarmSafe*, a new podcast dedicated to sharing stories and tips to make your workday on the farm safer and healthier.

- **Are you willing to share any personal stories about injuries, close-calls, or events in your farming community that changed the way you approach farming safely?**
- **Do you have any stories about how you keep yourself and others safe on your farm?**

You can upload an audio file of your story at our website: <https://gpcah.public-health.uiowa.edu/farmsafe-podcast/>, or you may share your contact information with us so we can get in touch with you for a Zoom or phone interview. Alternatively, you can type your story right in the comments box and we can have someone read it on air for you.

We also want to know **which safety and health topics are important to you** and if there are any hazards on the farm that you want to learn more about. Share your thoughts online by taking this [survey](#) or using the comment box on the same page.

Questions or comments? Email us at [cph-greatplainscenter@uiowa.edu](mailto:cph-greatplainscenter@uiowa.edu).

## **What should your story include?**

Aim for three to five minutes when telling your story. It's helpful to start by telling listeners a little about yourself (your name, what kind of farm you work on, any relevant background you want to share). Then tell us what happened, about the hazard involved, where and when you experienced it on the farm, and how you reacted. Think about what may have contributed to the incident and finish up by telling others what they can do to prevent something similar happening.

If your story is about how something you have or do to keep yourself safe on the farm, describe it to us. Include details such as how long you have been using this method, why you started using it, and how it is keeping you safer. Think about sharing any advice you have about this method with other farmers and how it might help them.

## **Incorporating Audio Stories into the Classroom**

When covering topics where students can be provided with safety messaging -- such as covering driving safety, material handling, machinery operation, or livestock production – discussions of stories of injuries or near misses can add valuable motivation to understand hazards as part of work preparation. These discussions can be incorporated into the classroom by creating an assignment to have students reflect on a particular interaction with a hazard, either specific to a topic being covered or generally with a health and safety discussion. Asking students to record an audio story reinforces knowledge of hazards and best practices. To make the assignment useful, generate peer-to-peer guidance, which can increase interpersonal influences on safe behaviors across a range of hazards inherent to farming.

A typical assignment could include a request to record a story and then identify resources (from the textbook or the internet) that help explain the hazard and injury prevention suggestions for the hazard related to their story. If you need students to turn in something for this assignment, consider asking for an outline of their story (see framework below) and links to prevention materials, specific to the hazard in their story, which could serve as a resource guide for the class.

A framework for the 3–5-minute audio story could be:

- Develop an outline for a personal story where someone was injured on the farm
- Include an introduction (who you are, when the story happened, and what was going on)
- Discuss the specific hazard and describe the events
- Identify whether knowledge of that hazard was lacking and what could be done
- Identify what might have prevented safe behavior that could have avoided the hazard
- Discuss potential solutions to help avoid similar situations in the future
- Close with a single message to help prevent others from being similarly injured

## **Topics of interest**

Below are some of the topics that have been suggested to us for future episodes. If you have stories related to any of these or other topics, please share them with us!

- ATV/UTV Safety
- Chemical Safety
- Farm Vehicle Lighting and Road Safety Tips
- Grain Bin Safety Tips
- Hearing Loss Prevention
- Heat Stress Prevention
- Livestock Handling Safety
- Protecting Children on the Farm
- Respiratory Health: Agricultural Dusts
- Understanding Manure Pit Hazards