

## Listen up! The FarmSafe podcast is here

by Kate Crawford, PhD, MS, Postdoctoral Research Scholar

What are you listening to while working in the fields? Get ready to stream or download our new podcast, FarmSafe, and discover stories and tips that will make your workday on the farm safer and healthier.

Sharing stories of incidents and close calls can shed light on farm risks, leading to effective discussions about preventing debilitating injuries and illnesses. During each episode, farmers and health and safety professionals share first-hand stories and real-life tips for making safer and healthier decisions while on the farm. At the end of each episode, listeners will understand one simple action to take to prevent an on-farm injury.

Our ATV series featuring Dr. Chuck Jennissen, from the University of Iowa's Department of Emergency Medicine, kicked off on September 1<sup>st</sup>. Dr. Jennissen shares insights about roadway safety, ATV design, and the risks of driving ATVs on the road. The series continues on September 15, when we talk about young riders and the risks associated with being drivers or passengers.

Listen to the latest episode [here](#) or download it from your favorite podcast source (iTunes, Spotify, etc.).

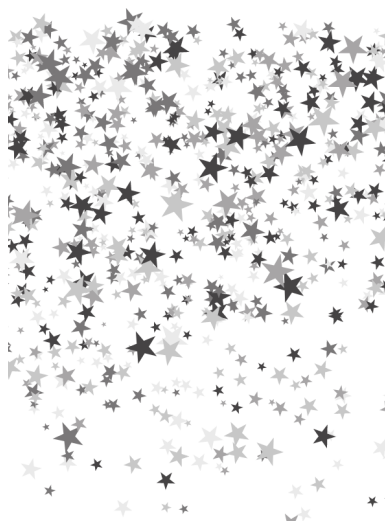


### IN THIS ISSUE

- FarmSafe Podcast
- Directors Message: New Communication Avenues
- Featured Resources - Posters and Free Course Materials
- Midwest Rural Agricultural Safety and Health (MRASH) Conference
- New Farm Safety Checklist App
- Drought and Stress Study
- National Farm Safety and Health Week
- Research Recruitment - Dementia and Farm Stress Studies
- New Respiratory Health Resources
- Child Injury Prevention Workshop
- News and Updates

### Tell us what you want

Tell us which topics are important to you. How do you successfully keep yourself and others safe on your farm? Do you have personal stories about injuries or fatalities in the farming community? [Take the survey](#) and tell us exactly what you want to hear.



Thank You!

**+2000**

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## Director's Message: New Communication Avenues

by Renée Anthony PhD, CIH, CSP

Given how weirdly time seems to be passing throughout the COVID-19 pandemic, I did the math to figure out that the Great Plains Center has been providing education, research, and outreach in ag safety and health for 31 years! That is a lot of classes, writing, public speaking, interviews with media, and table talks at farm shows, all focused on improving the health and safety of our region's farmers. As time moves forward, we all feel at least a little isolated and our Center is examining new ways to reach farmers with stories of inspiration and lessons learned to help foster conversations about what we do to make "farm work" really be "safe farm work."



Renée Anthony PhD,  
CIH, CSP

We still use classic communication methods to share information and know that many of our Midwest farmers read the newspaper. Print media is still very much a trusted source of information for our farmers. In this vein, we're in our seventh year of writing the monthly [Safety Watch](#) column, incorporating personal stories into prevention messages to bring safety into farm production discussions. In August, we realized that our writing team of Brandi Janssen and Stephanie Leonard published their 80<sup>th</sup> *Safety Watch*. Also, if you are reading this article, then you are one of more than 2,000 readers of *Alive and Well*, and this audience continues to grow.

Short monthly articles help us keep safety discussions going on the farm, but we also dive more deeply into agricultural safety and health every summer through a weeklong [course](#) held here in Iowa. This class covers numerous hazards and identifies risks and prevention methods, then takes students on a farm tour (virtual and live). This course is attended by health care professionals — doctors, nurses, pharmacists, and veterinarians — sitting alongside farmers and others interested in safety, to better understand how to protect agricultural workers. Diane Rohlman and team have transformed standard lectures into interactive online modules, available at no cost, for anyone to use in their classes. She has also helped other programs develop a similar curriculum to bring this important topic to advocates of farmer health and safety around the country.

What else are we doing to get the word out? We have developed materials for [healthcare providers](#) to post and share with farmer patients as a way to foster conversations between farmers and their medical providers about specific preventable on-farm illnesses, such as hearing loss and skin cancer. We also reformatted our most commonly requested print materials to easily add logos of other outreach organizations. We hope making it easy to [co-brand](#) these materials will help you to share evidence-based guidelines and information with the farmers you serve.

With encouragement from partners around the region, we have spent much of 2021 developing the FarmSafe [podcast](#), which goes live this month. Kate Crawford talks more about this [on the first page of this issue](#), but we encourage everyone to listen to the introductory episode, and the initial series of ATV safety episodes. Let us know what you think—and learn how to share stories about near misses or what you do to be safe on the farm. To make these podcasts even more useful in the classroom, we are adding educational resources for discussions and quizzes about important prevention messages. (And you thought just switching from paper to an electronic *Alive and Well* newsletter was a big deal!)

We will continue to evolve, explore and evaluate new ways of inspiring others to develop and adapt safety technology to the farm, to adopt best practices for safe operations, and to have that conversation with someone about farming safety.

*Dr. Renée Anthony directs the GPCAH, housed in the Department of Occupational and Environmental Health of the College of Public Health. She can be reached at 319/335-4429 ([renee-anthony@uiowa.edu](mailto:renee-anthony@uiowa.edu)).*

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## Featured Resources

### Don't be shy! Start the conversation about preventing farm injuries

by Jenn Patterson, MLitt, GPCAH Center Coordinator

The more we talk about injury and illness prevention on the farm, the better chances we have to protect everyone on the farm. These [posters](#) (some available in Spanish) are helpful to start the conversations with your friends, family, and colleagues about reducing risks on our Midwest farms.









You asked for it, we deliver: We have reformatted posters so you can drop in your organization's logo before you print and post them.

Topics include:

- [Hearing loss prevention](#)
- [Skin cancer prevention](#)
- [Vehicle vibration](#)
- [Rural roadway safety](#)

**What do you want? Tell us about poster topics that would help you.**

**Email us at [cph-greatplainscenter@uiowa.edu](mailto:cph-greatplainscenter@uiowa.edu).**

Farm Equipment	Noise Level (dB)	Max Safe Time*	*Max time without wearing hearing protection
ATV, Push Mower	90 dB	2.5 HRS	
Tractor/Combine (with Cab), Grain Auger	92 dB	1.5 HRS	
Air Compressor, Shop Vac	95 dB	47 MIN	
Pigs Squealing, Irrigation Pump	100 dB	15 MIN	
Riding Mower, Pressure Washer	102 dB	9 MIN	
Tractor (No Cab), Grain Dryer	105 dB	4 MIN	
Leaf Blower	110 dB	1 - 2 MIN	
Chain Saw	115 dB	< 1 MIN	

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### Access Core Course materials, audio, and online modules at no cost

by Jenn Patterson, MLitt, GPCAH Center Coordinator

The Agricultural Safety and Health Course was held June 14-18 in a virtual format. Expanding the course format beyond the traditional on-site delivery enabled participants to attend from various locations without travel costs. The course combined asynchronous materials with live lectures throughout the week. Do you need training materials to help others stay safe and healthy on the farm? Many topics from our Core Course have been translated into interactive on-line materials. Classroom resources are available [here](#) at no charge. We have included activities, posters, handouts, toolkits, stories, audio clips, and online modules.



Stories are an important part of learning and our curriculum features an engaging collection of published materials and audio clips featuring farm workers, ag producers, and rural emergency responders. [From the Field](#) audio recordings enriched course offerings this year and focus on grain bin, manure gas, and other farm hazards, as well as the challenges and successes facing dairy farmers and immigrant workers.

New [online modules](#) for individuals, classrooms, and work training programs offer the flexibility to complete coursework outside of class. Current modules include topics from livestock handling to training for supervisors of young ag workers. Certification of completion is available.

The Core Course will reconvene June 13-17, 2022. Follow us on [Twitter](#) and [Facebook](#) for updates.

## Register now and join MRASH’s effort to “Raise the Cloak of Invisibility”

by Gayle Olson, MS, CHES, I-CASH Assistant to the Director, and Jenn Patterson, MLitt, GPCAH Center Coordinator

During the 20<sup>th</sup> annual Midwest Rural Agricultural Safety and Health (MRASH) Conference, attendees will explore the safety and health of agriculture’s essential workers: children, women, immigrants and indigenous people, each with their own unique exposures, cultures, and supportive networks. Those of us in ag safety and health know that prevention and solutions aren’t available in a “one-size-fits-all” option – and this is especially true for specific farm populations.



Researchers, practitioners, and educators will learn about emerging and ongoing safety and health challenges and the diverse characteristics and risks we should consider to make innovative solutions.

The two-day event includes knowledgeable keynote speakers, fun networking opportunities, informative poster and breakout sessions, and engaging tours of Kirkwood College’s ag and safety projects.

You may attend in-person at the Hotel at Kirkwood in Cedar Rapids, or through virtual meetings via livestreamed sessions. Participants can register for a single day or the full conference, online or in-person. Registration details will be available on the [MRASH Conference website](#) by mid-September.

Follow us on [Twitter](#) and [Facebook](#) for updates.

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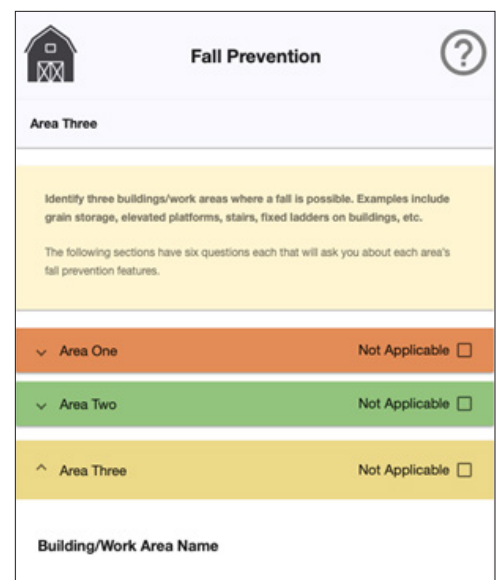
## “There’s an app for that!” Help us test the new Farm Safety Checklist App

by Kate Crawford, PhD, MS, Postdoctoral Research Scholar

**Monday, November 8, 2021**  
**Kirkwood Hotel, Cedar Rapids, IA and Online**  
**4:00-5:30 pm (before the start of the 2021 Midwest Rural Agricultural Safety and Health Conference – MRASH)**

We are putting the finishing touches on the Farm Safety Checklist App, a new web-based data collection application designed to identify on farm injury-related safety hazards and injuries, and to document injuries. We are rolling out our next round of training at the 2021 MRASH conference, and we are setting up hybrid training so you can remote in to the session to complete it from afar.

Details about the app and registration details can be found [here](#). To participate in the workshop, you need to register, download the app, watch a 1-hour video, and take the online survey, which will then send you the Zoom registration.



**Please note, if you are attending via Zoom**, you will need an internet connection, a laptop or smartphone, and a microphone, at a minimum. **If you are attending in-person**, you will need to register for MRASH. You do not need to register for MRASH to complete the workshop virtually.

## Drought can lead to more than the summertime blues in farmers

by Jenn Patterson, MLitt, GPCAH Center Coordinator

It comes as no surprise to our readers that farmers are vulnerable to extreme weather events, but have you considered adding ways to combat occupational stress when it comes to drought planning for yourself and your ag community?

Jesse Berman, Assistant Professor at the University of Minnesota, and his team recently published a [peer-reviewed paper](#) in *Science of The Total Environment* that looked at the association between drought conditions and increasing occupational stress among nearly 500 Midwest farmers over 2012-2015.



Researchers examined the relationship between drought (using the standardized precipitation index) and measures of job-related stress (psychological job demands). The study identified that stress related to the psychological demands of the job increased during drought conditions in the growing season. Increased stress related to drought was nearly 4-fold greater than stress associated with other factors, such as reporting pain in multiple body parts.

While we know that lack of rain causes stress, this study quantifies the trend and lends evidence to the need for mental health interventions. The authors suggest including information on health risks and mitigation strategies during early phases of drought conditions, with increased mental health resources for vulnerable populations.

This understudied threat to public health is particularly important due to increasingly hotter and drier growing seasons in North America, and could provide important data for federal early warning systems and preparedness policy.

"Incorporating health into drought early warning plans is a growing priority of the National Integrated Drought Information System," Berman said. "Studies that evaluate health risks from extreme weather are incredibly important for protecting both current and future farming populations that suffer disproportionately from natural disaster events."

Berman received a GPCAH pilot grant in 2019 to fund this study.

### National Farm Safety and Health Week September 19-25, 2021

***The 2019 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 573 fatalities, or an equivalent of 23.1 deaths per 100,000 workers.***

Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry. For this reason, the third week of September has been recognized as National Farm Safety and Health Week. This annual promotion initiated by the National Safety Council has been proclaimed as such by each sitting U.S. President since Franklin D. Roosevelt in 1944. National Farm Safety and Health Week is led by the National Education Center for Agricultural Safety (NECAS), the agricultural partner of the National Safety Council.

Daily topics of focus include: Tractor Safety & Rural Roadway Safety; Overall Farmer Health; Safety & Health for Youth in Agriculture; Agricultural Fertilizer & Chemical Safety; and Safety & Health for Women in Agriculture.



## Research Recruitment

### Do you take care of a family member with dementia?

Over 6 million individuals currently live with dementia – a brain disorder characterized by progressive decline in memory, language, problem-solving and other cognitive domains. Farming is hazardous, and the effects of dementia on older workers and their families is a growing concern.

To learn more about dementia in agriculture, researchers from the University of Iowa and University of Illinois invite current or past caregivers/family members of a farm worker or resident diagnosed with dementia/cognitive impairment to participate in a study. As a close relative or friend, your insight in helping us identify the most urgent concerns associated with ensuring the health and safety of your loved one with dementia is particularly valuable.



If you agree, you will be asked to participate in a telephone or web (Zoom) interview in which a member of our team will ask you about your experience. The interview will last no more than 60 minutes. The information you provide about yourself and your family member will not be shared with anyone outside of the project team.

Interested or want to learn more? Contact University of Iowa Principal Investigator Dr. Kanika Aurora (319) 384-3827 or email her at [Kanika-arora@uiowa.edu](mailto:Kanika-arora@uiowa.edu).

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### Help researchers learn about stress in the household by participating in a farm family survey

Are you a farmer or rancher? Do you have an adolescent in the house between the ages of 13 and 17? If so, we invite you to participate in an exciting research opportunity.



The National Children's Center for Rural and Agricultural Health and Safety and the University of Illinois are surveying farm families to better understand how farm stress is experienced by adults and adolescents in the household and how individuals respond to stress. With these results, we will work to develop resources and programs to reduce farm-related stress, improve resiliency, and improve overall physical and mental health among farm adults and farm adolescents.

To learn more and participate, visit this website:  
<https://go.illinois.edu/faam2021>

We invite up to three members of your family to participate: the primary operator, the primary operator spouse/partner (if applicable), and one farm adolescent (between the ages of 13 and 17 years old). Everyone who participates will receive a \$10 Amazon gift card.

Contact Josie Rudolphi ([josier@illinois.edu](mailto:josier@illinois.edu)) with questions.

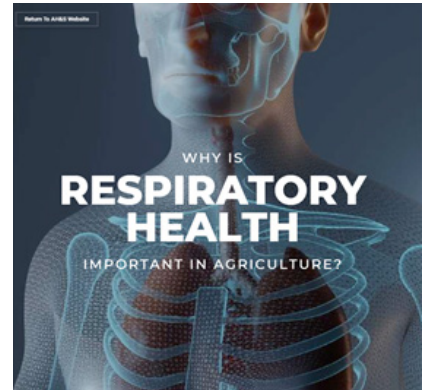
## New interactive informational resources: Guidance for farmers when using respirators in agriculture

by Jenna Gibbs, MPH, PhD, Director of Operations, Ag Health & Safety Alliance

In July 2021, GPCAH partnered with the Ag Health and Safety Alliance (AHSA) to showcase two new respiratory health resources at the annual Pesticide Applicator Certification and Training (PACT) meeting in Denver, CO.

The first informational resource is an [interactive website](#) presenting information on common respirator types used in agriculture, and the second is a [motion graphic](#) (video) helping everyone understand appropriate storage and care of respirators. Both can be found [here](#).

The new materials are particularly helpful because they convey a large amount of evidence-based information in a shorter timeframe compared to traditional classroom delivery methods.



“These resources are extremely important as we plan future training programs that include this topic with the group and our Gear UP for Ag programs,” stated Carolyn Sheridan, the AHSA Executive Director who led the fit test workshop. “The use of these online educational tools will become more important as more pesticide applicator recertification programs shift to more online formatting.” AHSA is currently exploring ways to translate these useful resources to Spanish.

These materials were funded by a GPCAH pilot project.

### Child injury prevention workshop set for Tuesdays in September

Learn how you can safeguard children and youth who live, work and play on farms and ranches by registering for the three-part Child Agricultural Safety and Health Workshop to be held online Sept. 14, 21 and 28.



The interactive workshop is ideal for anyone who wishes to improve their knowledge and dissemination of child agricultural safety and health, including professionals from farm organizations, insurance, agribusiness, banking, healthcare, Extension, agricultural education, public health and media.

The Great Plains Center for Agricultural Health, along with 10 other agricultural centers funded by the National Institute for Occupational Safety and Health (NIOSH) located throughout the United States, are co-hosting the event. Their co-host roles will ensure representation of safety issues across all commodities (including forestry and fishing) and regions. Their participation also gives participants an opportunity to connect with the ag centers in their region, providing additional sources of information and materials.

By the end of the workshop, participants will be able to:

- Understand the leading causes of injuries to children who are either working or playing on farms;
- Describe interventions most likely to be effective in preventing childhood farm injuries and illnesses; and
- Identify their (and their organization’s) unique role in helping farm children grow up happy and healthy.

For more workshop information, visit <https://marshfieldresearch.org/CASH-workshop> or email [nccrahs@marshfieldresearch.org](mailto:nccrahs@marshfieldresearch.org)

## NEWS AND UPDATES

Come visit our Great Plains Center Outreach team at the **94<sup>th</sup> Annual National FFA Convention & Expo**, October 27-30. We will have a booth dedicated to Youth Worker Rights (for students) and Youth Supervisor Training (for advisors). The National FFA Convention & Expo is all about growing the next generation of leaders. No matter where you are in FFA, you will find inspiration and direction to become a leader and influencer, ready to make an impact. During this digital event, find out who you are, who you want to become and how you can change how the world grows.

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Save the date for the **7th Annual Falls Prevention Coalition Symposium**. This multidisciplinary conference will take place September 20 through 24, during Fall Prevention Awareness Week. Iowans interested in falls prevention, such as family caregivers, health care practitioners, persons who work with older adults, students, and community members of all ages, should attend this free event.

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**Rural Health and Safety of Eastern Iowa** has been busy conducting COVID-19 testing and vaccination clinics. A COVID-19 testing clinic was held at the Johnson County Fairgrounds in March. COVID-19 vaccination clinics have been held at the Johnson County Fair, the Sharon Center 4<sup>th</sup> of July parade, and at the Kalona Sale Barn. Visit <https://ruralhealthandsafety.org> for additional services and activities.

**Agricultural Safety and Health: The Core Course**

6/13/22  
THRU  
6/17/22

**SAVE THE DATE**

The core 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.

Course registration fee waivers are available.

Visit [bit.ly/agcorecourse](https://bit.ly/agcorecourse) for details and updates.

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## Upcoming Events

September 14, 21 & 28  
**Child Agricultural Safety and Health Workshop**  
Virtual Event

September 14-16  
**Husker Harvest Days**  
Grand Island, NE

September 19-25  
**National Farm Safety and Health Week**

September 20-24  
**Iowa Falls Prevention Coalitions's 7th Annual Symposium: It's all about the Fall**  
Virtual Event

September 28-October 2  
**World Dairy Expo**  
Madison, WI

October 24-27  
**American Public Health Association Meeting and Expo**  
Hybrid Event  
Denver, CO

October 27-30  
**National FFA Convention & Expo**  
Hybrid Event  
Indianapolis, IN

November 3-6  
**Women, Food, and Agriculture Network Annual Conference**  
Virtual Event

November 9-10  
**Midwest Rural Agricultural Safety and Health Conference (MRASH)**  
Hybrid Event  
Cedar Rapids, IA

November 18  
**National Rural Health Day**



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