

UNIT 9

FALLS

AG HEALTH 101



GREAT PLAINS
Center for Agricultural Health

CHAPTER

DISCUSSION QUESTIONS

Chapter 1. Introduction to Falls

Describe a time when you fell. When describing it, try to address these factors so the conditions and outcome is clear to others: What were you doing before the fall? What was the condition of the surface and surrounding environment? What were the clothing/footwear/hand conditions that might have played a factor? Was the outcome an injury?

Chapter 2. Fall Risks on the Farm

Given the many sources of fall hazards on a farm, think about how a farmer who may be in a hurry to complete a task and might forget about a fall hazard and take a step that causes a fall. What options do you think would be useful to get a change in behavior so that the risk of fall is minimized?

Chapter 3. Personal Risk Factors

What types of discussions would you have with patients to determine if there are personal risk factors present that may affect their work? How would you communicate these personal fall risk factors with a farmworker?

Chapter 4. Fall Prevention Tips & Resources: Ladders

Think about buying a ladder to do chores in your own home. What tasks might you need a ladder to do and what information would you need to select the right type and size of ladder?

Chapter 5. Fall Prevention Tips & Resources: Getting Off Equipment

From the content presented in this chapter, what were three factors that contributed to the fall out of the tractor? Think both physical and emotional factors. What recommendations do you have to others, consider both engineering and behavioral, on how to prevent a fall when descending a tractor to exit it?

Chapter 6. Fall Prevention Tips & Resources: Ice

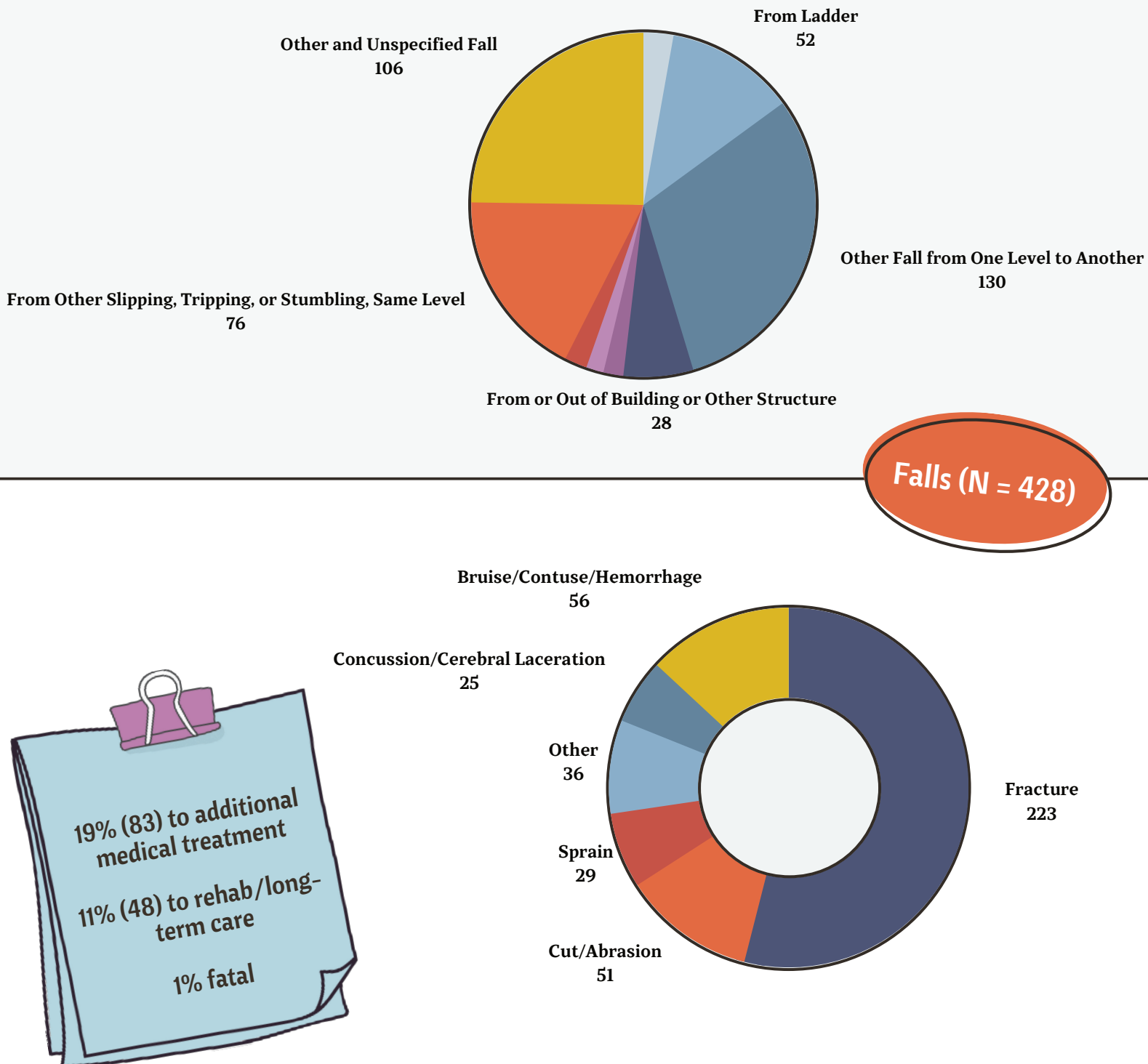
Reflect on your home and identify where the falls on ice risks are at your home. Do you have any particularly icy areas that you can plan for this year? Do you have a need for slip traction? Discuss your plan for preventing falls on ice this winter.



CHAPTER 1

INTRODUCTION TO FALLS

Figure 3: Distribution of fall causes (top) and resulting distribution of fall diagnoses (bottom)



CHAPTER 2

FALL RISKS ON THE FARM

Roofs
Bins & Buildings
Elevated Platforms
Vehicles
Openings in the Ground/Floor
Ponds/Lagoons/Wells
Clutter
Ice/Water
Livestock
Lighting & Slipperiness





INSPECTION CHECKLIST

FARM FALL HAZARDS

	Hazard Present		Hazard Fixed
	Yes	No	
1. Are all buildings free of trash, junk or tools in walkways and work areas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are wood floors free of rotten or broken floor boards, exposed nails and other defects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are concrete floors free from badly broken sections, raised areas, slippery spots or other defects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are stairs and ladders in good condition? Are handrails and stairs secure and free of objects and slippery surfaces?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Are buildings lighted to illuminate walkways and work areas so you can see hazards adequately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Are floors and walking surfaces in livestock facilities clear of manure, mud and feed material?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are silo and bin ladders secure and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do all bins have permanent ladders on both the outside and inside?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do silos or bins taller than 30 feet possess a safety cage or climbing device?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Are the operator's platforms on tractors and other equipment free of grease, mud and tools?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL RISK FACTORS FOR FALL:

- Age
- Recent Fall
- Medications
- Eyesight
- Balance Problems
- Cognitive Problems
- Certain Chronic Diseases - Osteoporosis, Diabetes, Arthritic, or Parkinson's Disease



Anti-Anxiety Drugs:	Diazepam (Valium), Lorazepam (Ativan)
Diphenhydramine (Benadryl):	Antihistamine; Also included in many sleep aids (Nyquil, Unisom) & in nighttime medicines with pain medications (Tylenol PM, Advil PM, Motrin PM, Aleve PM)
Medications to Treat Overactive Bladder:	Oxybutynin (Ditropan), Tolterodine (Detrol)
Tricyclic Antidepressants:	Amitriptyline (Elavil)
Prescription Sleep Drugs:	Zolpidem (Ambien), Zaleplon (Sonata), & Eszopiclone (Lunesta)
Opioid Narcotics:	Codeine, Hydrocodone (Vicodin), Oxycodone (Percodan, Percocet), Hydromorphone (Dilaudid) & Fentanyl (Duragesic)

CHAPTER 4

FALL PREVENTION TIPS & RESOURCES

LADDERS

EXTENSION LADDER SAFETY

Get Ready...

- ✓ Wear non-slip footwear
- ✓ Have a plan for getting materials & tools to working height
- ✓ Choose the right ladder for the job
 - ladder height
 - appropriate footings
 - ladder composition
 - weight limit

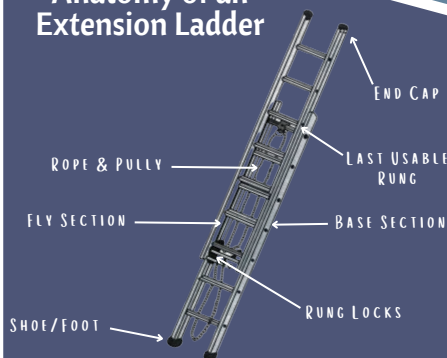
Get Set...

- ✓ Inspect your ladder
- ✓ Both feet on solid surface
- ✓ Ensure there are no overhead hazards
- ✓ Be sure the locking devices are engaged
- ✓ Ladder should get you within 4' of work area
- ✓ If accessing another level, ladder should extend 3' above that surface

GO!

- ✓ Maintain 3 points of contact while climbing
- ✓ Never stand on the top 3 rungs
- ✓ Don't overreach - keep your belt buckle between the side rails while you work
- ✓ Appropriate tasks include:
 - accessing another level
 - construction
 - building maintenance

Anatomy of an Extension Ladder



STEP LADDER SAFETY

Get Ready...

- ✓ Wear non-slip footwear
- ✓ Have a plan for getting materials & tools to working height
- ✓ Choose the right ladder for the job
 - ladder height
 - appropriate footings
 - ladder composition
 - weight limit

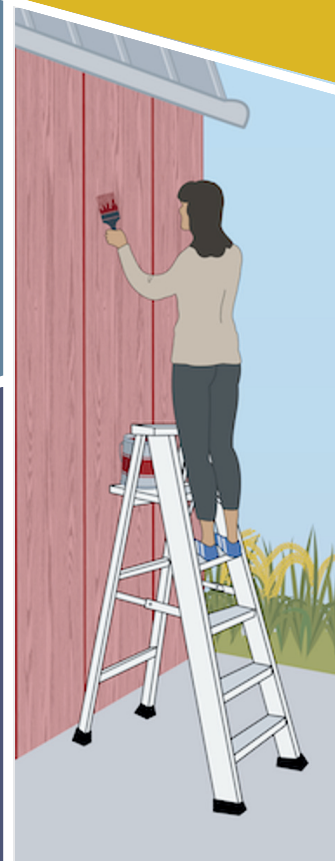
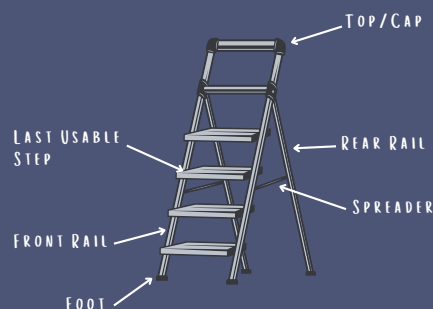
Get Set...

- ✓ Inspect your ladder
- ✓ Both feet on solid surface
- ✓ Ensure there are no overhead hazards
- ✓ Be sure the locking devices are engaged
- ✓ Ladder should get you within 4' of work area
- ✓ If accessing another level, ladder should extend 3' above that surface

GO!

- ✓ Maintain 3 points of contact while climbing
- ✓ Never stand on the top 2 steps
- ✓ Don't overreach - keep your belt buckle between the side rails while you work
- ✓ Appropriate tasks include:
 - changing lightbulbs
 - painting
 - building maintenance
 - construction

Anatomy of a Step Ladder



FALL PREVENTION TIPS & RESOURCES

GETTING OFF EQUIPMENT

CASE STUDY

Brian's Story: "I was bailing soybean stubble and was disgusted because the baler plugged. I got off that tractor going a hundred-miles-per-hour; I climbed down the absolute wrong way - face forward instead of backing down - and my foot caught between the bottom two steps when I pivoted to step off. I fell backward and had nothing to grab to break my fall, and my leg snapped. I think about it every single day."

Since his fall, Brian has replaced the narrow steps on three of his five tractors with safety steps and grab rails. The steps he prefers for his older tractor are one-piece closed steps, which he finds to be safest. An after-market "service step" mounted on his John Deere 4020 tractor now gives him better access to the fuel tank and radiator. Whenever he gets on or off a tractor now, he is facing it.

Advice from Brian's Wife, Pam: "Don't work when you're tired. I'm glad he makes a point to get his work done before dark so he's not working late hours while he's tired."

Brian added, "Think everything through before you do a job. It's the little things, everyday things you take for granted that can go bad and get you hurt."



RECOMMENDATIONS

- Face the Tractor When Climbing Down
- Hang On to Safety Rails
- Slow Down, Don't Rush
- Figure Out How to Call for Help

CHAPTER 6

FALL PREVENTION TIPS & RESOURCES

ICE

WEAR
APPROPRIATE
GEAR, NO
MATTER HOW
LONG YOU
PLAN TO BE
OUTSIDE

BRING
PHONE AND
LET PEOPLE
KNOW WHERE
YOU ARE

PREPARE
FOR ICE IN
AREAS
WHERE
WATER IS
KNOWN TO
ACCUMULATE

TREAT
SURFACES
WITH ICE
MELT

Ice Safety: Adopt New Movements for Ice

1

Walk Like a Penguin:

- Take short, slow, flat-footed steps
- Keep feet under your center of gravity
- Keep hands and arms free to help adjust balance

2

Other Adjustments:

- When exiting a car, step **DOWN** not **OUT**
- Use handrails, avoid slopes
- Keep your head up and don't lean forward when walking

Use Additional Traction on Slippery Surfaces

Chain



Coil



Spike



Crampon



FALLS ON THE FARM

RESOURCES

CHAPTER 1. INTRODUCTION TO FALLS

- <https://www.icd10data.com/ICD10CM/Codes/V00-Y99/W00-W19>

CHAPTER 2. FALL RISKS ON THE FARM

- <https://farmershealth.org.au/2014/03/21/falls-prevention-on-farms>

Elevated Platforms: <https://nasdonline.org/7404/d002565/mi-face-report-horse-breeder-falls-11-12.html>

Vehicles: <https://nasdonline.org/1672/d001572/tractor-operation-safety-preventing-falls-and-runovers.html>

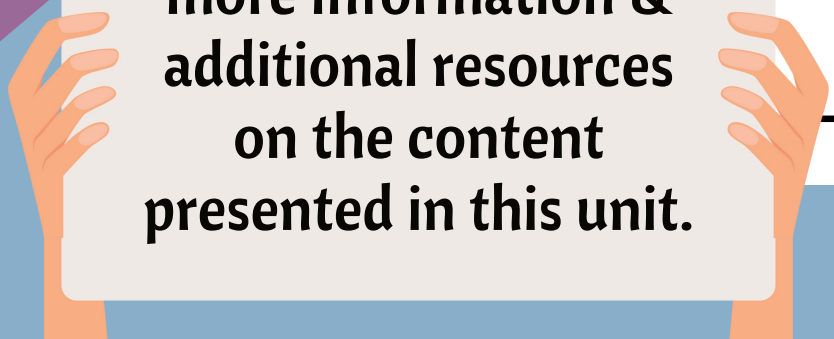
Openings in the Ground/Floor: <https://health.ny.gov/environmental/investigations/face/docs/20ny025.pdf>

Ponds/Lagoons/Wells: <https://extension.psu.edu/farm-pond-safety>

CHAPTER 3. PERSONAL RISK FACTORS

- <https://www.betterhealth.vic.gov.au/health/healthyliving/farm-safety-falls>

Medications: <https://www.health.harvard.edu/staying-healthy/medications-that-increase-your-risk-of-falling>



View these links for
more information &
additional resources
on the content
presented in this unit.