

**Episode Title:** A New Chapter: Season 5 of the FarmSafe Podcast

**Summary:** In the season 5 kickoff of the *FarmSafe Podcast*, host Libby Ritchie and Center Director Renee Anthony, preview a packed year of conversations focused on improving health and safety in agriculture. This season features insights from the American Heart Association and experts from the University of Iowa on child injury prevention, machine safety, and new findings from the Iowa Trauma Registry.

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**Episode Quote:**

*"If there's any topics that we're not planning on covering, but you've got a great idea, we're always here to find somebody that can help share resources, share stories, and really make a meaningful difference to health and safety on farms."*

– Renee Anthony, Director of the Great Plains Center for Agricultural Health

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## Transcript

### E Ritchie

Welcome to the *FarmSafe* Podcast brought to you by the Great Plains Center for Agricultural Health. In the blink of an eye, an injury can change your life and your farm forever. During each episode, we share first-hand stories and real-life tips for making safer and healthier decisions while on the farm.

### R Anthony

Welcome back to the FarmSafe Podcast. We are kicking off season five. We've got the voice of Libby Richie also on call. Hey Libby, how's it going?

### E Ritchie

It's going well. Glad to be back for season five.

### R Anthony

Yeah. So, we, we left everybody off kind of on a cliff hanger at the end of season four, bringing in the voices of everybody that was involved in multiple seasons of the podcast. As we're recording this now, we're still you know, on pins and needles as far as federal funding, but we do have funding to support us through season five. So, I'm really excited about the season we've got ahead of us. Normally we kick this off in September. We're going to do what we did last year and kind of do bundle drops, stealing from the Netflix model. Hopefully we'll be able to drop off some bundles in January, March-ish and July is kind of what we're targeting for this season.

But we've kind of come up with our list of folks and topics and it looks like a really interesting season coming up.

### E Ritchie

So, we should give a couple of teasers into what we're planning this season.

### R Anthony

I think we should. Yeah. We're still trying to put together the content as we approach the new year, but we've got some folks coming in from the American Heart Association. They've got some activities that they're reaching out to rural folks throughout the Midwest region. And so, we've got one of our guest hosts coming back from our early seasons to coordinate that one.

And then we're going to reach out to the National Children's Center as well and talk about some of their new national action planning for dealing with child safety.

### E Ritchie

And there will be another episode in January where I am not the host, but I'm actually a guest, which was unanticipated, but very excited. I got to be on the other side of the microphone for once. And I will say I enjoyed it.

**R Anthony**

Right. So, that's the student college of public health podcast that we've got here at the college of public health at the university of Iowa. So, I think you and Jenna Gibbs, longtime supporter of ag safety and health sat down and had some conversations about what's going on with, I think, children again in injury prevention.

**E Ritchie**

Yes, and Jenna is the manager of the Injury Prevention and Outreach Center at the University of Iowa said Family Children's Hospital. That episode is very interesting, and I definitely encourage everyone to listen. And that was kind of in honor of Injury Prevention Day on November 18th.

**R Anthony**

Great. And then you have the misfortune of having to interview me about machine safety, but it's a conversation about machine safety, why it's important. We'll have kind of some teaser information for the Iowa Trauma Registry. So, John Davis has finished that assessment. And so, we'll be having him share what he learned about what is sending Iowa farmers to the emergency room. And so those kinds of information really help us figure out where we need to spend some resources, how we develop outreach materials, and then how we structure some of the topics that we're presenting in our farm safe. So, January is going to be a bit exciting.

And then we're going to cycle back with some tick stories. We've got some new information coming forward. And then we're going to reach out to folks that we have funded on some pilot projects because they're doing some really interesting stories on mental health and concerns about farmers being on anticoagulation meds and what is the impact of that if they get hurt on the farm.

And then we've got a pretty new investigator that's going to talk about some of the findings that she had on a study where she looked at PPE use in hot environments. So, what kind of personal protective equipment is useful in the heat of our Midwestern summers? And then I see that we've got some interviews with hopefully you and Tyler talking about some health and safety research and the projects that you've been working on.

**E Ritchie**

Yeah, so that's going to be exciting. Tyler and I spent a lot of time together in the car over harvest and actually over the summer as well with the research project that we're doing looking into whole body vibration. We were traveling to farms all over Eastern Iowa and working with them closely. And we will kind of just discuss what that looks like doing research with farmers and the lessons learned, then what we hope to improve on going forward into the planting season. So, should be a pretty interesting conversation.

**R Anthony**

Great, yeah. And then one of the stories that we're looking at kind of in our last drop is right now we're kind of playing with the idea of survivor stories. We do have a lot of farmers that have had a loved one that has been injured, fatally and not fatally.

And they really are active in social media and in doing live outreach events and being involved with the press. And so, I think we'll have a topic as to why do folks want to share those stories and kind of give some space to that. And so, if you are a listener and think, yeah, I've got a history or a story that I want to make sure somebody doesn't do the same thing that caused me problems, then go ahead and reach out to us. We've got a lot of connections on our platforms. Let us know if there's a story that you want to share in order to prevent other farmers from having a loss or an injury that's going to affect the sustainability of your farm.

**E Ritchie**

And then at the end of the season towards July, we'll also recap some of the projects in our center, connecting with other investigators in the center who we haven't talked to in a little bit and just get some updates on those projects and what they've learned and what they plan to do going forward.

**R Anthony**

Yeah, so hopefully our listeners will be interested in these topics. And if there's any topics that we're not planning on covering, but you've got a great idea, we're always here to find somebody that can help share resources, share stories, and really make a meaningful difference to health and safety on farms.

### E Ritchie

Listen in on the *FarmSafe* podcast to join in on the conversation about keeping safe on the farm.

We want to hear from you. Share your stories about health and safety issues on the farm, about injuries that made you change the way you work, or about the ways you keep yourself and others safe on your farm. Also let us know if there's questions you have or topics that you want to hear about on the air. You can visit our website, [gpcah.org](http://gpcah.org), or email us.

Original music for the *FarmSafe* podcast was written and performed by Ben Schmidt. This work was funded by the Centers for Disease Control and Prevention as part of the National Institute for Occupational Safety and Health's Great Plains Center for Agricultural Health.

### Photo

