FARM SAFETY GUIDE
Hazard assessment and checklists for small farms and ranches.
BECAUSE HARD WORK IS ABOUT
SWEAT, NOT BLOOD AND TEARS

Farming is hard work and it’s extremely dangerous. All the hard work you put into your operation doesn’t mean much unless you stay safe and are able to do it again, day after day.

Nothing is closer to our hearts than the safety of our members and their communities. We have championed farm safety for over 105 years and are committed to continuing the education of safe practices in order to reduce the number of farm injuries across Alberta.

Agriculture is considered the third most hazardous industry in Canada, and in terms of absolute numbers of fatalities it is deemed to be the most dangerous occupation. We all need to do our part in keeping our families and community members safe.

A proactive approach to safety is essential. An accident on your farm or ranch can have a tremendous impact on your workers and family members, in terms of pain and suffering, disability, and stress. Losses or changes caused by an accident can even prevent the farm or ranch from functioning properly.

Health and safety is good business. Making a commitment to health and safety is one of the best ways for you to protect the employees and equipment at your farm and ranch operation. Such a commitment can help you:

- Help retain good workers
- Increase worker participation in decision making
- Improve productivity

This hazard assessment guide and checklist will enhance your knowledge of typical potential hazards found around a farm, and provide you with simple checklists and documented action lists to assist in making your farm a safer place for all those that live, work on, and visit your farm. It is intended as a guide only for small farms and ranches. Specifically, this hazard assessment guide and checklist is not intended to satisfy all the requirements of the Occupational Health and Safety Act and Occupational Health and Safety Regulation of Alberta. Prudent safety practices will always include site- and context-specific hazard assessments, which this document is intended to enhance and assist with. However, use of this document is in the discretion and at the risk of the user.

For further information please click here.

Stay Safe!

Kevin Hoppins
Chairman of the Board
SAFE POLICY COMMITMENT

In order to protect myself and others who live on, work on or visit my farm, from accidents and ill health I am committed to:

- Providing a safe place of work.
- Advising all who work or are present on the farm of the hazards identified in this risk assessment and the controls in place to protect them from injury.
- Using safe systems of work.
- Providing all machine guards, protective equipment, information, training and supervision necessary to protect those at risk.
- Reviewing health and safety on my farm and this document on a regular basis.
- Stopping work immediately if a dangerous situation arises and only resuming once the hazard is controlled.

Signed: ______________________________________
Date: ______________________________________

Emergency Telephone Numbers

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Farm Phone</td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td></td>
</tr>
<tr>
<td>Alberta Health Services</td>
<td>811</td>
</tr>
<tr>
<td>Vet</td>
<td></td>
</tr>
<tr>
<td>Farm Manager (Owner)</td>
<td></td>
</tr>
<tr>
<td>Supervisor</td>
<td></td>
</tr>
<tr>
<td>Local Fire Department</td>
<td></td>
</tr>
<tr>
<td>Alberta Environment</td>
<td>1-800-222-6514</td>
</tr>
<tr>
<td>Emergency Services</td>
<td>911</td>
</tr>
<tr>
<td>Worker Compensation Board (WCB)</td>
<td>1-866-922-9221</td>
</tr>
<tr>
<td>Alberta Transportation</td>
<td>310-0000</td>
</tr>
<tr>
<td>Alberta Poison &amp; Drug Info Centre</td>
<td>1-800-332-1414</td>
</tr>
<tr>
<td>OHS Contact Centre</td>
<td>1-866-415-8690</td>
</tr>
<tr>
<td>Neighbour #1</td>
<td></td>
</tr>
<tr>
<td>Neighbour #2</td>
<td></td>
</tr>
<tr>
<td>UFA Customer Service</td>
<td>1-877-258-4500</td>
</tr>
<tr>
<td>Your local UFA Farm &amp; Ranch Supply store</td>
<td></td>
</tr>
<tr>
<td>Your local UFA Petroleum Agency</td>
<td></td>
</tr>
</tbody>
</table>

Name: _______________________________________________________________
Municipal Address (911 blue sign number) ____________________________________
_____________________________________________________________________
Legal Land Description (QTR,SEC,TWP,RGE,W_): ____________________________
# How to Fill Out These Documents

## Tractors, Farm Vehicles and ATVs

Tractors and other machinery use is potentially lethal. Those at risk include operators and those who may be in the area of the equipment. Poor operation is the main cause of fatalities.

### Rules to Follow:
- Always wear proper PPE
- Provide the proper training to run the equipment
- Check controls and brakes
- Keep PTO covered
- Keep clear of crush zones
- Step down, don’t jump

### List All Vehicles Used on the Farm

<table>
<thead>
<tr>
<th>Vehicle Name</th>
<th>X</th>
<th>✓</th>
<th>✓</th>
</tr>
</thead>
</table>

**Note:** If a safety control measure is missing indicate this on your Action List page 20.

### Step 1:
Read the information about the hazard.

### Step 2:
Complete the list

### Step 3:
Read the control measures.

### Step 4:
Check the safety control measures are in place for each item listed. Answer ✓, X or N/A

### Step 5:
List additional controls that are in place.

### Step 6:
If a safety control measure is missing indicate this on your Action List page 20.
The overall situation

Over 1/3 of all workplace fatalities in Canada occur in farming.

Major causes of farm deaths 1990-2012

- Rollover 20%
- Run Over 18%
- Entanglement 8%
- Pinned or Struck by Machine 7%
- Machine/Motor Vehicle Collision 7%
- Other 20%
- Fall 3%
- Drowning 3%
- Animal-Related 6%
- Struck by Object 8%

Over 2,300 people were killed on Canadian farms in the last 20 years.
CHILDREN

Farms are a high-risk environment for youth. There is a major responsibility of the farmer to ensure that the risks posed to children on the farm are assessed and controls are put in place to keep them safe.

Rules to follow:
✓ Safe play area away from hazards
✓ Supervise children at all times
✓ Keep children away from tractors and machinery
✓ Ensure seat belts and safety gear are used at all times

Children Safety Assessment
I will ensure that:
- A supervised, safe and secure play area for children is provided away from all work activities.
- The dangers to children on the farm are explained to all children and youth.
- A high-level of supervision will be in place when children are present on my farm.
- Particular dangers to children on my farm are identified and controlled (e.g. tractor operation, dug outs, falls).
- Contractors and workers will be made aware of the possible presence of children.

List additional controls

Note: If a safety control measure is missing indicate this on your Action List on page 20.
38% of all farm deaths involve farmers over the age of 60

5x The rate of accidents that include mature farmers vs. children and adults

MATURE FARMERS

Before completing any work mature farmers must consider their own personal limitations (vision, hearing and mobility).

Mature Farmer Safety Assessment

I will ensure that:

- Particular dangers to mature workers or visitors are identified, including working with machinery, livestock and accessing heights.
- Particular care will be taken when mature workers or visitors are present when work is in progress.
- Make sure that mature workers are physically and mentally fit to carry out the work at hand.

List additional controls

Note: If a safety control measure is missing indicate this on your Action List on page 20.
Tractors account for **52%** of vehicle/machinery fatalities each year.

Of that 52%

![Diagram showing breakdown of fatalities](attachment:image)

**Deaths due to Machines**
1990-2012

- Tractor 52%
- Motor Vehicle 13%
- Off-road Vehicle 5%
- Farm Trailer 4%
- Bobcat/Skid Steer 4%
- Power Take-offs 3%
- Auger 3%
- Combine 2%
- Baler 2%
- Other 13%
## Tractors, Farm Vehicles and ATVs

Tractors and other machinery use is potentially lethal. Those at risk include operators and those who may be in the area of the equipment. Poor operation is the main cause of fatalities.

### Rules to follow:
- Always wear proper Personal Protective Equipment (PPE)
- Provide the proper training to run the equipment
- Check controls and brakes
- Keep Power Take Off covered
- Keep clear of crush zones
- Step down, don’t jump
- Do not leave unattended vehicles running

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### Tractor, Vehicle and ATV Risk Assessment

**I will ensure that:**

- The Cab/Roll Over Protective Structures (ROPS)/Seatbelt are in good condition and locked in place.
- The “O” guard is in place to cover the Power Take Off stub
- All controls are in working order and are clearly marked/understood (black: hydraulic; orange: power; yellow: Power Take Off).
- The brakes are in good working order and adequate for the work undertaken.
- The handbrake/park device is fully operational.
- The mirrors, lights, indicators and wipers are all functioning, clean and visible.
- All hitching equipment is free of defects.
- Equipment is maintained as per manufacturer’s specifications and documented.
- Fire extinguishers and first aid kits are available.
- All visible defects in the vehicle are identified and rectified. (List defects on control sheet).

### Safety Practices

- The vehicle is only operated by competent drivers.
- The operator’s manual is available, read and understood.
- The vehicle is always started and operated from the correct position.
- Passengers are only carried where the manufacturer has provided a seat for this purpose.
- Travel speed will be suitable to the ground or road conditions.
- When a vehicle is stopped, the SAFETY/EMERGENCY BRAKE (SAFE) parking procedure is used.
- Helmets are available and are a correct fit (as per operator’s manual).

### Additional vehicle controls used

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Note: If a safety control measure is missing indicate this on your Action List page 20
MACHINERY

Machinery is a significant source of fatalities and serious injuries in agriculture. Those at risk of injury are persons operating the machinery and those in the vicinity when machinery is being operated.

Rules to follow:
✓ Keep all guards in place
✓ Turn machinery off before trying to unblock it
✓ Do not operate if a guard is missing
✓ Avoid pinch points

Machinery Risk Assessment

<table>
<thead>
<tr>
<th>I will ensure that:</th>
</tr>
</thead>
<tbody>
<tr>
<td>All safety guards/devices are fitted and properly lubricated.</td>
</tr>
<tr>
<td>The Power Take Off &quot;O&quot; guards are present.</td>
</tr>
<tr>
<td>The hydraulic systems and hoses are in good condition.</td>
</tr>
<tr>
<td>All machinery defects are identified (list defects on control sheet).</td>
</tr>
<tr>
<td>Regular maintenance is carried out and documented.</td>
</tr>
</tbody>
</table>

Safety Practices

| Machinery is only operated by competent operators. |
| The operator’s manual is available, it was read and understood. |
| Hydraulic equipment is supported with a proper prop during maintenance or repair. |
| The Power Take Off and moving parts are stopped, equipment is shut off, locked out and de-energized before working on or freeing blockage. |
| Passengers are not carried on machines unless designed to do so. |
| Loads are stable and well secured. |
| Area is clear of bystanders when backing up and operating equipment. |

<table>
<thead>
<tr>
<th>Additional machinery controls used</th>
</tr>
</thead>
</table>

Note: If a safety control measure is missing indicate this on your action list page 20.

Deaths Due to Machinery Entanglement

<table>
<thead>
<tr>
<th>Year</th>
<th>Deaths Due to Machinery Entanglement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990-2012</td>
<td>Of the 53 entanglement deaths 83% had caught a piece of clothing</td>
</tr>
</tbody>
</table>

- Power Take-off: 29%
- Baler: 13%
- Auger: 12%
- Tractor: 6%
- Manure Spreader: 5%
- Other: 35%
LIVESTOCK

Livestock accidents are a significant contributor to farmwork related injuries and fatalities. Working with bulls is a primary concern. The risks with these animals include crushing and goring, when animals are being moved, separated or released. Animals with newborn young also pose a risk. Those at risk are the farmers and those who may gain access to farm animals.

150 Fatalities in Canada were due to livestock accidents

6% of total fatalities in Canada are livestock related

60% of all hospitalizations associated with agriculture are livestock related.

Rules to follow:
✓ Install good handling facilities.
✓ Adhere to proper loading standards and provide adequate loading facilities
✓ Post ‘Beware or Do Not Enter’ signs on animal pens

Livestock Risk Assessment

I will ensure that:

- Pens, fencing, squeezes, head gates and other handling facilities are safe and allow safe animal handling.
- Gates can be securely closed.
- Fencing in place and no repairs needed.
- Facilities for loading and unloading of animals is secure and safe.
- All visible defects in livestock facilities are identified (list defects on control sheet).

Safety Practices

- Workers handling livestock are competent and experienced.
- Use a vehicle or horse is used when herding if a bull is running with the herd.
- Signs warning the public to beware or do not enter are in place.
- Aggressive animals are culled.
- Workers are trained in safe use of needles, branding and dehorning equipment.
- A container to store and throw away used needles is provided.
- When working with livestock always have a clear escape path.

List additional livestock controls identified.

Note: If a safety control measure is missing indicate this on your action list page 20.
FARMYARD AND BUILDINGS

In the 20 year period (1992-2012), 40% (945) of farm deaths occurred in the field or farm yard. Of particular concern is working at heights, confined spaces and drowning in manure water and grain.

<table>
<thead>
<tr>
<th>Farmyard, Building and Drowning Risk Assessment</th>
<th>List buildings and farmyards</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will ensure that:</td>
<td></td>
</tr>
<tr>
<td>A muster point (meeting location) in case of emergencies is identified.</td>
<td></td>
</tr>
<tr>
<td>Farmyard and surfaces are tidy and free of large ruts and holes.</td>
<td></td>
</tr>
<tr>
<td>Bridges and culverts are strong enough to support equipment and loads.</td>
<td></td>
</tr>
<tr>
<td>Equipment stored in yards is organized and visible.</td>
<td></td>
</tr>
<tr>
<td>Buildings are tidy and structurally sound.</td>
<td></td>
</tr>
<tr>
<td>Fire extinguishers and/or other fire-fighting equipment is available in each building.</td>
<td></td>
</tr>
<tr>
<td>A safe means of access and working at heights is used (e.g. stairs, work platform, ladder, and handrails).</td>
<td></td>
</tr>
<tr>
<td>First aid kits are available and stocked.</td>
<td></td>
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<tr>
<td>Swinging doors can be secured.</td>
<td></td>
</tr>
<tr>
<td>Overhead power lines are identified and all workers are aware of their presence.</td>
<td></td>
</tr>
<tr>
<td>Exits onto public roads are safe and unobstructed.</td>
<td></td>
</tr>
<tr>
<td>All visible defects in the farmyard and buildings are identified (list defects on control sheet).</td>
<td></td>
</tr>
</tbody>
</table>

**Manure / water**

| Open manure/water tanks/pits/wells are fenced and secured (including gates) to prevent access. |                             |
| During manure agitation, open access points are guarded. |                             |
| Manhole covers and access doors/gates are in place. |                             |
| Old wells are identified and covered. |                             |

List additional farmyard and building control identified.

Note: If a safety control measure is missing indicate this on your action list page 20.
Location of Deaths
1990-2012

- Field/Yard 40%
- Roadways/Highways 18%
- Buildings 12%
- Water Source 6%
- Woodlot/Orchard 6%
- Silo/Grain Bin 3%
- Corral/Outdoor Enclosure 3%
- Unknown & Other 12%

Silo and Grain Bin Risk Assessment

I will ensure that:

- Areas are tidy and free of large ruts and holes.
- Overhead power lines are identified and all workers are aware of their locations.
- Access ladders, cages and catwalks are in good condition.
- Air quality is monitored before entering (silo gas).
- Silos, grain bins and trailer/wagons are never entered while being filled or emptied.
- Correct unload procedures are understood to prevent bin collapse.
- Workers understand the volatile and explosive nature of grain dust.
- Adequate ventilation is present when entering silo/bin.
- Respirators/masks are worn to protect against dust and disease.
- Ladders are raised or removed to prevent access by children.
- All guards and belt covers are in place.
- All visible defects in storage and handling equipment are identified (list defects on control sheet).

List additional farmyard and building control identified.

Note: If a safety control measure is missing indicate this on your action list page 20.

Rules to follow:

- Tie off / secure ladders
- Discuss roof dangers before starting a task and provide proper platform when working on a roof
- Secure gates
- Fence off water and manure
- Ventilate then agitate
- Keep manholes covered
- Wear safety harness for heights
WORKSHOP & REPAIRS

Farmers use an array of workshop tools and equipment for maintenance and repairs. For example: welders, grinders, generators, chainsaws and power washers. This equipment may pose a risk due to:

- entanglement in moving parts
- being struck by metal particles
- sparks
- heat
- explosion
- weld flash

These may cause injury to the person using the equipment or those who may be in the area.

WORKING WITH WOOD

The major cause of wood-related deaths is being struck by falling trees or branches. Bystanders, including children, have died in a number of cases. Chainsaw injuries involve cuts and lacerations to the limbs, neck, head and body so protective clothing is necessary. Chainsaws produce noise in excess of 100 decibels so hearing protection must be worn. If wood material penetrates an eye it can lead to loss of the eye by tissue damage or by introducing an infection.

**Portable and Fixed Equipment Safety Assessment**

*(Examples: Portable equipment – angle grinder, welder, power washer. Fixed Equipment – air compressor, hoist)*

*I will ensure that:*

- The equipment is only operated by competent operators.
- Equipment is maintained as per manufacturer’s specifications and documented.
- All safety devices (guards/shields) are in place and are in working order.
- Proper PPE (eye, ear, foot, hand, head and body) is available and put on before using equipment or chainsaws.
- Manufacturer’s operation manuals are available and used.
- All visible defects in portable and fixed equipment are identified (List defects on control sheet).

**Chainsaws**

- The chainsaw is fitted with a full range of safety devices including a chain brake and a safety chain.
- Wood material to be cut is adequately secured and supported.
- Tree felling is carried out by a competent person.

**List additional portable and fixed equipment controls identified.**

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Rules to follow:

- ✓✓ Proper training on equipment use
- ✓✓ Wear proper PPE
- ✓✓ Protect your eyes and hearing
- ✓✓ Raise equipment properly
- ✓✓ Used fixed support when working under machinery
- ✓✓ Consider fire safety when grinding or using other equipment that causes sparks
- ✓✓ Keep the shop/work area tidy and free of hazards
- ✓✓ Do not ride in the back of grain trucks or on trailers

Note: If a safety control measure is missing indicate this on your action list page 20.
ELECTRICITY

Electrocution can be fatal. Where electrical equipment is not to the correct standard or is not well maintained, there is a risk of electrocution. Those at risk include the farmer and anyone entering the farm that may come in contact with faulty electrical equipment or overhead power lines.

Rules to follow:
✓ Check Residual Current Device (RCD)
✓ Ensure outside switches are waterproof
✓ Keep clear of overhead lines
✓ Maintain electrical lines and outlets – have replaced when needed
✓ Have the appropriate National Electrical Manufacturers Association (NEMA) rating.

Electricity Safety Assessment

I will ensure that:

Electrical installations are inspected and maintained by a competent electrician.

Electrical fittings are appropriate for use and environment e.g. explosion-proof, weather-proof and dust-proof.

All circuits are protected by a breaker or fuse of the correct rating (Ground Fault Circuit Interrupters (GFI or GFCI) in place).

A main breaker or fuse protects the total electrical installation.

Ensure combustible material is not stored near electrical panels.

All sockets and circuits are of correct amperage and voltage.

Three-prong 110V portable electrical equipment is used.

An electrical welder is supplied by a correct welding socket as per manufacturer specifications.

Adequate light is provided in work areas.

All visible defects in electrical installations are identified (list defects on control sheet).

Electricity Networks

Contractors and suppliers coming on the farm are made aware of overhead power lines and installations.

Overhead power line clearance is checked whenever equipment is moved or new equipment is acquired.

Safe limit of approach distances are understood as outlined by Occupational Health & Safety (OHS)

List additional electrical controls identified

<table>
<thead>
<tr>
<th>List all the areas where electrical circuits are installed</th>
<th></th>
</tr>
</thead>
</table>

Note: If a safety control measure is missing indicate this on your action list page 20.
CHEMICALS & FUEL

Chemicals pose a risk through inhalation, ingestion and absorption. The risk posed by the chemical depends on its chemical properties—particularly toxicity. They are most dangerous when in concentrated form. Those who are at risk are those who use the chemical and those who may be exposed to the chemicals while they are on the farm. Proximity to building, water and public use areas should be considered. As well, wind drift should be considered.

Health risks cause by chemicals can be chronic or acute:
• Irritations • Burns • Allergy
• Poisoning • Death

Rules to follow:
✓ Locked storage
✓ Proper PPE
✓ Trained users
✓ Equipment in working order and maintained

<table>
<thead>
<tr>
<th>OLD</th>
<th>MEANING</th>
<th>NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ ☐</td>
<td>CORROSIVE</td>
<td>![Corrosive]</td>
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<tr>
<td>☐ ☐</td>
<td>FLAMMABLE</td>
<td>![Flammable]</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>IRRITANT</td>
<td>![Irritant]</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>ACUTE TOXICITY</td>
<td>![Acute Toxicity]</td>
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<td>☐ ☐</td>
<td>OXIDIZER</td>
<td>![Oxidizer]</td>
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<tr>
<td>☐ ☐</td>
<td>EXPLOSIVE</td>
<td>![Explosive]</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>ENVIRONMENTAL HAZARD</td>
<td>![Environmental Hazard]</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>COMPRESSED GAS</td>
<td>![Compressed Gas]</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>RESPIRATORY HAZARD</td>
<td>![Respiratory Hazard]</td>
</tr>
</tbody>
</table>
# Chemical & Fuel Safety Assessment

**I will ensure that:**

- All controlled chemicals are kept in locked storage; access limited and signs are posted.
- All chemical containers are correctly labelled.
- Chemicals are handled and used by a competent and trained person.
- All hazard warning are read and understood.
- All controls recommended by the manufacturer are followed.
- All equipment using chemicals (e.g. sprayer, milking machine) are maintained in safe working order.
- All PPE is cleaned and stored safely after use.
- Washing of skin takes place before eating, drinking or smoking.
- Safe disposal of all chemical containers takes place.
- Water and eyewash are available to wash chemicals off immediately.
- Children are taught the dangers of chemicals.
- A record of chemicals in stock is kept.
- Emergency action for hazardous chemicals is familiar to all who are working with and around chemicals.
- Safety data sheets (SDS) are read and available for all chemicals.
- Chemical storage area is equipped with a first aid kit.
- Workers have received proper training (WHIMIS/pesticide application).

## Fuel Storage & Handling

- Use correctly certified storage tanks for fuel (Underwriters Laboratories of Canada (ULC) or Canadian Standards Association (CSA)).
- Ensure safe access to storage area and fill point.
- Provide secondary containment for spills and overfills.
- Provide means to clean up spills and dispose of fuel.
- Regularly inspect fuel facility for signs of leakage.
- Ensure proper grounding of tank and equipment and only use certified equipment.

**List additional identified controls.**

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*Note: If a safety control measure is missing indicate this on your action list page 20.*
HEALTH OF FARMERS & WORKERS

Working on the farm can affect your health. In many cases the effects build up over time. Of particular concern is the exposure to dust or spores, infections, back pain due to lifting and noise.

Rules to follow:
✓ Use proper lifting techniques
✓ Eliminate manual handling

Manual Handling
Most manual handling accidents result in back injury. Lifting heavy loads results in arthritis of joints, particularly hip and knee joints. Damage is also caused to tendons, ligaments and muscles. Injuries can result from manual handling due to the work itself, the load, the work environment or the individual’s ability. Twisting your back while lifting or carrying a load is particularly dangerous.

Dust and Spores
Dust and spores cause severe illness. Sources include mouldy hay, straw or grain, compost used in mushroom growing, poultry feathers and droppings and dust in intensive livestock houses. Exposure to these materials can cause short term effects (including asthmas, chronic bronchitis, shortness of breath, weight loss, farmer’s lung and sensitization). Sensitization is very serious as any exposure in the future will cause ill health. Always were the proper PPE.

Infection
A range of serious illnesses can be caught from animals and contaminated material. Bacteria, viruses and fungi can cause illness if exposure occurs. Infection can arise from swallowing or by penetrating the skin. Contamination through cuts or broken skin is the most likely source of infection. Contact with materials contaminated with rodent’s feces can cause hantavirus, which is potentially fatal.

Noise
Exposure to noise above a certain level (85dB) over extended periods causes hearing damage. As a general rule, if the noise is such that it is difficult to hear someone talk in a normal voice, noise levels are at damaging levels. Tractors, animals, chain saws, tools and machinery can all produce noise levels which can, over time, permanently damage your hearing. Ear muffs or plugs will protect you from hearing loss.

Stress and Personal Health
As a lifestyle, farming is positive to well-being, however stress can arise. Stress and poor health are associated with high accident levels. The main causes of stress among farmers are:
• Uncertainties due to market
• Weather
• Farm prices
• Farm policies
• Financial worries
• Excessively long work hours
• Poor working conditions
• Poor health and
• Isolation.

It is important to recognize signs of stress and to seek help. Good sleep patterns and medical checkups will help ensure you are ready for peak seasons.
<table>
<thead>
<tr>
<th><strong>Health Risk Assessment</strong></th>
<th>List areas/activities where risk is high.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I will ensure that:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Preventing Back Injury</strong></td>
<td></td>
</tr>
<tr>
<td>Mechanical aids are used to reduce manual handling.</td>
<td></td>
</tr>
<tr>
<td>Where possible the size and weight of the load is reduced before manual handling.</td>
<td></td>
</tr>
<tr>
<td>All loads are assessed before lifting.</td>
<td></td>
</tr>
<tr>
<td>Proper lifting techniques are used.</td>
<td></td>
</tr>
<tr>
<td><strong>Dust and Spores</strong></td>
<td></td>
</tr>
<tr>
<td>Generation of dust and spores is kept to a minimum.</td>
<td></td>
</tr>
<tr>
<td>Adequate ventilation is provided.</td>
<td></td>
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<tr>
<td>A suitable dust respirator is used where dust or spore levels cannot be fully controlled.</td>
<td></td>
</tr>
<tr>
<td><strong>Preventing Infection</strong></td>
<td></td>
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<tr>
<td>Hand washing facilities with soap and towels are available.</td>
<td></td>
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<tr>
<td>Suitable gloves are worn when handling potentially infectious material.</td>
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</tr>
<tr>
<td>Cuts and abrasions are covered.</td>
<td></td>
</tr>
<tr>
<td>A pest control program is in place and correct PPE is used when handling chemicals, feces and dead pests.</td>
<td></td>
</tr>
<tr>
<td><strong>Noise</strong></td>
<td></td>
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<tr>
<td>Ways of reducing noise exposure have been considered.</td>
<td></td>
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<tr>
<td>Suitable hearing protection is always worn where there is exposure to high noise levels.</td>
<td></td>
</tr>
<tr>
<td><strong>Stress/Personal Health</strong></td>
<td></td>
</tr>
<tr>
<td>A regular health check by a professional is undertaken.</td>
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<tr>
<td>Protection from the sun is used.</td>
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<tr>
<td>Confidential advice is sought for health related conditions.</td>
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<tr>
<td>Regular breaks are taken for rest and rehydration.</td>
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<tr>
<td><strong>Workers</strong></td>
<td></td>
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<tr>
<td>Workers are aware of their right to refuse unsafe work.</td>
<td></td>
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<tr>
<td>When working alone, workers have a means to communicate or plan to check in with another person.</td>
<td></td>
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<tr>
<td><strong>Additional identified controls</strong></td>
<td></td>
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</tbody>
</table>

Note: If a safety control measure is missing indicate this on your action list page 20.
MY FARM SAFETY ACTION LIST

Where your assessments have indicated safety controls that are missing you should show, in the action list below, what action you will take to put that control in place. This action should have a date for completion. When the control is in place, the action should be signed off and the safety assessment changed to show that the control is now in place.

<table>
<thead>
<tr>
<th>Safety Assessment</th>
<th>Missing Safety Control Measures</th>
<th>Action I must take</th>
<th>Inspection Date</th>
<th>Completion Date</th>
<th>Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td>eg. Machinery</td>
<td>eg. PTO cover and ‘O’ guard missing on vacuum tanker</td>
<td>eg. Fit new cover and ‘O’ guard to PTO on vacuum tanker &amp; state the make</td>
<td>eg. June 12, 2016</td>
<td>eg. July 5, 2016</td>
<td>eg. J.H</td>
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<tr>
<td>Safety Assessment</td>
<td>Missing Safety Control Measures</td>
<td>Action I must take</td>
<td>Inspection Date</td>
<td>Completion Date</td>
<td>Initial</td>
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