

# Working with the Pressure Zone

## Background Info

We have learned about the flight zone of cattle, but there is another bubble around the flight zone called the pressure zone. This is the zone we, as cattle handlers, want to stay in to reduce the amount of stress a cow may experience because of our intervention in their space. When gradual pressure is put on a cow, she is less stressed, therefore, the interaction will be more positive for the cow, the herd and the handler.

## Pre-Lesson Questioning

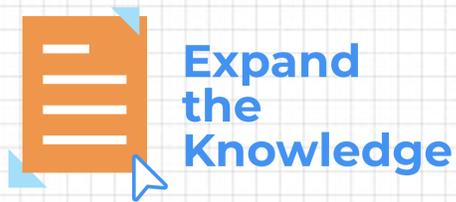
Choose a student in your classroom. Talk to them before class and confirm they can use body language, in this demonstration, that they do not like people standing close to them. You can choose another person that you feel doesn't mind when people are close. Have them stand in the middle of the classroom or in two separate corners. Encourage the class to note observations. Approach them slowly while making eye contact and get close, without actually touching them. Discuss the following questions:

1. Do humans have comfort zones? What did you notice about the facial expressions and behaviors of your classmates as I approached them?
2. Did you notice rings in their comfort zone? Was the reaction different as I got closer to them?



Stockmanship Part 3 - Working with the Pressure Zone - [https://youtu.be/k\\_9TvXzP1p0](https://youtu.be/k_9TvXzP1p0)

- Watch the video as a class



- Hand out the worksheets to all students.
- Allowing students to work in groups of 2-3 can help them think through what they have learned with multiple perspectives. Individual work is also acceptable.
- Students should complete the first two sections, "Document your Understanding" and "Fill in the Blank", individually or in small groups.
- As a class, discuss each of the questions in the "Putting this concept into practice" and have students document their thoughts after each discussion question. (this can also be done individually).

## Extras

- Plan a trip to a dairy farm. To locate a dairy farm contact Midwest Dairy: [\(763\) 355-9697](tel:7633559697)
- Invite a dairy farmer into the classroom to speak to your class.

Video Links:

- NCBA - Low Stress Cattle Handling - <https://youtu.be/9-k1OC8kLyI>
- National Dairy FARM Program - Using Pressure and Release when moving Dairy Cattle <https://youtu.be/TIhfpfKYwmA>

News Link:

- "How to approach cattle. (Drovers Magazine) - <https://www.drovers.com/article/how-approach-cattle>

Visit [umash.umn.edu](http://umash.umn.edu) for FREE resources on animal handling and farm safety/health (barn posters, fact sheets, videos and more.)

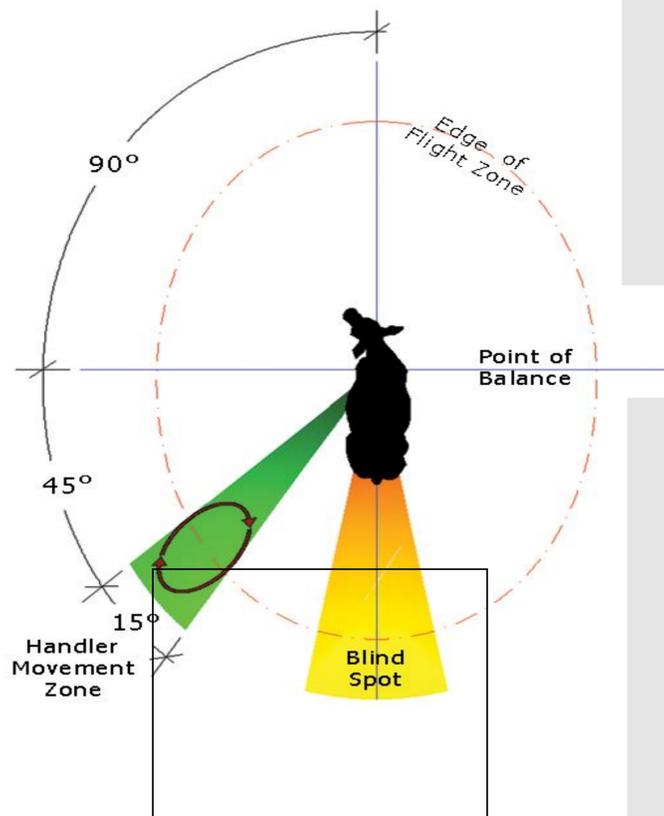
# Working with Cattle Pressure Points

## Document your understanding

Define the pressure point related to an animal's flight zone. What makes using the pressure zone a lower stress method?

Describe how to identify where the edge of the flight zone is.

How can you apply low-stress pressure using this model?



If you were standing in the "handler movement zone" and wanted to move this cow in the opposite direction, where would you move and why?

How does the point of balance and blind spot contribute to movement from the pressure zone?

## Fill in the blank

When handling cows, remember to stay \_\_\_\_\_ of the flight zone.

Use the \_\_\_\_\_ to influence their movement.

\_\_\_\_\_ your behavior and pressure based on what the cow is telling you.

Give \_\_\_\_\_ commands to the cows to make them move as desired.

## Putting this concept into practice

When moving cattle, please describe what you have learned from Part 1, 2 and 3 of the stockmanship videos to give both the handler and the cattle a successful experience.