

Aging Safely and Productively: What you need to know

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- Age of farmers has increased each census:
1945 = 39 yrs, Now 58 yrs.
- Risk for fatal injury increases at age 55
 - Tractor related injuries and falls
 - < 55 yrs. 18 – 20 per 100K (1992-2004)
 - 55 yrs. and over 45 – 55 per 100K
 - 65 – 84 yrs. is the highest risk age group
- Non fatal injury: Falls accounts for 18 – 21% versus 5% in all other workers in older farmers

Prescription Medication

56% of farmers over
54 years old use
prescription
medications

Odds ratio for injuries
amongst farmers
using prescription
medications is 2.8 (CI
1.0 - 7.7)

Adding to the risk of injury...



Health

- World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- Survey of over 1200 farmers over 50 in 2002-2003 in Kentucky and South Carolina
- Most frequently chosen definition: “the ability to work” followed by “absence of major disease”
- Reed, D.B., Rayens, M.K., Conley, C.K., Westneed, S., and Adkins, S.M. Farm Elders define health as the ability to work., 2002. 60(8): 345-51.

What can Help?

Practice prevention early in life (hearing, sun, chemical protection)

Regular health care with annual review of prescription medication and appropriate screening

Good nutrition / Exercise

Rest periods

Good lighting and handrails in work and walking areas

Moderation of alcohol

Ensure social and connections

Installing ROPS and seatbelts



ROPS Programs in WI / MN

- 1-877-767-7748
(1-877-ROPSR4U,
Option 2)
- or the website
www.ropsr4u.com

References

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