The arrival of August can be bittersweet - the end of summer, the return of school and schedules and the shorter days of fall and winter on the horizon. We took time to reflect on our recent work, projects and relationships that will lead to more opportunities. One could say that UMASH ventured out and gained momentum to become a valued resource for the agricultural community.

UMASH and Farm Bureau Financial Services joined together at Farmfest 2019 to offer the Wellness and Safety Pavilion. This combined effort brought health screenings, live safety and rescue demonstrations and a tent of exhibitors providing relevant information directly to the agricultural community of farmers, farm families and farm workers. (see article on page 2).

Another venture for UMASH was to provide resources for teachers to incorporate safety and health education into the classroom. We know that safety and health education is not widely taught in the classroom. UMASH addressed this need by aggregating relevant curriculum, lesson plans, and resources along with tips for how to incorporate these into the classroom. This resource provides a "go to" plan for teachers to bring these important topics to the next generation of farmers and agricultural professionals.

The agricultural community faces continued uncertainty, motivating UMASH to facilitate work around stress and mental health in agricultural communities. Three partner projects had an international reach into agricultural communities, with a focus on women and young adults. In addition to developing the “Signs and Symptoms of Stress” resources, the projects have focused on building community capacity and skills, and starting conversations around mental health and stress. Forty-eight states and 5 Canadian provinces have been reached, with additional international presence in the works.

We have several new safety videos for swine producers and youth showing animals at fairs. (see page 3 for links) As always, these resources are free to download and use for education and training.

More to come in the new year as we continue to move forward in an effort to provide resources and education to farmers, farm families and agricultural workers. Keeping in mind, nothing ventured, nothing gained.
Wellness and Safety at MN Farmfest

UMASH leads effort to bring health, safety and wellness to Minnesota Farmfest.

Agricultural safety and health resources were highlighted in a new exhibition area at this year’s Minnesota Farmfest, which was held August 6-8 in Redwood County Minnesota. The Farm Bureau Financial Services Wellness and Safety Pavilion featured live farm safety and rescue demonstrations; up-to-date agricultural safety and health information from more than 20 exhibitors; and free health screenings offered by the Mayo Clinic Health System in Springfield, the HealthFair Healthmobile and the Masonic Cancer Center at the University of Minnesota.

While the idea of providing resources, health screenings or demonstrations at a farm show isn’t entirely new, bringing all three activities together in one dedicated area at Minnesota Farmfest resulted in a health and safety focus not previously found at this farm show. After seeing these activities at other farm shows in the region, UMASH approached the Farmfest show organizer IDEAg with a plan. Ultimately, approximately twenty-five health and safety organizations were recruited and participated as exhibitors, demonstrators and health care providers at MN Farmfest.

Over the three days of the show, the featured activities included:

- **Safety and Rescue Demos**: 36 live safety and rescue demonstrations that were watched by nearly 900 show attendees, including a grain bin rescue, tractor rollover rescue, ATV rollover simulator and power take off (PTO) safety demonstration.
- **Free Health Screenings**: 189 show attendees received free health screenings for blood pressure, body mass index (BMI), glucose, and cholesterol. In addition, 50 show attendees were screened for skin cancer.
- **Wellness and Safety**: Over 20 exhibitors engaged with attendees to provide safety and health information on a range of topics such as healthy living, mental health and wellbeing, youth and families, business, equipment and roadway safety, and injury response.

The Wellness and Safety Pavilion was sponsored by Farm Bureau Financial Services with additional support provided by the MN Department of Health and the MN Department of Agriculture. Through UMASH’s collaboration with the show organizers, sponsors, exhibitors, demonstrators and health care providers, Minnesota’s farmers, family members and agricultural professionals were given ready access to information, resources, demonstrations and health screenings to keep themselves and others safe and healthy on the farm.

Learn more and see a full list of events and exhibitors at: umash.umn.edu/farmfest

**AG Health and Safety Spotlight**

**Calm handlers = Calm cows**

Low stress or positive animal handling is a key initiative of UMASH.

UMASH Co-Director, Jeff Bender, was a featured speaker at the 2019 Upper Midwest Dairy Industry Association. His talk focused on calm, thoughtful working with cattle.

**Dr. Bender stressed three main points when working with dairy cows:**

- ✔ reduction of injuries with low stress animal handling techniques,
- ✔ training programs for immigrant health workers, and
- ✔ typical injuries of dairy workers.

⇒ READ THE SPOTLIGHT STORY AT: umash.umn.edu/calm-handlers-calm-cows
**Featured Resources**

**Worker Protection Standard Farm Safety Check**

*Working with pesticides is a regular occurrence for many individuals involved with agriculture. While working with pesticides may be inevitable, incidental exposure and injury does not have to be.*

The Worker Protection Standard (WPS) requires that both agricultural employers and workers take active steps to prevent incidents from occurring by complying with minimum safety requirements.

**Download the Farm Safety Check at:**

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**Ag Educator Resources**

UMASH has compiled a list of resources to assist teachers with incorporating agricultural safety and health into the classroom during the academic school year.

Resources include lesson plans, awareness events, a planning template, and additional resources on a variety of topics.

**Access the Resources at:**
[umash.umn.edu/AgEd](http://umash.umn.edu/AgEd)

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**4H Videos on Food Safety and Biosecurity**

UMASH, Minnesota 4-H, and the Minnesota Department of Health joined together to produce two new training videos for 4-H clubs on the topics of biosecurity and food safety when exhibiting and working at county fairs.

**Keep Food Safe - 4H Food Stand Worker Training**

**6 Tips for Biosecurity - A Guide for Youth Livestock Exhibitors**

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**NEW! Swine Videos**

UMASH worked with our partners at the National Pork Board, the College of Veterinary Medicine Swine Program and the Southern Research and Education Center at Waseca, MN to develop two new training videos addressing sow handling and biosecurity measures to prevent the flu.

These videos are available in English and Spanish and are designed as training tools for employees.

⇒ **Learn More at:**
Women in Sustainable Agriculture Conference
OCTOBER 17-19 • St. Paul, MN
Connect with women from across the country who work in sustainable ag to exchange ideas, discover resources, and network. Workshops cover leadership skills, personal growth, farm business success, and more.

⇒ mosesorganic.org/events/wisa-conference

Agricultural Safety & Health Council of America (ASHCA)
Raising Safety 2020: Cultivating a Culture of Safety
CALL FOR ABSTRACTS FOR POSTER SESSION
SUBMISSION DEADLINE: November 20
The ASHCA Poster Session will provide a forum for conversation and collaboration among researchers, educators, risk managers, and agriculture industry leaders.

⇒ ashca.org/2020-safety-summit

Recent Publications and Project News

Carrie Klumb receives 2019 SPH Emerging Leaders Award
Congratulations to Carrie Klumb, Epidemiologist with the Minnesota Department of Health, who was recently recognized by the School of Public Health and received the 2019 Emerging Leader Award. Carrie’s work with UMASH has focused on surveillance and measuring the burden of disease with zoonotic pathogens. LEARN MORE

Publications


» Economic Evaluation and Systematic Review of Publicly Available Workers’ Compensation Practice Details and Mod Rate Calculators Applied to Upper Midwest Agriculture. Bryan Weichelt, Anita Alves Pena, Jeffrey Joyce, Matthew Keifer. Journal of Agromedicine,


Upcoming Events

Mental Health Awareness at Dan Patch Park - MN State Fair
August 26
St Paul, MN

2019 National Farm Safety and Health Week
September 15-21
National FFA Convention
October 30 - November 2
Indianapolis, IN

Midwest Rural Agricultural Safety and Health Conference (MRASH)
November 13-14
Marshalltown, IA

Minnesota Farm Bureau LEAP Conference
January 31 - February 1
Bemidji, MN

Agricultural Safety and Health Council of America (ASHCA)
March 19-20, 2020
Las Vegas, NV

Learn more and view full event list at: umash.umn.edu/upcoming-events