

















# 2024 Farm Safety Calendar

OCTOBER - Spooky skeletons... *Protect your back!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>THIS MONTH:</b> Poor posture, lifting with your back, and riding on farm equipment can lead to back pain and injuries. Use UMASH resources to lift safely, maintain good posture, and reduce vibrations. Keep those bones safe and avoid musculoskeletal injuries. <i>Your skeleton will thank you!</i></p>		<p>1 NATIONAL 4-H WEEK OCT 1-7</p> 	<p>2 NATIONAL FIRE PREVENTION MONTH</p> <p>» BUILDING FIRES » FIELD FIRES</p> 	<p>3</p>	<p>4</p>  <p><b>SPOTLIGHT: PROTECT YOUR BACK WHILE FARMING</b></p>	<p>5</p>
<p>6 NATIONAL PROTECT YOUR HEARING MONTH</p>  <p><b>FARM SAFETY CHECK: HEARING PROTECTION</b></p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 WORLD MENTAL HEALTH DAY</p>  <p><b>STRESS RESOURCES</b></p>	<p>11</p>  <p><b>POSTER: LIFT SAFELY ON THE FARM</b></p>	<p>12 NATIONAL FARMER DAY</p> 
<p>13</p>	<p>14 INDIGENOUS PEOPLES' DAY</p>  <p><b>READ THE SPOTLIGHT STORY</b></p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>  <p><b>FARM SAFETY CHECK: WHOLE BODY VIBRATION</b></p>	<p>19</p>
<p>20 CHECK OUT AGRITOURISM RESOURCES</p> 	<p>21</p>	<p>22</p> 	<p>23 NATIONAL FFA CONVENTION</p> <p><b>SPOTLIGHT: FFA 2023 FARM SAFETY SURVEY</b></p>	<p>24 AG RESCUE TRAINING RF-DASH OCT 25-26</p> 	<p>25</p>  <p><b>POSTER: GOOD POSTURE WHILE DRIVING</b></p>	<p>26 NATIONAL PUMPKIN DAY</p> 
<p>27</p>	<p>28 NATIONAL FIRST RESPONDERS DAY</p>  <p><b>LEARN ABOUT RF-DASH</b></p>	<p>29</p>	<p>30</p>	<p>31</p>  <p><b>SAFETY ISN'T SCARY!</b></p> <p>This Halloween season, don't let the farm turn into a haunted house of hazards. With a bit of preparation, you can prevent injuries and illnesses. Visit <a href="http://umash.umn.edu">umash.umn.edu</a> for farm safety tips - <i>no tricks, just treats!</i></p>		