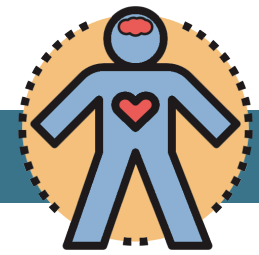


2025 Farm Safety Calendar

MAY - Spring Into Wellness: *Cultivate Safety, Health and Rest!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THIS MONTH: As the busy spring season ramps up, it's important to prioritize your health and well-being. The demands of farm life can take a toll on both your body and mind. Take time to check in on your mental and physical health. Use these UMASH resources to cultivate habits that support safety, health, and rest throughout the season.</p>			<p> May is Mental Health Awareness Month</p> <p>Free resources at: umash.umn.edu/stress</p>	<p>1 <i>Newly Updated!</i></p> <p> SIGNS AND SYMPTOMS OF STRESS</p> <p>ENGLISH SPANISH</p>	<p>2 </p> <p>FARM SAFETY CHECK: STRESS AND WELLNESS</p>	<p>3</p>
<p>4 </p> <p>Resiliency PROGRAMS</p> <p>ONLINE CHATS AND WEBINARS</p>	<p>5</p>	<p>6 </p> <p>WEBINAR</p> <p>Cultivating Resiliency While Navigating Uncertainty</p> <p>12:00pm - 1:00pm</p>	<p>7</p>	<p>8</p>	<p>9 </p> <p>FARM SAFETY CHECK: ELECTRICAL SAFETY</p>	<p>10  Electrical Safety Month</p> <p> SPOTLIGHT: ELECTRICAL SAFETY</p>
<p>11 </p> <p>Lyme Disease Awareness Month</p> <p>VIEW RESOURCES</p>	<p>12</p>	<p>13</p>	<p>14 </p> <p>NATIONAL DANCE LIKE A CHICKEN DAY</p>	<p>15 </p> <p>GLOBAL ACCESSIBILITY AWARENESS DAY</p>	<p>16 </p> <p>FARM SAFETY CHECK: TICK-BORNE DISEASE</p>	<p>17</p>
<p>18</p>	<p>19 </p> <p>PUBLIC HEALTH INSTITUTE BEGINS</p>	<p>20</p>	<p>21</p>	<p>22 </p> <p>WEBINAR</p> <p>QPR FOR FARMERS AND FARM FAMILIES</p> <p>11:00am - 12:30pm</p>	<p>23 </p> <p>DON'T FRY DAY</p> <p>HEAT AND SUN PROTECTION AWARENESS</p>	<p>24 </p> <p>FARM SAFETY CHECK: SUN SAFETY</p>
<p>25 </p> <p>Download our Sun Safety Poster</p>	<p>26 </p> <p>* MEMORIAL DAY *</p>	<p>27</p>	<p>28 </p> <p>AGRICULTURAL WORKER HEALTH SYMPOSIA</p> <p>MAY 28 - 30</p> <p>Grand Rapids, Michigan</p>	<p>29</p>	<p>30 </p> <p>FARM SAFETY CHECK: HEAT ILLNESS</p> <p><i>Heat Illness Awareness Day</i></p>	<p>31 </p> <p>SAVE THE DATE</p> <p>August 5-7</p> <p>MN Farmfest</p> <p>UMASH Wellness Pavilion</p>



Upper Midwest
Agricultural Safety
and Health Center

DOWNLOAD MONTHLY CALENDARS AT:
umash.umn.edu/calendars

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