

# FARMER HEALTH TIPS

FOR YOUR LIFE, SO YOU CAN RAISE LIFE

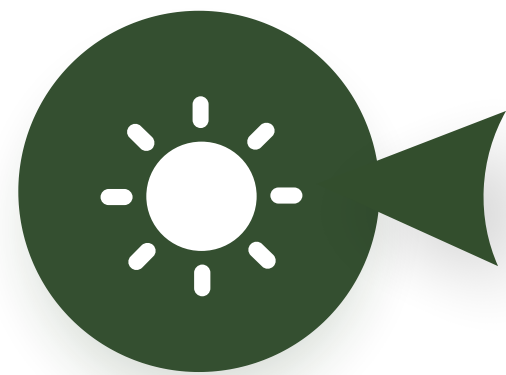
# 40%

OF ALL FARM INJURIES

Involve Animals Or  
Machinery

## Protect Yourself With:

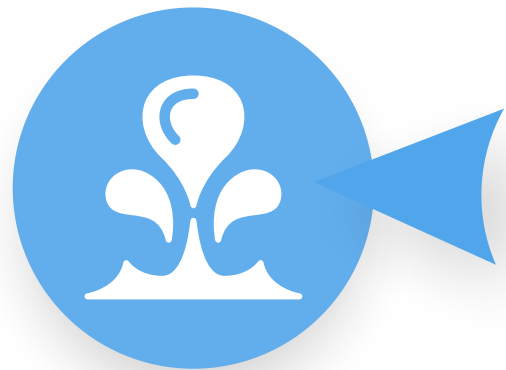
- **Hard hat** when using heavy machinery
- **Safety glasses** when excessive dust is present
- **Steel-toed boots** with livestock



## Protect Against Skin Cancer

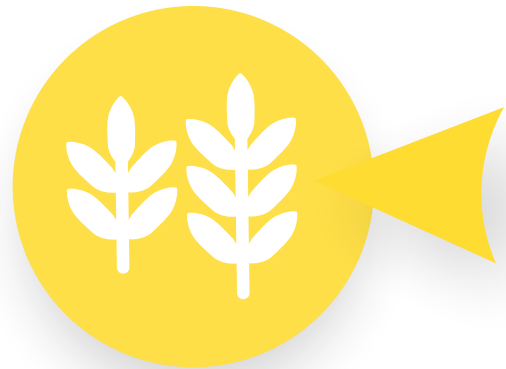
Working outside puts you at an increased risk for skin cancer. Common spots to protect is your head, ears, and arms. Easy ways to protect yourself include:

- Wear a non-mesh hat (brims are best)
- Apply sunscreen to exposed skin
- Wear long sleeve shirts (some have SPF protection built in)



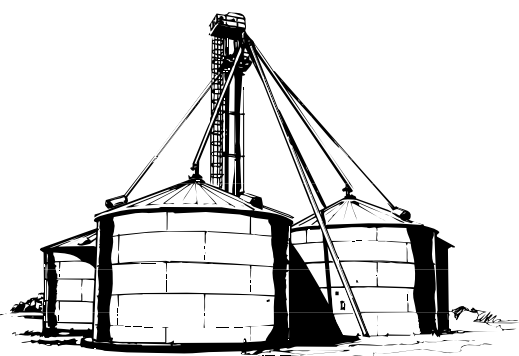
## Stay Hydrated

Pack a water bottle and drink water throughout the day to reduce your risk of kidney stones. Hydration can save a lot of pain, time, and money!



## Know Your Chemicals

Handle your chemicals as directed on their label. Herbicides, pesticides, fungicides can predispose to cancer, birth defects, and more if not handled properly.



**Avoid Grain Entrapment:** Always use a lifeline system including a harness and second person when working in a grain bin.



**Keep Kids Safe:** Ensure youngsters know the full capabilities and danger of any complex machinery that they are around or operating.

## Don't Forget Your Checkups

Staying informed, checkups, and preventative medicine save you money and time in the long run.



## LEARN MORE



Med Ed Materials [www.mededmaterials.org](http://www.mededmaterials.org)

- Farm Safety [www.unmc.edu/publichealth/cscash/\\_documents/FarmSafety-chemical.pdf](http://www.unmc.edu/publichealth/cscash/_documents/FarmSafety-chemical.pdf)
- Kidney Stones [www.kidneystones.uchicago.edu/water-prevent-stones-whats-bet/](http://www.kidneystones.uchicago.edu/water-prevent-stones-whats-bet/)
- Farm Safety [www.amfam.com/resources/articles/on-the-farm/11-tips-for-farm-safety](http://www.amfam.com/resources/articles/on-the-farm/11-tips-for-farm-safety)
- Best Practices [www.extension.psu.edu/business-and-operations/farm-safety/animal-handling](http://www.extension.psu.edu/business-and-operations/farm-safety/animal-handling)

Disclaimer: Med Ed Materials, 2022. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

Thank You!  
You give our community  
life. Care for yourself as  
much as you care for  
your farm.

