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Kentucky Partnership for Farm Family Health & Safety

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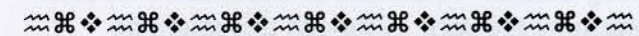
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Winter Time - Farm Equipment Safety

Machinery is powerful. Weather permitting, the work hours are stressful, and incredibly long. It is human nature to cut corners when under pressure. Add the fact that farmers live where they work and you have, without a doubt, the most hazardous job in the country.

Winter time is no exception when it comes to danger. Even though farmers are not as busy as they are in planting and harvesting, the danger is still there. The following are some practical rules for safety in winter.

1. Resist short cuts. Saving a few minutes isn't worth losing a life or limb.
2. Wear close-fitting clothes, tuck in shirt tails and wear shoes with good traction.
3. Inspect your machinery thoroughly and often. Look for loose and worn parts. Check all safety equipment, shields, warning signs, guards, etc.



4. Shut off machinery before you get off.
5. Retro-fit older tractors with roll over protection and a seat belt. (Winter months can be slick and wet)
6. Be sure to use a weather break to help protect your skin from wind, rain, or snow.
7. Keep steps clear of snow, ice, and dirt to ensure traction. Keep windows clean for visibility.
8. Be careful of open flames around starting fluids and ether. Use flashlights on and keep heaters away from equipment that is being worked on.
9. When working in a building and running equipment, make sure the building is well ventilated.
10. Make sure everyone is clear of machinery and in your view before you start work.

In the blink of an eye an accident can happen. So take all the necessary precautions. Safety is simple, you just have to choose to do it. □

Delbert and Kim Roeder,
Roeder Implement -- Hopkinsville, Ky



**The Kentucky Partnership for
Farm Family Health and Safety, Inc.**
WKU Box 8266 1 Big Red Way
Bowling Green, KY 42101-3576
Phone: (502) 745-6328 Fax: (502) 745-3392

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**THE KENTUCKY PARTNERSHIP FOR FARM
FAMILY HEALTH AND SAFETY, INC.**

Volume IV Issue 1

January 1997

Winterize for Farm Health & Safety

Extra! Extra! Read All About It:

This issue will contain informative articles on how to be safe in the winter months around your farm. For your own safety . . . Read All About It!!!! □



Caution!!!
Be Careful When Breaking Ice
for Livestock this Winter!!!!

Safety With Livestock Is Critical In The Winter Months

Potential for serious farm accidents exists throughout the year. However, whenever weather turns unpleasant our desire to

get out of it may lead to carelessness. As we enter the winter months some special considerations need to be made to prevent any accidents.

Winter time often brings the necessity to feed hay. Nearly everyone who feeds hay has also been involved with its harvest, thus we feel comfortable utilizing tractors. The onset of mud, though, can dramatically change a tractor's handling abilities and maneuverability. A loaded tractor in slick conditions can be placed in a potential roll situation very quickly; a situation that would not have occurred otherwise in dry conditions. >

The President's Pen:

Happy New Year from myself and the Kentucky Partnership! A new year usually means new beginnings- this is true with our organization.

One significant change is our newsletter. With each season we will feature safety articles with a theme that is useful to that season.

In 1997, the Ky Partnership will sponsor several new programs. On Feb. 28 we will host a Winter Safety Festival, which will feature educational booths & health screenings. Look for more details inside. Hope to see you there!! *Angela Vaughn*

Winter months are also associated with calving seasons for most beef cattle producers. Many farmers/ranchers get hurt during this time of year tagging and doctoring calves. A normally docile cow with a newborn calf can become very aggressive. She may perceive you as a "predator" and will try to protect her calf. Take precautions: monitor a cow's attitude and approach the pair slowly with the calf between you and the cow - most cows will hesitate to run over their own calves in order to get to you.

Dress properly; cold weather can be treacherous. Be prepared to stay outside for an extended period of time. Weather generally becomes a problem when we go outside to check on something assuming there won't be any problems; a problem arises and we stay to remedy it but failed to dress properly.

Finally, children especially do not understand the hazards associated with tractors, calving cows, and cold weather. Parents encourage your children to practice safe habits by setting a good example. □

Written By: Dr. Nevil Speer
WKU, Agriculture Department

KENTUCKY YOUTH RECEIVES NATIONAL AWARD

Kaelin Vernon, son of Richard and Debbie Vernon of Rockfield, Kentucky received the National Silver Merit Award at the 1996 Youth Safety Congress sponsored by the National Safety Council.

Each year the council chooses youth who strive for excellence in the pursuit of health and safety.

We at the Kentucky Partnership for Farm Family Health and Safety salute Kaelin on his great achievement and wish him further success in the years to come.



County Partnership Reports

Simpson County Chapter-

Jan. 9-23 -- Simpson County CPR classes contact Extension Office at 586-4484 or Angela Vaughn at 586-8558 for more details.

The Kentucky Partnership-

Feb. 6 -- 6:30 p.m. to 8:30 p.m. -- 3rd Annual Richardsville Community Farm Safety Program will be held at the Richardsville Community Center. The Program will consist of informational sessions on a variety of topics. The topics will include "Stress", "Back Pain", "Hearing Loss", and "Machinery Safety". Everyone is invited to attend!!

Winter Safety Festival Farm Family Annual Meeting/Dinner

Farm Family Winter Safety Festival
February 28, 1997 -- 3:00 p.m. to 6:30 p.m.
WKU Ag Expo Center

Farm Family Annual Meeting/Dinner
immediately following the conclusion of
Winter Festival Activities

-Family Fun For All-

- *Children's Activities *Various Door Prizes
- *Booths/Exhibits/Health Screenings
- *Pork Chop Dinner-\$5.00/person
- *Guest Speakers
- *Memberships Taken
- Individual-\$10, Family-\$15, Organizational-\$30
- All Donations Appreciated
- *For More Information Call: (502) 745-6328

Cold Weather Emergencies: A Chilling Subject

Low temperatures can cause you and your family serious medical problems if the proper precautions are not taken.

The two major cold-weather problems that people suffer are **hypothermia** and **frostbite**. Although both are treatable problems, the best cure is an ounce of prevention. So, let's review the best ways to prevent either problem.

* **If you can't stay indoors, limit the time you will be outside if possible, with frequent breaks for re-warming.**

* **If you must be out in the cold, dress in layers.** Several layers of thin clothing provide you with more insulation than one huge coat.

* **If your clothing becomes wet, change it as soon as possible.** Also, choose clothing that is made of fabrics that do not wick heat as rapidly and dry faster, such as wool or polypropylene.

* **Don't forget your ends while dressing up your middle.** Warm socks (also in layers) and a good hat will also decrease the loss of heat. Most heat loss occurs from a person's head and neck.

* **Avoid the use of cigarettes or alcohol.** Even though these make you think you are warmer, they actually cause your body to lose heat faster than it normally would.

* **If you are going to be out of touch with anyone for a while let someone know and have them check on you occasionally to make sure everything is okay.**

Hypothermia is a general cooling of the entire body. As a person becomes more and more hypothermic, their shivering stops as the body gives up its attempts at re-warming. The victim gradually becomes numb, drowsy, irrational, and may even appear intoxicated, before eventually losing consciousness. All of these people need medical attention. One of the most important things to remember with this

type of patient is to handle them **VERY GENTLY**. Rough handling can cause the heart to stop in certain circumstances. Also, do not try to give a person this far along anything by mouth or they may choke. Keep in mind that the development of hypothermia does not require freezing temperatures. Even temperatures in the 60's can lead to hypothermia if the conditions are right. Keep a close watch on infants and the elderly, even if they stay inside all winter. Their bodies cannot adjust to the cold as well.

Frostbite usually affects only a small portion or portions, most frequently the exposed skin of the face, ears, hands, and sometimes feet. True frostbite involves varying amounts of tissue actually becoming frozen. The frostbitten part will often appear waxy and when pushed on will not have the same bounce you feel in other body tissues. Treatment of frostbite involves re-warming the part. Although this might be accomplished at home, it is greatly discouraged. Even if successful, the part must still be evaluated by a physician to assure no other complications. Also, the process of re-warming is frequently quite painful. It is a lot easier on the patient to be in a hospital where medications can be given to relieve pain.

Whenever you have questions or doubts about a possible problem you should contact your personal doctor or your local Emergency Medical Services right away. It's better to be safe than sorry. □

Written By: Jim Williams, Paramedic
EMT Instructor (Jim was a member of the Ky Partnership's first Farm Medic Class.)

Notes to Remember:

1. **Farm Family Safety Day Camp**
June 17, 1997
2. **Membership Renewal Forms and Ballots to vote for 1997 Board of Directors will be sent to all members prior to the Annual Meeting on Feb. 28. The annual meeting will immediately follow the Winter Festival.**