



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

CCHSA-CCSSMA.USASK.CA

Canadian Centre for Rural and Agricultural Health

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Medicine

University of Saskatchewan



BE WHAT THE WORLD NEEDS



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

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Supporting Rural and Agricultural

PEOPLE

Since 1986

Knowledge and programs to support rural and agricultural people to live and work healthy and safe.

BE WHAT THE WORLD NEEDS

Fostering Resiliency in Agriculture

The Importance of Self-Care & Stress Management to Maintain Mental Health



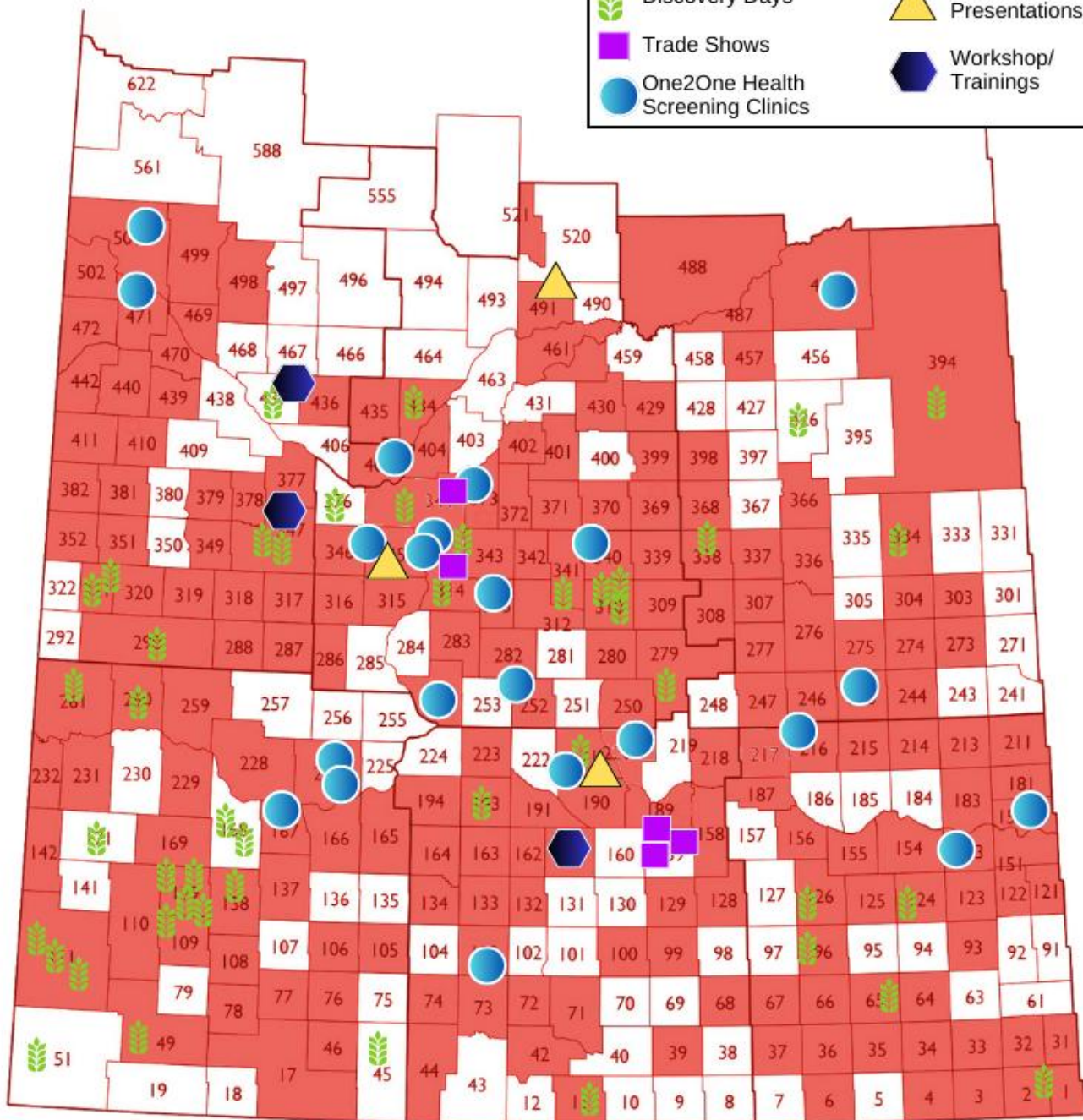
FRONT FACING

Musculoskeletal Health and Safety in Agriculture





Discovery Days Community Presentations
Trade Shows Workshop/ Trainings
One2One Health Screening Clinics



Agricultural Health and Safety Network

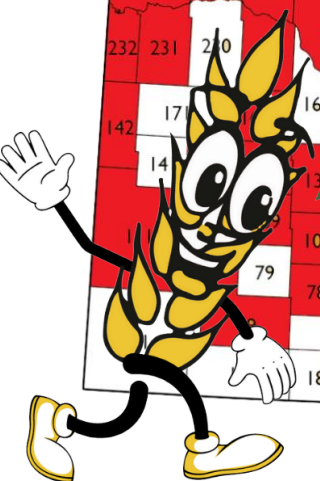
STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

The Centre's connection to SK rural municipalities and farmers

- 194 rural municipalities
- Over 24,000 farm families
- Established alongside SARM in 1988



Agricultural Health and Safety Network



SARM is our partner

- Representative on our Board of Directors (Bob)
- Representatives on our AHSN steering committee – 1 from each division
- SARM President - integral ally in discussions with provincial and Canadian government Ministries
- Individual RMs pay a nominal fee to have their farm families be part of the Network



STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

Discovery Days

Farm safety education for kids



Gear Up for Ag

Farm safety for post-secondary students





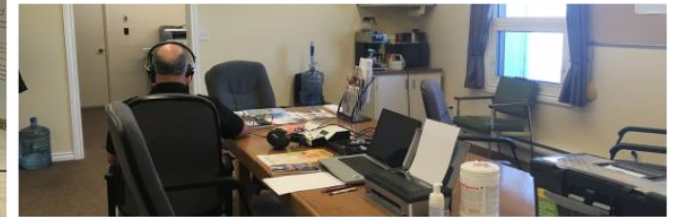
STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

One2One Clinics

- Held in the RM (RM office or town location)
- Individual 30-45 minute appointment with RN
- Test lung health, hearing health, mask fit testing
- health prevention assessment

Member RMs can request the service



BE WHAT THE WORLD NEEDS



STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

One2One Mobile Unit

- Our preventative clinics in a mobile unit
- The appointment takes place in the unit
- Tradeshows, RMs

- \$1.5M anonymous donation



Coming soon!

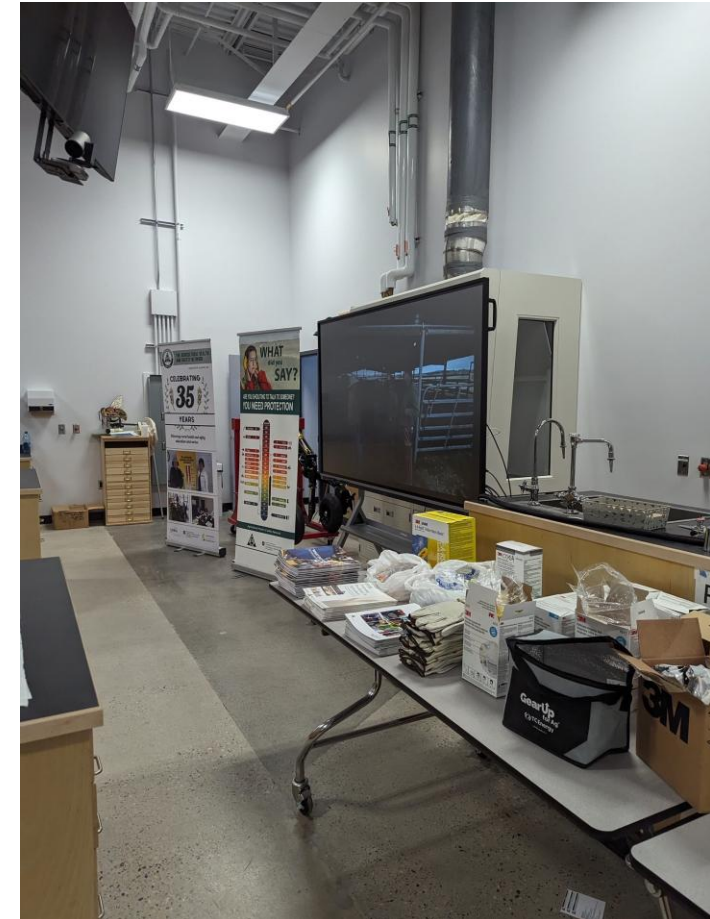


STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

Workshops

- Farmer Health and Safety
- Farm Safety Planning
- Farming and Aging
- Stress and Agriculture
- Sleep Health
- Mental Health (SaskAgMatters)
- Healthy work practices





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Agricultural Health and Safety Network



STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY



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Saskatchewan Association
of Rural Municipalities



BE WHAT THE WORLD NEEDS



OTHER CENTRE PROGRAMS





Rural Dementia Care



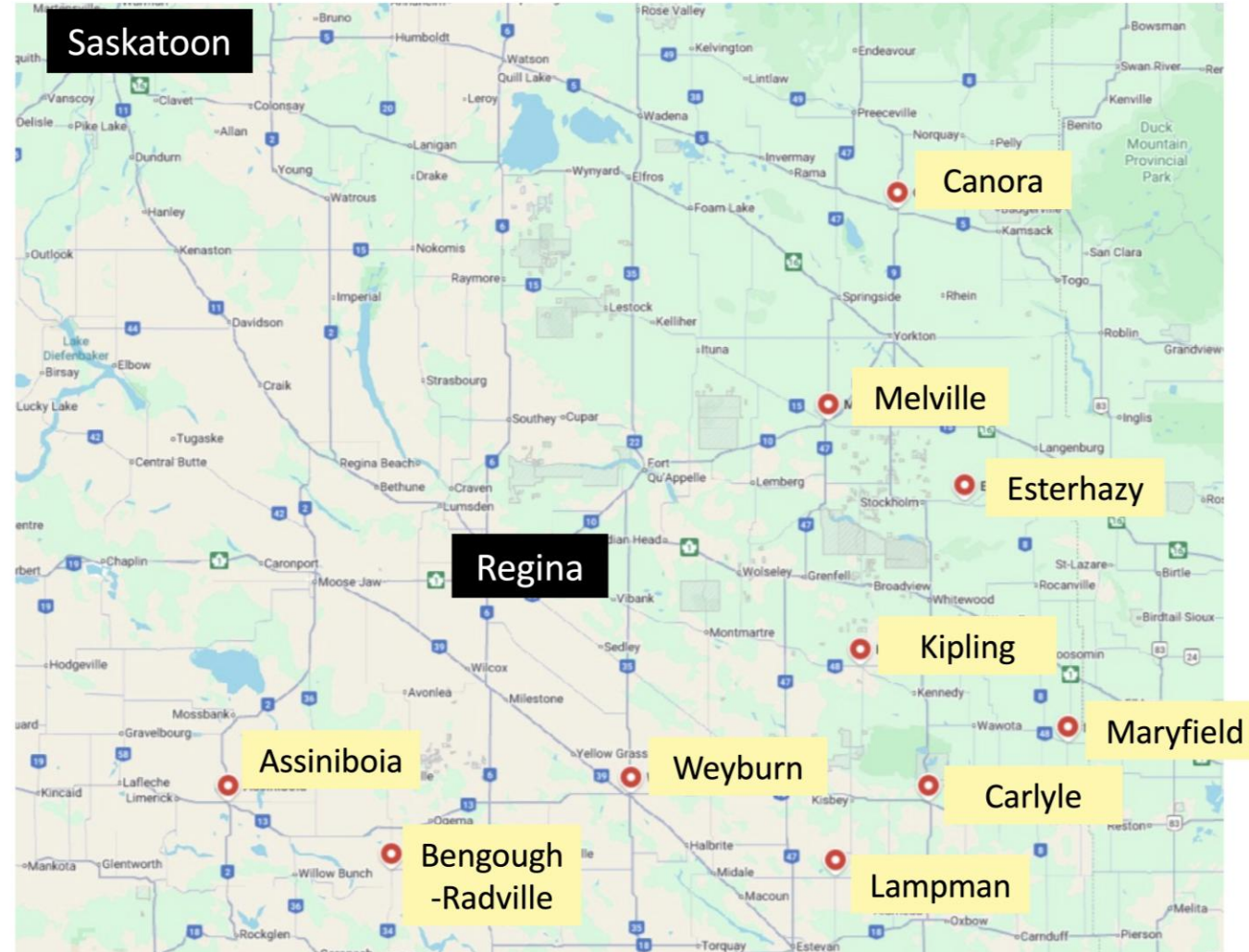
Complex Memory Clinic at USask

- Focused on atypical and complex dementias
- In-depth, **one-day** assessment, diagnosis, f/up plan (neurology, neuropsychology, physical therapy)
- **Referral via family doctor or NP**

Rural Primary Health Care Memory Clinics

- Local clinics
- Trained & supported by RaDAR

RaDAR Rural Memory Clinic Locations (2024)





CANWORKSAFE

- Occupational health service program for agricultural and rural industries
- Fee-for-service (e.g. RM employees)

Mask fitting

Hearing testing

Lung testing





GETTING THE WORD OUT



Getting the Word Out



Boots on the Ground Centre electronic Newsletter



Network News
 Arrives in
 members
 mailbox twice a
 year



As the harvest season kicks into high gear, it is important to focus not just on getting the crop off but also on your own well-being. Managing fatigue and stress is key during these busy times. Long hours and heavy workloads can take a toll, so remember to take regular breaks, stay hydrated, and support one another. With the increased demands of harvest incidents are more likely to occur. This edition of the Network News provides a basic first aid equipment checklist and information.

The feature article in this edition of the Network News, "The Recovering Farmer: A Journey through the Labyrinth of Anxiety & Depression," sheds light on the emotional challenges farmers can face and offers guidance on seeking support and maintaining mental health.

We are also highlighting the importance of farm safety this harvest season (and always!) including grain safety awareness, and topics/ideas on farm safety meetings during harvest. Together, let's make this harvest season productive and safe!

The Network News

IN THIS ISSUE	
2/3	Managing Fatigue & Stress during Harvest
4/5	Emergency Preparedness: First Aid
6	Kids Activity Page
7	Harvest Hazards on the Farm
8/9	The Recovering Farmer: An Interview with Gerry Friesen
10/11	Grain Safety Awareness During Harvest and Farm Safety Meetings During Harvest
12/13	Farm Safety Meetings During Harvest
14	Emergency Preparedness: Essentials
15	Back to Ag Program

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 2Z4

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BE WHAT THE WORLD NEEDS



Getting the Word Out

Tradeshows

Ag In Motion

Agribition

Canada's Farm Show

Crop Production Show

Sask Safety Trade Show

SARM Annual Convention

Presentations

Afternoon of Agriculture

Canadian Roundtable for Sustainable Crops

Saskatchewan Transportation

Grow Canada

Seeding Success Workshop

SK Women in Agriculture





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Getting the Word Out

Resources

Print and electronic

- Mental health
- Stress
- Lung Health
- Hearing Health
- Hantavirus
- Avian influenza
- Farm Safety Plans
- Musculoskeletal Health
- Take a Break from the Shake
- Electrical Safety
- Dementia

cchsa.usask.ca/aghealth/resources/

Together we can make it safer.



Electrical Safety on Saskatchewan Farms

SaskPower.



CANADIAN AGRICULTURAL PARTNERSHIP

Fostering Resiliency in Agriculture

The Importance of Self-Care & Stress Management to Maintain Mental Health

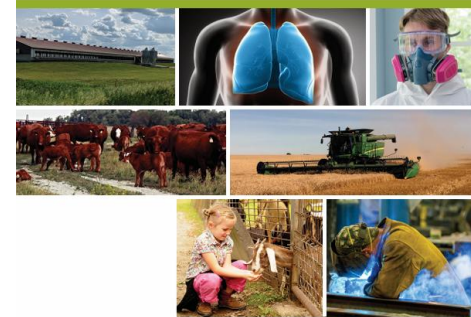


BRIDGES HEALTH

Canadian Centre for Health and Safety in Agriculture

Saskatchewan Canada

Save Your Breath: Respiratory Health in Agriculture
2nd Edition



Canadian Centre for Health and Safety in Agriculture

Ag Health & Safety Alliance GearUp

Musculoskeletal Health and Safety in Agriculture



aghealth.usask.ca

Canadian Centre for Health and Safety in Agriculture

WBV Risks

Shaken, not stirred

Whole body vibration (WBV) is known to be associated with back and hip disorders, but it can also contribute to the risk of falls and collisions (accidents).

The short-term effects of WBV include:

- Cognitive impairment (memory difficulties, for example)
- Stress
- Loss of balance
- Reduced sense of body position and self-movement
- Reduced sensory and motor responses

With long-term exposure to WBV, the effects are cumulative and can contribute to the development or aggravation of low-back injuries.

Additional Resources

Scan the QR codes with your phone camera

Gov. of Ontario CCOHS EU - OSHA

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306-241-8727

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aghealthandsafety@usask.ca

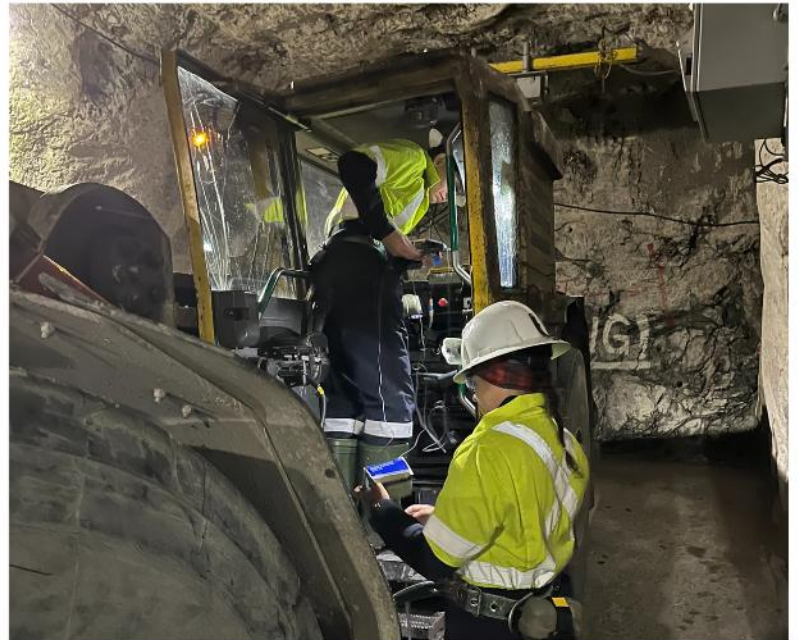
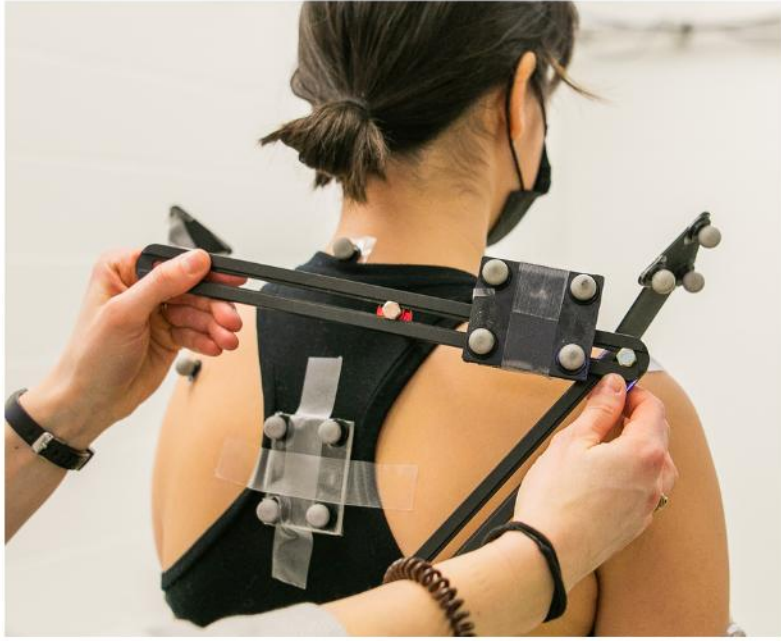
This resource was made possible by the Canadian Agricultural Safety Association and the Canadian Agricultural Partnership.

Take a Break from the Shake

That's right! Something as simple as taking a break during your workday can help reduce some of the negative effects from whole-body vibration (WBV) when operating farm machinery.

Learn more inside about some of the risks of WBV, along with practical tools and strategies to help reduce the adverse health effects.

Get up and move!



BEHIND THE SCENES



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OUR MISSION

We support rural and agricultural people to live and work healthy and safe.



OUR STRATEGY

We are a developer, collaborator, connector, source, and catalyst to advance research, mobilize knowledge and make an impact for rural and agricultural people.





Interdisciplinary



23 Collaborators
from
16 Canadian
Universities



83 Collaborators
from **12 Colleges** at the
University of Saskatchewan



21 Collaborators
from
15 International
Universities



9 Government
Supports



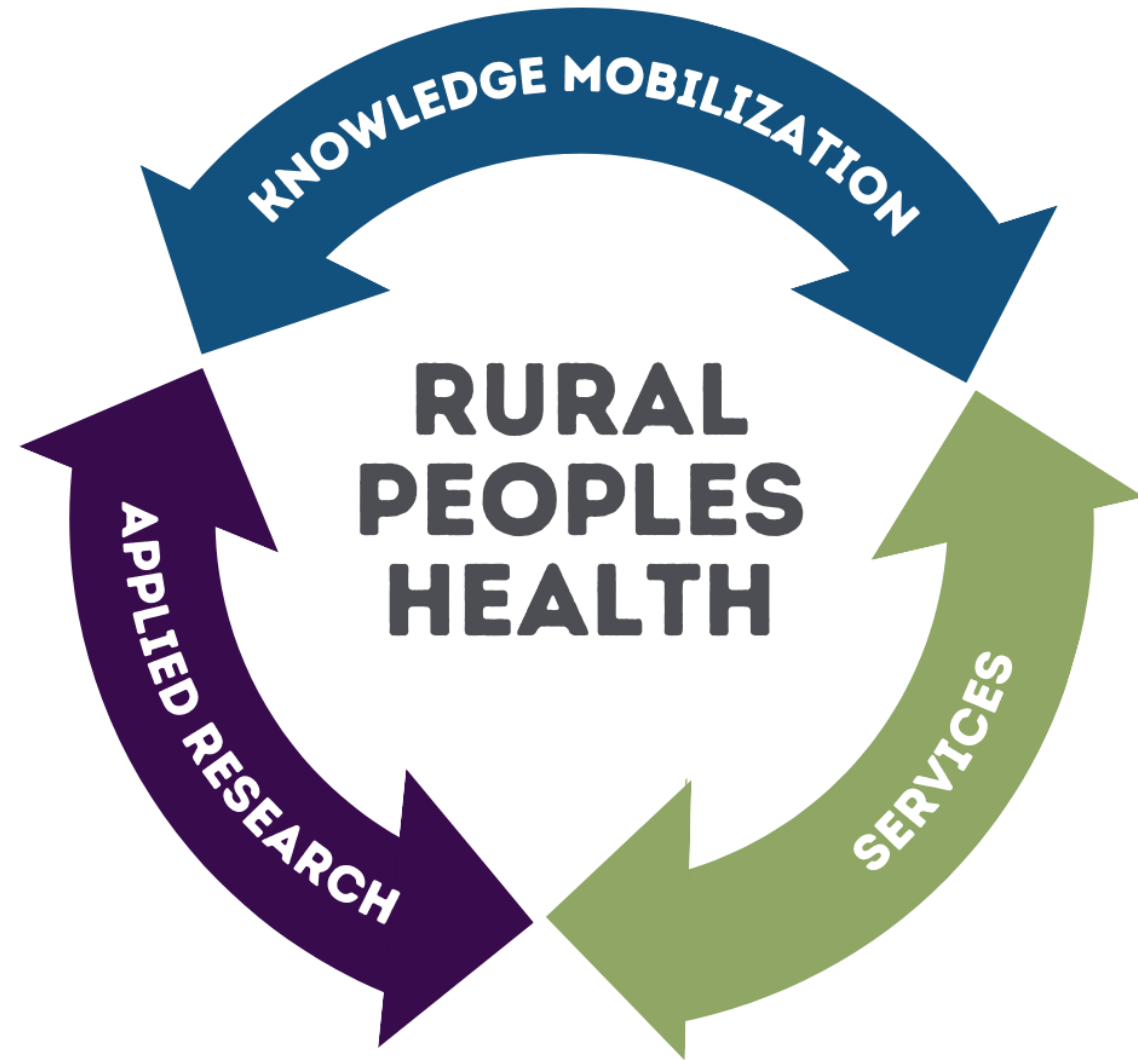
30 Industry
Partners

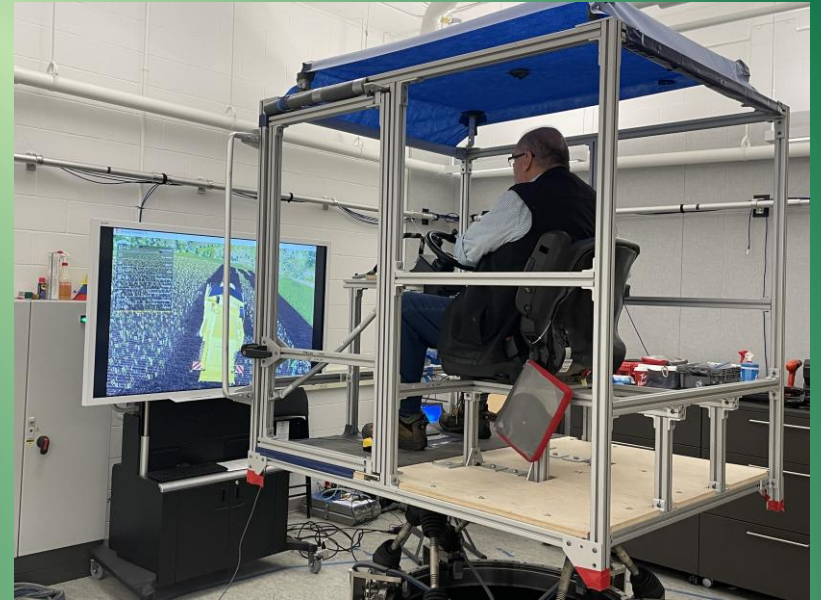
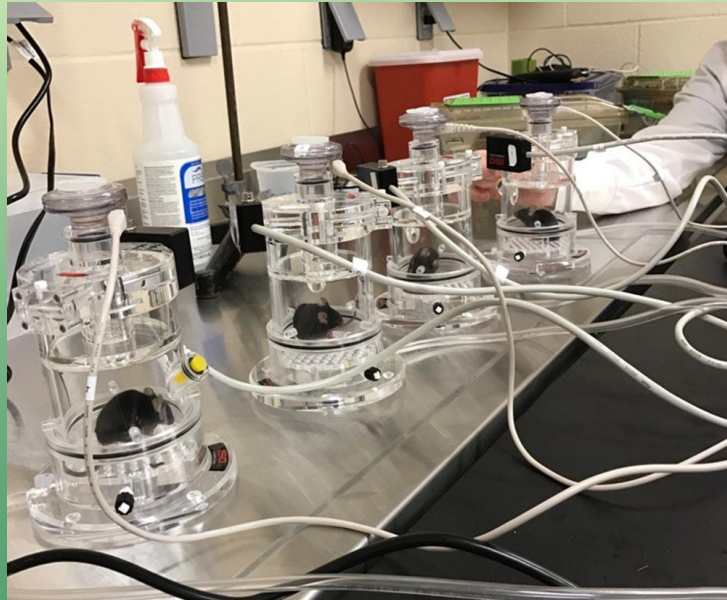
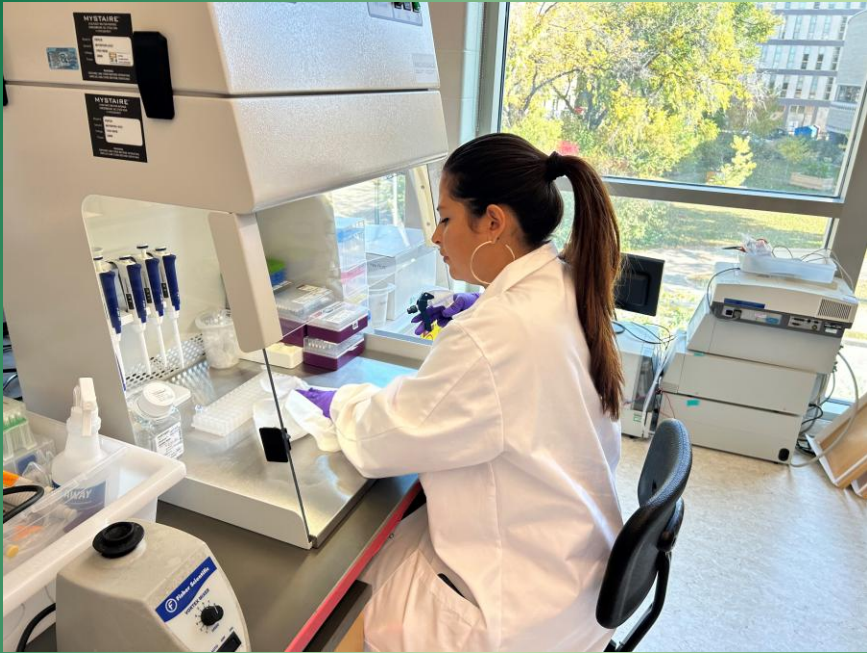


Research to Action

Research Streams

- Rural Exposures and Health (physical, chemical, biologic, psychologic, ergonomic)
- Rural Health
 - Sleep, Respiratory, Cardiovascular, Infectious diseases Health
 - Children's Health
 - Indigenous Health
- Musculoskeletal Health
- Injury Prevention
- Rural and Remote Dementia Care
- Rural populations Access to health Services







SARM Board of Directors tour the Centre

July 17th, 2024





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Thank you, SARM!

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