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Canadian Centre for Rural
and Agricultural Health
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Canadian Centre for Rural and Agricultural Health

Karen Marcinkiw RN, BSN, MN
&

Kendra Ulmer RN, BSN, MN

Agricultural Health and Safety Network



BE WHAT THE WORLD NEEDS



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Supporting Rural and Agricultural

PEOPLE

Since 1986

**Moving research evidence into resources,
programs, and services to support people to live
and work healthy and safe in rural**

BE WHAT THE WORLD NEEDS



Research to Action

Areas of expertise

- Rural Exposures and Health (physical, chemical, biologic, psychologic, ergonomic)
- Rural Health
 - Sleep, Respiratory, Cardiovascular, Infectious diseases Health
 - Children's Health
 - Indigenous Health
- Musculoskeletal Health
- Agricultural Health & Safety
- Rural and Remote Dementia Care
- Rural populations access to health services





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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**

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OUR MISSION

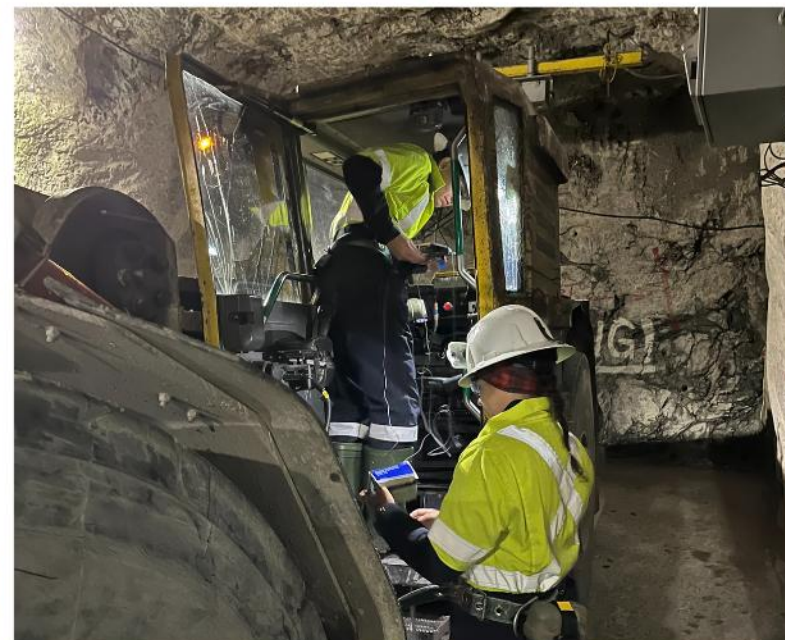
We support rural and agricultural people to live and work healthy and safe.



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.





**BEHIND THE
SCENES**



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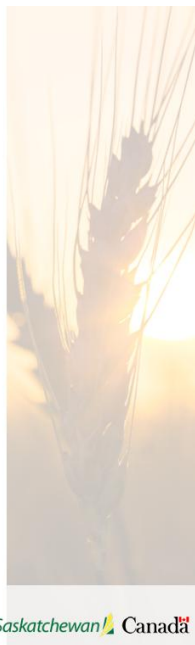
SARM Board of Directors Visits the Centre



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





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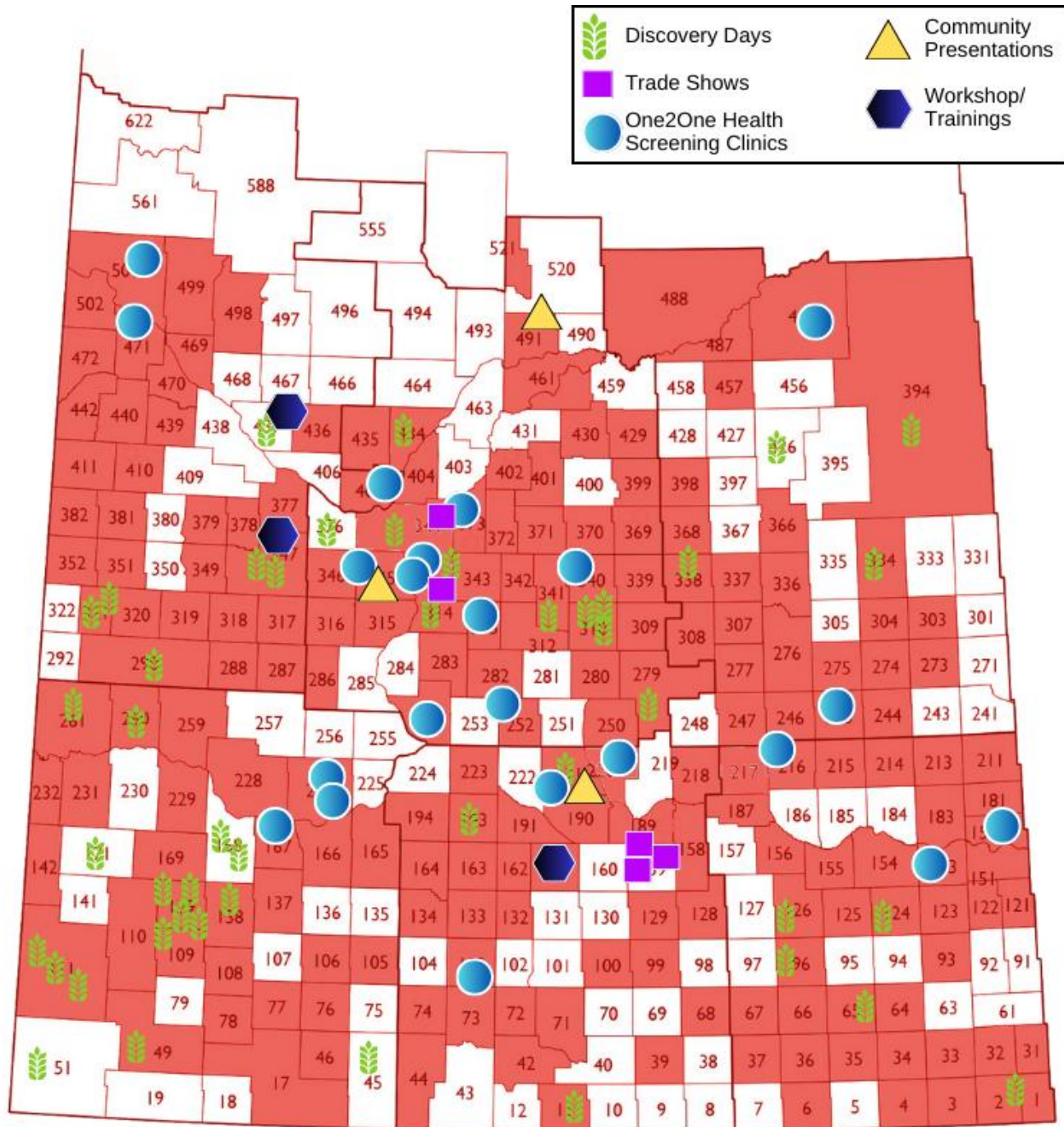


Supporting Rural People in Agricultural Health and Safety



Background photo courtesy of Farm
and Food Care (FarmPhotos.ca)

BE WHAT THE WORLD NEEDS



Agricultural Health and Safety Network

STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

The AHSN is the Centre's connection to SK rural municipalities and farmers

- 198 rural municipalities
- Over 22,000 farm families



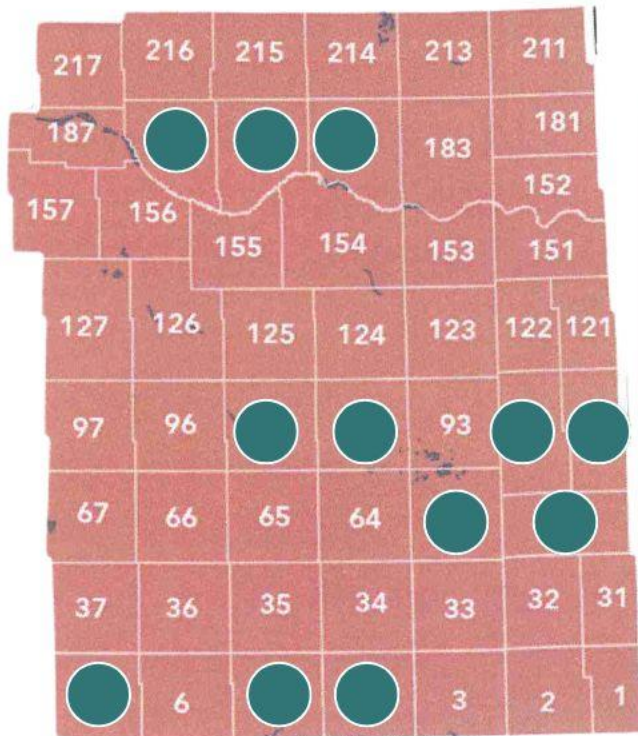
AGRICULTURAL HEALTH AND SAFETY NETWORK NON-MEMBER RMS BY DIVISION



DIVISION 1

77% MEMBERS

12 NON-MEMBER RMS
OUT OF 53 RMS

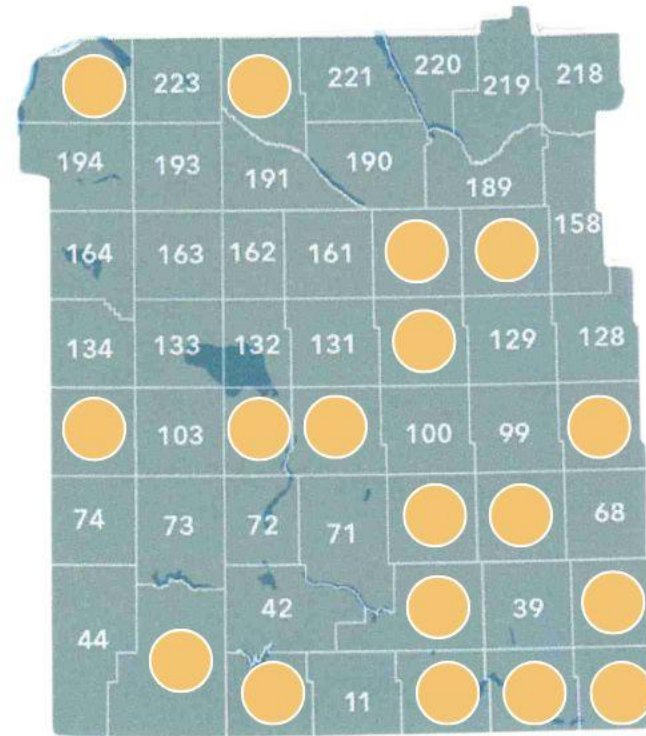


RM of Coalfields No. 4
RM of Estevan No. 5
RM of Souris Valley No. 7
RM of Antler No. 61
RM of Moose Mountain No. 63
RM of Maryfield No. 91
RM of Walpole No. 92
RM of Hazelwood No. 94
RM of Golden West No. 95
RM of Grayson No. 184
RM of Mcleod No. 185
RM of Abernathy No. 186

DIVISION 2

65% MEMBERS

18 NON-MEMBER RMS
OUT OF 53 RMS



RM of Lake Alma No. 8
RM of Surprise Valley No. 9
RM of Happy Valley No. 10
RM of Poplar Valley No. 12
RM of Laurier No. 38
RM of Bengough No. 40
RM of Old Post No. 43
RM of Norton No. 69
RM of Key West No. 70
RM of Scott No. 98
RM of Terrell No. 101
RM of Lake Johnston No. 102
RM of Gravelbourg No. 104
RM of Redburn No. 130
RM of Sherwood No. 159
RM of Pense No. 160
RM of Craik No. 222
RM of Maple Bush No. 224



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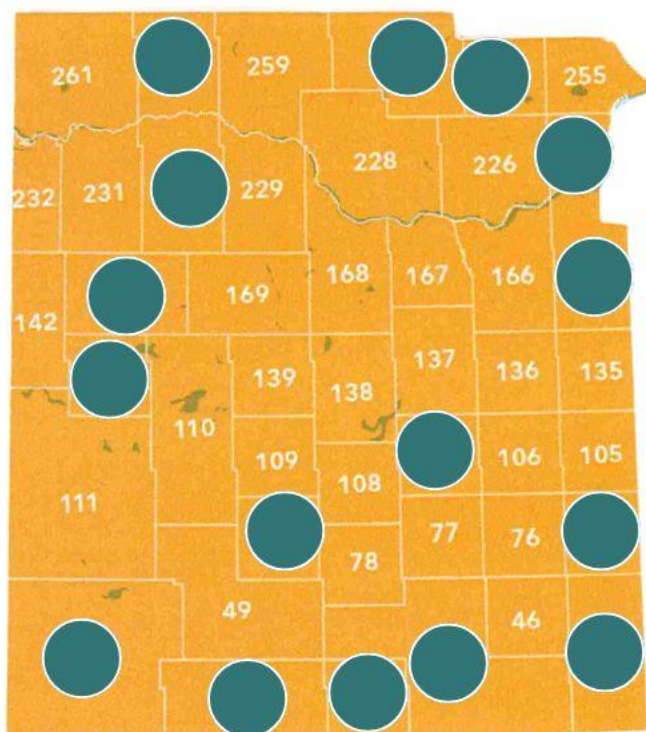
AGRICULTURAL HEALTH AND SAFETY NETWORK NON-MEMBER RMS BY DIVISION



DIVISION 3

64% MEMBERS

16 NON-MEMBER RMS
OUT OF 45 RMS

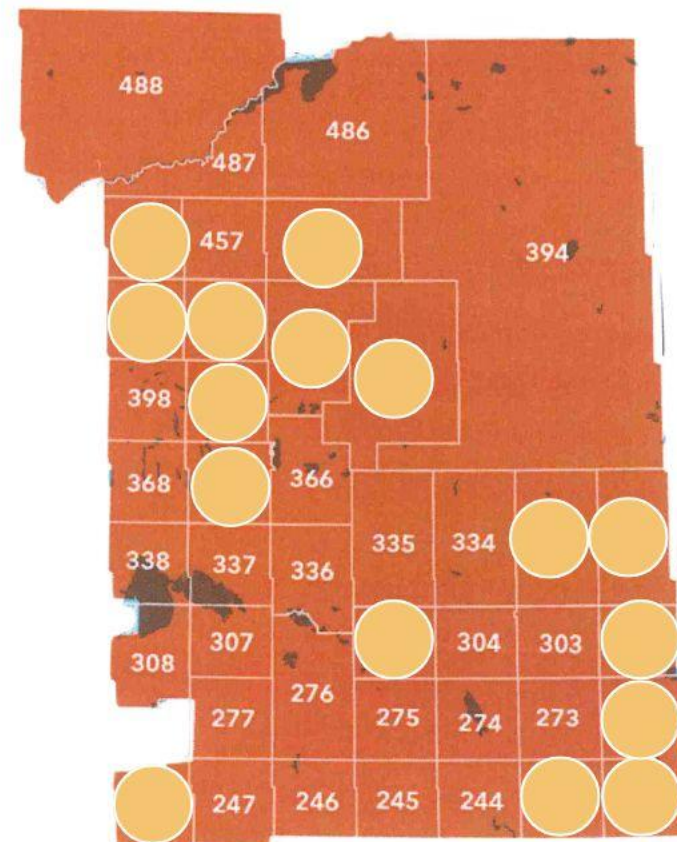


RM of Val Marie No. 17
RM of Lone Tree No. 18
RM of Frontier No. 19
RM of Mankota No. 45
RM of Reno No. 51
RM of Pinto Creek No. 75
RM of Arlington No. 79
RM of Lac Pelletier No. 107
RM of Big Stick No. 141
RM of Morse No. 165
RM of Fox Valley No. 171
RM of Canaan No. 225
RM of Clintworth No. 230
RM of King George No. 256
RM of Monet No. 257
RM of Newcombe No. 260

DIVISION 4

62% MEMBERS

16 NON-MEMBER RMS
OUT OF 42 RMS



RM of Calder No. 241
RM of Wallace No. 243
RM of Touchwood No. 248
RM of Cote No. 271
RM of St. Phillips No. 301
RM of Invermay No. 305
RM of Livingston No. 331
RM of Clayton No. 333
RM of Ponass Lake No. 367
RM of Porcupine No. 395
RM of Barrier Valley No. 397
RM of Bjorkdale No. 426
RM of Tisdale No. 427
RM of Star City No. 428
RM of Arborfield No. 456
RM of Willow Creek No. 458



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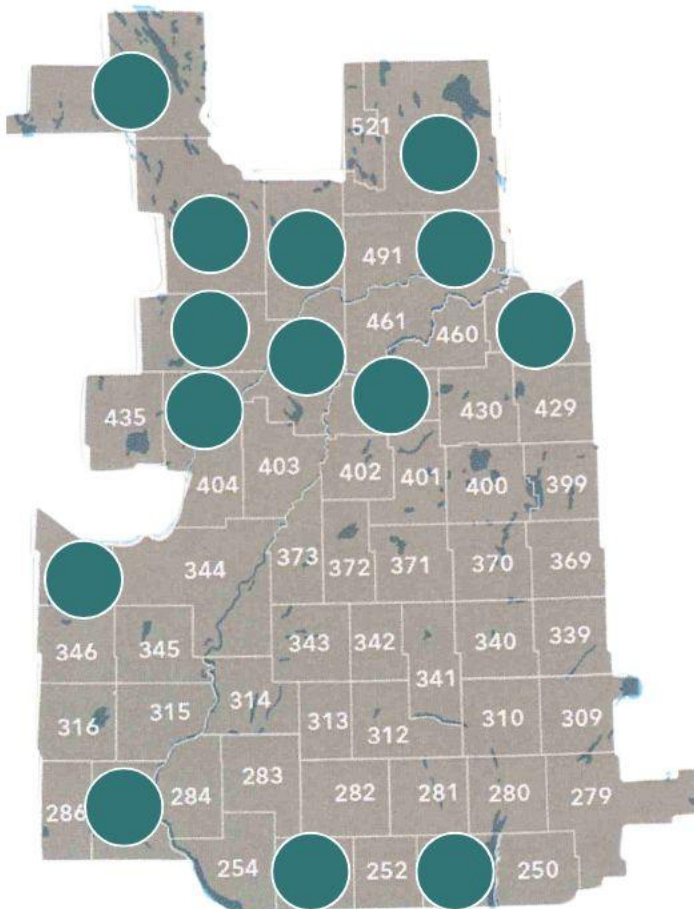
AGRICULTURAL HEALTH AND SAFETY NETWORK NON-MEMBER RMS BY DIVISION



DIVISION 5

75% MEMBERS

14 NON-MEMBER RMS
OUT OF 57 RMS

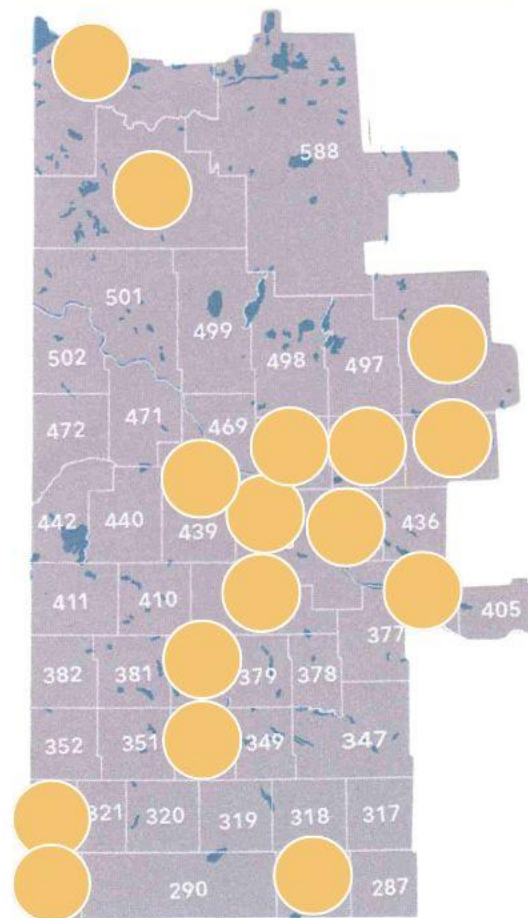


RM of Big Arm No. 251
RM of Willner No. 253
RM of Fertile Valley No. 285
RM of Eagle Creek No. 376
RM of St. Louis No. 431
RM of Blaine Lake No. 434
RM of Kinistino No. 459
RM of Duck Lake No. 463
RM of Leask No. 464
RM of Garden River No. 490
RM of Shellbrook No. 493
RM of Canwood No. 494
RM of Paddockwood No. 520
RM of Big River No. 555

DIVISION 6

67% MEMBERS

16 NON-MEMBER RMS
OUT OF 48 RMS



RM of Pleasant Valley No. 288
RM of Milton No. 292
RM of Antelope Park No. 322
RM of Mariposa No. 350
RM of Tramping Lake No. 380
RM of Mayfield No. 406
RM of Buffalo No. 409
RM of North Battleford No. 437
RM of Battle River No. 438
RM of Meeting Lake No. 466
RM of Round Hill No. 467
RM of Meota No. 468
RM of Paynton No. 470
RM of Spiritwood # 496
RM of Loon Lake No. 561
RM of Beaver River No. 622



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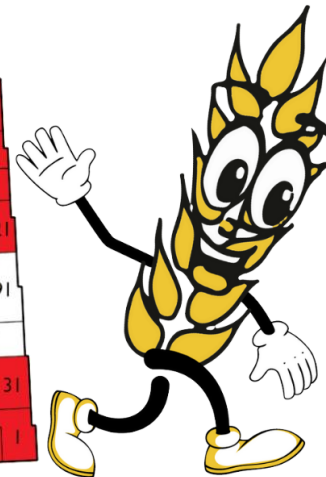
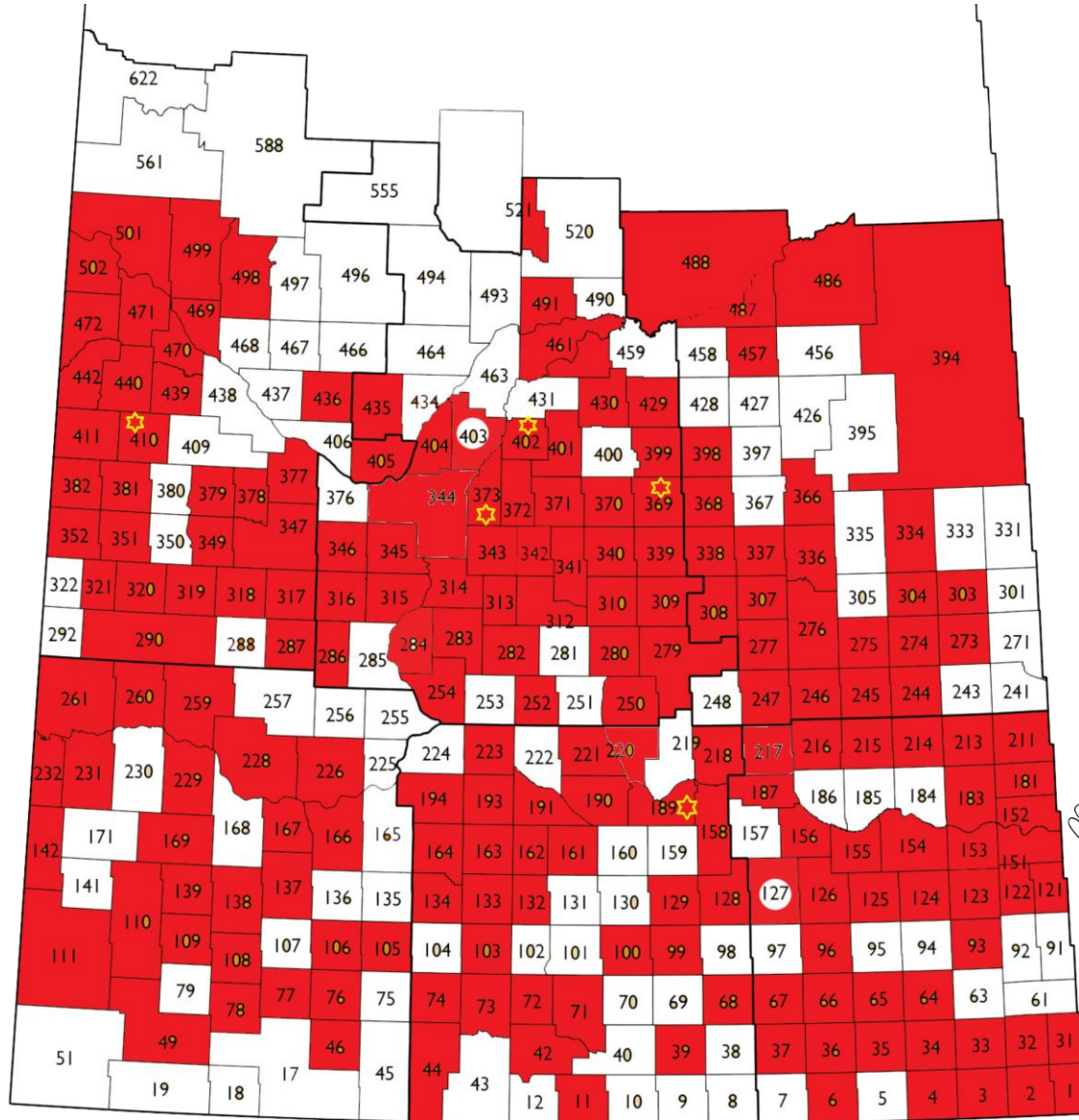
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Agricultural Health and Safety Network

STRONGER TOGETHER IN AGRICULTURAL
HEALTH AND SAFETY



Join the
NETWORK FAMILY!

BE WHAT THE WORLD NEEDS



AHSN Steering Committee

- ❖ Provides valuable grassroots feedback and direction
- ❖ Representation from each division
- ❖ Membership selection of Steering Committee

Your insights help us meet the needs for health and safety services and resources.

- Division #1 – Michelle Williams, RM of Wolsley, No. 155
- Division #2 – TBD
- Division #3 – TBD
- Division #4 – TBD
- Division #5 – Darin Pederson, Reeve for the RM of Prairie Rose, No. 309
- Division #6 - TBD
- Saskatchewan Ministry of Agriculture – Tasha Lupanko, Communications Public Trust



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



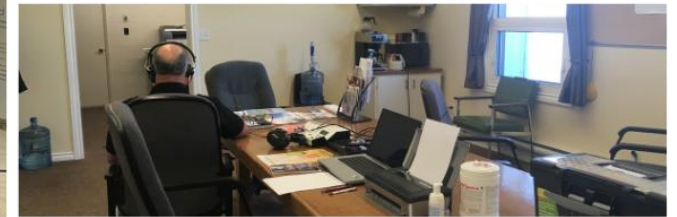


STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

One2One Clinics

- Held in the RM (RM office or town location)
- Individual appointments
- 30-45 minute individual health prevention assessment
- Performed by a registered nurse
- Test lung health or hearing health



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
- Individual appointments
- Performed by a registered nurse
- The appointment takes place in the unit
- Tradeshows, RMs
- \$1.5M anonymous donation



Coming soon!



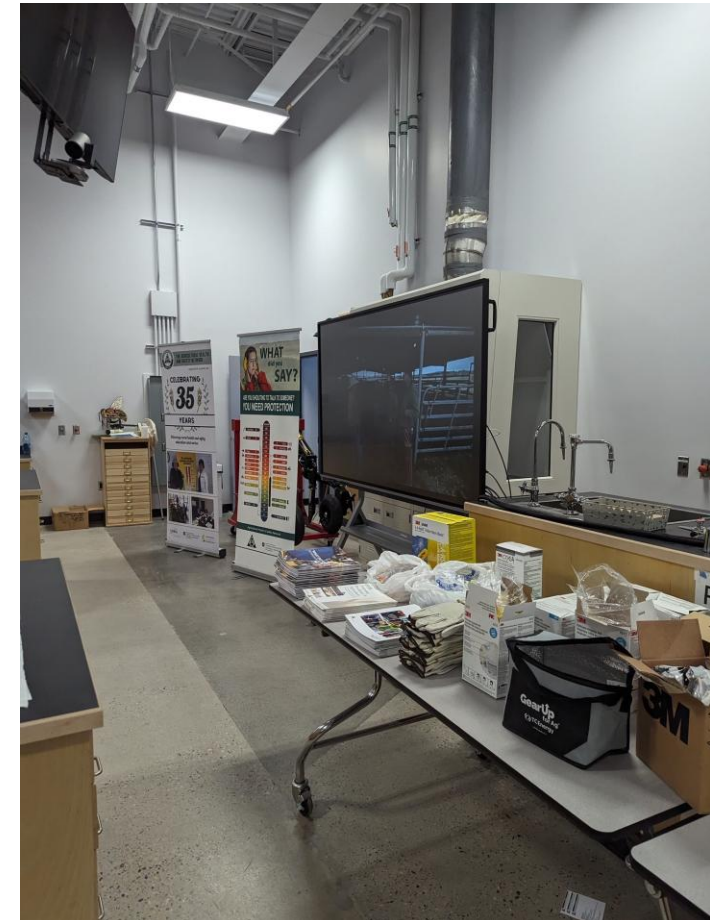
STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

Programs and Services

Workshops

Variety of topics:

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





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Stronger Together



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Saskatchewan Association
of Rural Municipalities

Saskatchewan!



The
Do More
Agriculture
Foundation



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OTHER CENTRE PROGRAMS





Rural Dementia Care



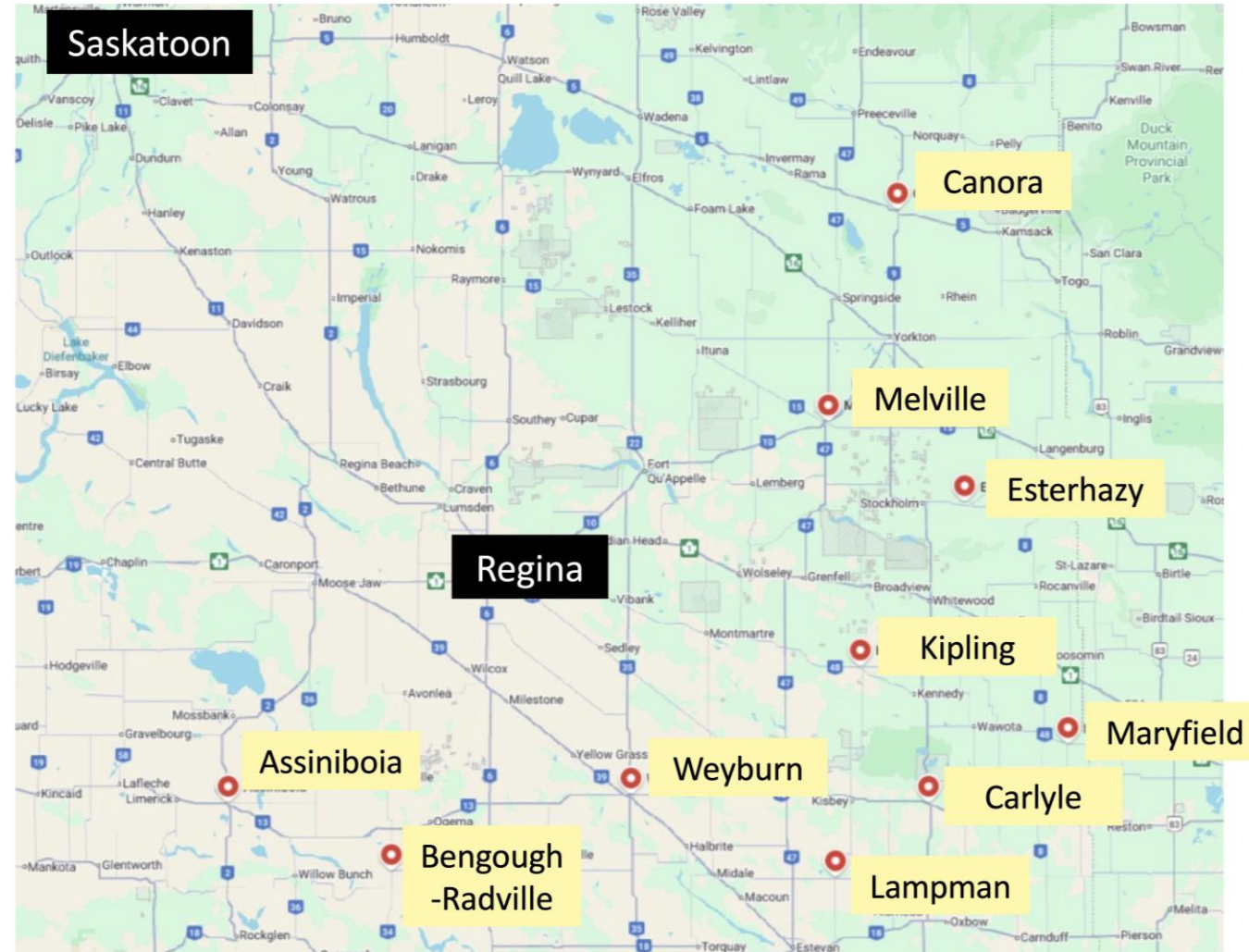
Complex Memory Clinic at USask

- 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



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Getting the Word Out



Boots on the Ground Centre electronic Newsletter



Network News Arrives in your 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.

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

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CANADA PUBLICATIONS MAIL AGREEMENT NO. 40314103

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

FALL 2024

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

Saskatchewan Stock Growers Assoc.

Presentations

Afternoon of Agriculture

Canadian Roundtable for Sustainable Crops

Saskatchewan Transportation

Grow Canada

Seeding Success Workshop

SK Women in Agriculture





Getting the Word Out

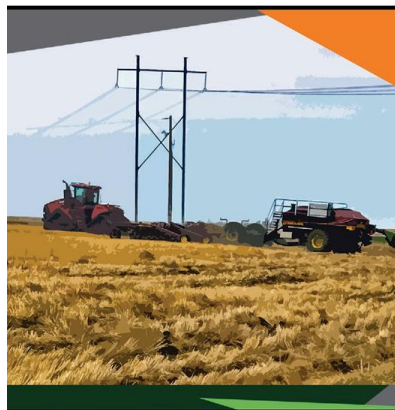
Resources

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
- * Sun Safety in Agriculture

cchsa.usask.ca/aghealth/resources/

Together we can
make it safer.



Electrical Safety
on Saskatchewan Farms

SaskPower.



CANADIAN
AGRICULTURAL
PARTNERSHIP

Fostering Resiliency in Agriculture

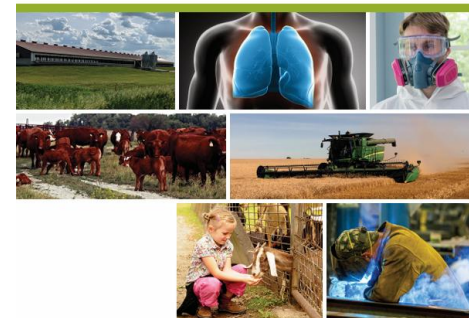
The Importance of Self-Care & Stress
Management to Maintain Mental Health



Government of Saskatchewan
Canadian Centre for Health
and Safety in Agriculture
cchsa.usask.ca

Saskatchewan Canada

Save Your Breath:
Respiratory Health in Agriculture
2nd Edition



Canadian Centre for Health
and Safety in Agriculture
cchsa.usask.ca

Ag-Health & Safety
GearUp
for Ag-Health & Safety

Musculoskeletal
Health and Safety in Agriculture



aghealth.usask.ca

Government of Saskatchewan
Canadian Centre for Health
and Safety in Agriculture
cchsa.usask.ca

Additional Resources

Scan the QR codes with your phone camera



Dr Dena Burnett
dena.burnett@usask.ca
306-241-8727



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

CANADIAN
AGRICULTURAL
PARTNERSHIP
CASA | ACSA
Canada

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.

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!



If your safety is at immediate risk, call 911

SaskAgMatters - free counselling services	call 1-306-371-7644
211 Saskatchewan	call or text 2-1-1
Family Service Saskatoon	call 1-306-244-0127
Counselling Connect Saskatchewan	https://www.counsellingconnectsask.ca/
Farm Stress Line	call 1-800-667-4442
National Farmer Crisis Line - 24/7 support	call 1-866-327-6701
AgTalk - non-crisis peer to peer support platform	visit domore.ag/agtalk
Kids Help Phone	text 686868 or call 1-800-668-6868
HealthLine	call 8-1-1
Suicide Crisis Helpline	call or text 9-8-8
Mobile Crisis Services	call 1-306-757-0127
Problem Gambling Helpline	call 1-800-306-6789
Adult Sexual Assault Helpline	call 1-800-214-7083
First Nations & Inuit Hope for Wellness Help Line	call 1-855-242-3310
Dementia Helpline	call 1-877-949-4141

Mental Wellness for Saskatchewan Farmers & Ranchers

Immediate Support

If you or someone you know is struggling with mental well-being, remember...
You are not alone—there is hope and there is help!



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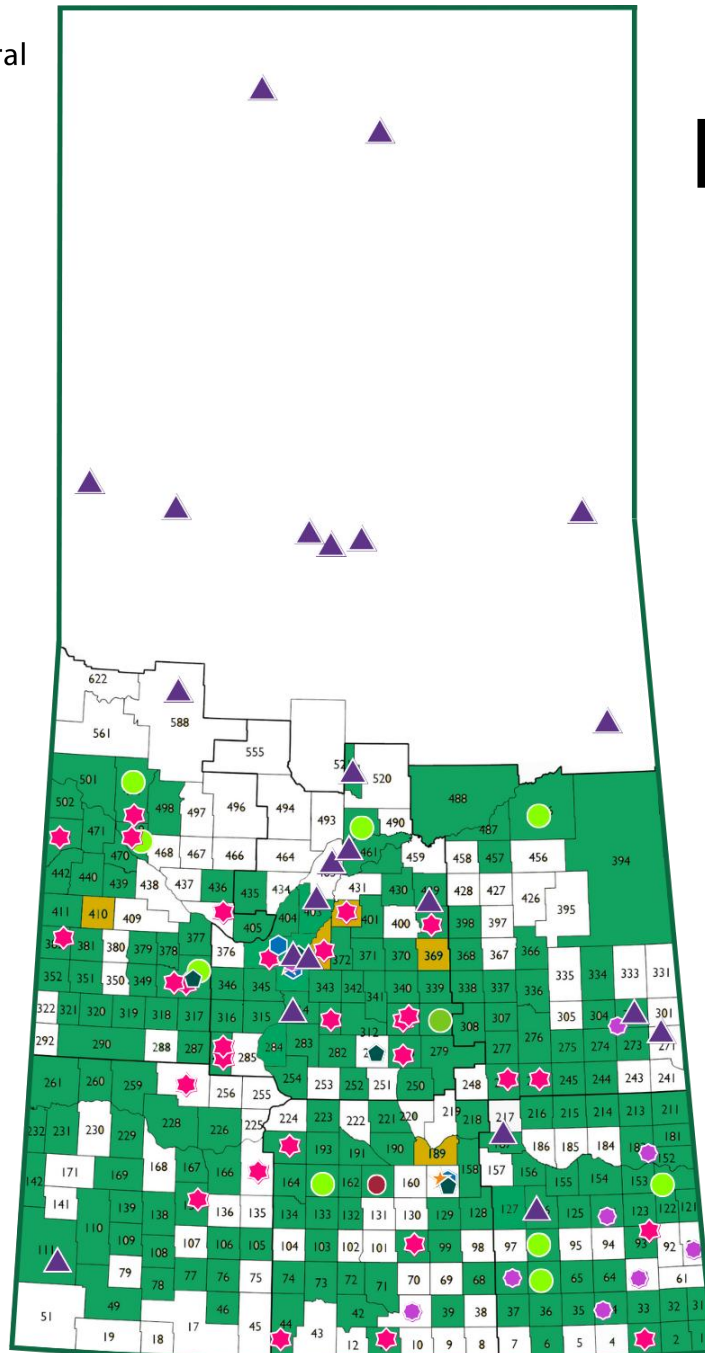


*Supporting Rural People in Agricultural
Health and Safety*



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Boots on the Ground in Sask

-  AHSN Member RMs
-  AHSN Founder RMs
-  One2One Clinics
-  Discovery Days
-  Presentations (SK)
-  Trade Shows
-  Conventions, Conferences and Symposia (SK)
-  Gear Up for Ag Health and Safety
-  RaDAR PHC Memory Clinics
-  Indigenous Community Partners

BE WHAT THE WORLD NEEDS

THANK YOU, SARM!

AGRICULTURAL HEALTH AND SAFETY NETWORK



aghealthandsafety@usask.ca



aghealth.usask.ca



(306) 966 - 6644

Social Media



AgricultureHealthSafetyNetwork



@SaskAgSafety



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Agricultural Health



@USaskCCRAH



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Health (@cchsa25)

