

## Safety Plans

Farmers and ranchers work long hours when they are trying to finish the harvest season or ship cattle. Accidents can occur when fatigue, stress and racing against Mother Nature are part of the end-of-season rush. Farmers and ranchers should make sure operators are physically and mentally fit when operating tractors and other equipment. In addition to stress and fatigue, medication, alcohol and drugs can factor into an unsafe driver. Encourage breaks to refresh the body and mind.

Every agricultural operation should have a safety plan or guidelines including but not limited to:

- Carry out regular safety inspections of equipment and facilities. Make necessary repairs and keep guards and shielding on.
- Develop a safety plan tailored to your operation, your family and your employees. Plans can include a lockout tag-out program for equipment, a fire protection plan, a chemical storage plan, farm safety rules and regulations, emergency field communications and a plan in the event a serious farm injury or death occurs.
- Review and enforce plans with employees and family members.
- When dismounting tractors, turn off the engine, remove the key and wait for all moving parts to stop.
- Never attempt to by-pass start a tractor, it may be in gear and drive over the person in front of the wheel.
- Do not take passengers. There is only one seat available on the tractor and that is for the driver.
- Inspecting and placing non-slip surfaces on walkways, steps, loading chutes and docks where possible.
- Be aware of over-the-counter and prescription drugs side effects if operating machinery or working around animals.

## Safety Resources

For further information or assistance with safety or supplies, the following websites are available:

### Arizona Farm Bureau Safety Program

[www.azfb.org](http://www.azfb.org)

### American Farm Bureau Agricultural Safety Awareness Program

[www.agsafetynow.com](http://www.agsafetynow.com)

### National Ag Safety Database

[www.cdc.gov/nasd](http://www.cdc.gov/nasd)

### National Safety Council

[www.nsc.org](http://www.nsc.org)

### Southwest Rural and Agricultural Safety Information System

<http://ag.arizona.edu/agsafety>

### Grainger

[www.grainger.com](http://www.grainger.com)



325 S Higley Rd STE 210  
Gilbert, AZ 85296

Phone: (480) 635-3600  
Fax: (480) 635-3781  
[www.azfb.org](http://www.azfb.org)



## General Farm Safety

Arizona Farm  
Bureau Safety  
Committee

## *Keeping workers safe and healthy... It's a joint responsibility!*

A tailgate safety program every month or an equipment safety check may take fifteen to twenty minutes and are worth the time spent to prevent injury to family and workers and the damage to equipment.

### **First Response**

Have a plan in place for injuries or emergencies. Plans should include:

- Operating a fire extinguisher.
- First aid kits placed in general work areas.
- Emergency telephone numbers posted in general work areas.
- Have workers and family role play possible emergency situations.
- List directions as to how to reach the farm, ranch, dairy, or shop.
- Notifying your local fire department as to where chemicals are stored and in case of a fire while you are not present.

### **Skin Cancer**

Farmers and ranchers are among those at the top of the list for cancer because they work outside. To prevent and reduce your risk of skin cancer, people should wear:

- Wide brimmed hats that protect the neck, face and ears to keep your head and face cool.
- Long sleeved shirt at all times that is light colored and loose fitting but be extra careful when working with machinery.
- Sunscreen with a sun protective factor (SPF) of 15 or higher.

### **Heat Stress/Exposure**

Summers can be taxing on the physical body because of heat stress and sunburns. To help prevent heat stress:

- Have water available and drink it throughout the day.
- Take frequent breaks in the shade during the hottest times of the day.

### **Back Protection**

Protecting backs will keep employees healthy.

- Learn to lift with your knees
- Use a ditch bridge to cross ditches and canals
- Use a back belt when moving heavy items

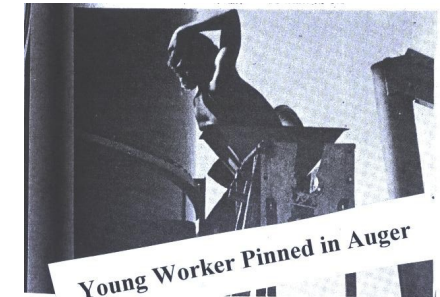
### **Hearing Protection**



- Use earplugs and hearing protection when operating any type of noisy machinery.
- Always use eye protection when using equipment like grinders and chain saws.

### **Lock Out/Tag Out**

Locking Out and tagging out equipment can save lives when working around machinery. Locking out or tagging out prevents accidental start up of machinery during service or maintenance.



*More eloquent than words is the gesture of a young man as he awaits to be freed from a grain auger that mangled his legs at a dairy. He was working on the auger when it was accidentally started and he was pinned 20 feet above the ground for nearly 90 minutes. (Photo, courtesy of The Chandler Arizonan)*

**Having a lock outs and tag out program can prevent accidents and save lives.**



**Every work site should have a first aid kit that is accessible to employees.**