



Farm health and safety

Where you live, work, love and play



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Farm health and safety

Aim of session

3 prongs to Farm health and safety

1. Prevention: preventing harm in the first place
(Main focus today)
2. Compensation: to those injured or harmed
3. Rehabilitation: getting people back to work



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Most common farm hazards

1. Vehicles – Quad bikes, tractors, horses and cars
2. Machinery – death, penetrating injury, weld flash
3. Animals – injury, disease, kicks, handling, disease
4. Weather – cold, wind, trees, dust, heat, floods
5. Slips Trips and Falls – ladders, silos, windmills
6. Chemicals – absorption, fumes, burns, illness
7. Noise – 60% farmers have hearing loss
8. Water – drowning U/4, dams 100m, creeks, channels, floods
9. Electrical – cords, powerlines, switches
10. Fatigue - long working hours, disrupted sleep patterns



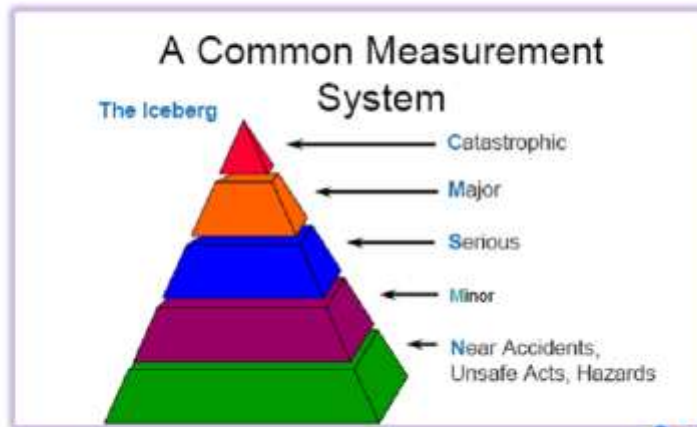
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ATVS have taken over from Tractors as the biggest cause of death.



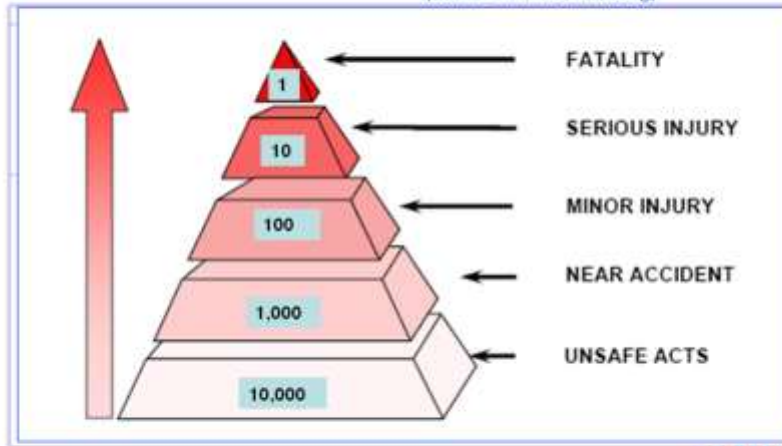
The iceberg effect





The incident pyramid

(Source Kufan Contracting)





The incident pyramid



In your table groups

Discuss the following questions

- What does the OH&S Act mean to you?
- What does it require employers and employees to do?

Document your answers on page 4.2 of your resource kit

OH&S Act

- Workplace = “Any place whether or not a building or structure where employees or self employed persons work”
- Organise safe systems of work
- Adequate facilities, safe plant, equipment
- Assess health risk to employees
- Supervision, training, instruction to employees
- Visitors, bystanders ... not exposed to risks



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What is farm health and safety

- Occupational safety – prevents injury which has an immediate effect (acute).
 - Scratches from fences, temporary blindness from welding, ringing in the ears, heat stress
 - Serious injuries from crush, machinery trauma, penetrating injury, animals
- Occupational health – small encounters that accumulate (chronic)
 - Prolonged exposure to sun, noise, stress, pesticides
 - Zoonoses - diseases transmitted to humans from animals that are the primary host
 - Poor lifting - back injury, hernias, prolapse



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After floods there would've been an increase in manual lifting (cleaning up)



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Climate change - heat

Heat waves

Places stress on the heart

3 stages of heat stress;

- heat cramps
- heat exhaustion
- heat stroke

Heat stroke is an emergency

Managing in the heat

- Drink plenty of water
- Reduce exposure between 10.00am - 5.00pm
- Cool shower or wash



In your table groups

Discuss the following questions

- What is it about farms that make them different and dangerous work places?
- What are the major hazards and risks to health on your farm?

Document your answers on page 4.6 of your resource kit

Taking control

15 Minute Farm Safety Check

(front of chapter four in your resource kit)

- Inspect your farm
- Answer the questions Yes/ No
- Rate 1 - 6 (1 = highest risk)

Control

- What is required to fix this hazard
- Complete this task
- Move onto next priority

Seek Advice

- WorkSafe Vic free 3 hour independent visit
- FarmSafe Australia Seek Advice
(further information in your resource kit)



Taking control

- 80% of farm injuries can be prevented with living safely values and attitudes, because it is our values that change our behaviours and thus reduce injuries (Adamson, P 2002)
- Farm safety is your responsibility
- Identify hazards, prioritize and control
- Support each other
- Make farm health and safety part of your routine
- Being aware when there is a change

Taking control

In summary think about:

- 1. Prevention:** How could we stop this from happening?
- 2. Compensation:** If this did happen what would be fair compensation?
- 3. Rehabilitation:** How would I get this person, my employee, relative, spouse, child, visitor or self back to work?

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Zoonosis slides

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Ensure you have researched if there has been any cases within the area that you are delivering this session or within the type of farming that this group is involved in



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Spreading hydatids (parasite)

- Do not feed offal
- Worm dogs every 6-12 weeks

Wash hands after handling dogs



1891

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Hydatid cysts

- > 6 months after primary cyst ruptured
- Multiple Hydatid cysts lung surgery





Ringworm – fungus

- Common skin infection-
cattle, pigs, pets, humans
- Fungi are widespread in the
environment
- "Ringworm" due to red
ringed appearance
- Careful handling of any
animals with skin lesions
- Good personal hygiene



Photo: www.wdhs.gov.au

Scabby mouth (poxvirus)



Source

- Similar to Pseudo Cow Pox
- Common sheep & goats
- Prevented by vaccination of sheep
- Virus survive > 15 years
- Sheep get thick dry scabs

Spread

- Contact with broken skin
- Inadvertent vaccination or eye splash
- Red firm raised skin lesion
- Shearers high risk



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Scabby mouth/milkers nodule is similar



Human symptoms

- Red firm raised lesion
- May ulcerate
- Heals 4 – 6 weeks
- Once infected life immunity
- No treatment (is a virus) wound management
- Do not use scrubbing brush to wash hands - may introduce virus



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Scabies (sarcoptes scabiei)



Source

- Mammalian host own variety
- Overcrowding – rather than hygiene
- Childcare, aged care, aboriginal

Symptom

- Intense acute pruritus and scratching
- Ill thrift, secondary infection, pyoderma

Control

- Cross infestations are transient - don't persist
- Treatment - permethrin preparations and Stromectol[®]
- Ivomectin[®] for dogs



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Leptospirosis – bacteria



Source

- Organism in animal urine
- Dairy farmers 2% prevalence
- Splash milking (eyes, mucus membranes)
- Rats – sugar cane

Human Symptoms

- Flu like syndrome ~9 days
- Muscular pain, headache
- Relapses frequent
- Eye inflammation, jaundice

Control

- Vaccination of cows annually
- Washing of hands



Q fever (protozoa:coxiella burnetti)

Source

- Animals' urine, milk, faeces and birth products
- Inhale contaminated droplets
- Kangaroos, **cattle, sheep**, dogs, cats, **goats, wild pigs**

Human Symptoms

- Incubation 1-4 weeks ,Fever +/- 'flu like' 1– 12 weeks
- Serious complications 5 - 15%
- Post Q fever fatigue syndrome

Control

- Minimize exposure, gloves, apron, mask
- Vaccinate high risk groups (*Must test negative skin and blood to prevent vaccine reaction*)
- Treatment antibiotics



Toxoplasmosis (protozoa: T gondii)

Source

- Contact with cat faeces >48hrs
- Raw or undercooked meat (less common)

Human Symptoms - None except

1. Pregnant women child born blind/birth defect
2. AIDS sufferers and patients on anticancer therapy

Control

- Feed cats well cooked meat or commercial food
- Restrict cats from hunting
- Clean cat litter daily - Cover sand pit when not in use
- Wear gloves while gardening
- Wash hands after handling uncooked meat



Taking control - prevention of zoonoses

Sensible not paranoid hygienic practice

- Washing hands and clothes soapy water

Avoid eating

- Rare meat, wild pig, not passed by meat inspectors
- Unpasteurized milk

Vaccinate

- Dairy cows – leptospirosis, sheep– scabby mouth, cheesy gland
- Worm dogs

Precautions against Toxoplasmosis, scabby mouth if

- Pregnant /AIDS/immunosuppressive therapy

Only feed dogs

- Commercial dog food or Meat frozen > 14



Skin cancer

In 2012, 2036 people died from skin cancer

- An almost preventable disease
- 95% of skin cancers are treatable

Three types of skin cancer

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Climate Variability

- Depletion of ozone layer
- Increased UV exposure

1515 were due to melanoma and 521 non melanoma.



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Basal cell carcinoma

- Often occurs face, head and neck region
- Dry and scaly in appearance
- Easily scratched and knocked
- Can bleed and ulcerate



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Refer participants to chapter ten

Refer to sheet in resource kit for types of skin cancers



Squamous cell carcinoma

- Often spread throughout the body
- Ulcerate and weep
- Unsightly and grow looking similar to an ulcer
- Must be treated



Malignant melanoma

- Often a dark spot on the skin but not always
- Irregular shape
- Darkened patch within
- Changes in size and shape
- Malignant and spreads
- Must be treated and removed



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Basal cell carcinoma



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Melanoma



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Squamous cell carcinoma



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Squamous cell carcinoma



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Melanoma



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Skin cancers and solariums



Every fashion has its accessories.



solariums
FASHION TO DIE FOR

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Taking control – skin cancer

Wear a

- a hat,
- sunglasses,
- sunscreen,
- long pants,
- long sleeves
- and seek shade where possible!!



Know the UV index



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The UV Index

UV Index	Description	Recommended Protection	Sun Burn Time
0-2	No danger to the average person	Wearing a Hat and/or Sunglasses is Sufficient	1 Hour+
3-5	Little risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 15+ Sunscreen	40 Minutes
6-7	High risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 30+ Sunscreen. Cover the Body With Clothing. Avoid the Sun if Possible.	30 Minutes
8-10	Very high risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 30+ Sunscreen. Cover the Body With Clothing. Avoid the Sun if Possible.	20 Minutes
11+	Extreme risk of harm from unprotected sun exposure	Take All Precautions Possible. It is Advised to Stay Indoors.	Less Than 15 Minutes

<http://www.nativerubrics.com/uv/The-Sun-as-UV-Exposure-The-UV-Index-for-farmer/>



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