



WHAT is Farmer HAT?

Farmers and doctors, it's a little like Venus and Mars.

They just don't go together – or not as often as they should.

The Farmer Health Assessment Tool (Farmer HAT) is free and effective online tool developed by the National Centre for Farmer Health to promote a safe farming business and healthy personal behaviours. It's an easy to use resource for farmers to access an immediate assessment of their overall health and wellbeing – plus a few valuable pointers about their own on-farm safety in the privacy of their own home.

WHAT is a Group Manager?

As Group Manager you will have the ability to invite producers to use the Farmer HAT, print out a group report of de-identified data and send reminder messages to your producers to share or update their self-assessment results.

The group report will highlight emerging issues to facilitate group discussions and embed relevant training and activities into your program that focus on making health, wellbeing and safety a core part of the success of their farming business.

WHY become a Group Manager?

Challenge your producers to question their current health, wellbeing and safety practices. Help them to overcome barriers to change and improvement. It's a spectacular resource; and it could be a lifesaver for one (or more) of your clients.

The process is easy. Your valuable time limited.

"I definitely see benefit in the information provided in the group report.... a reminder to all members that health and safety is just as important as other areas of farming."

Best Wool Best Lamb Apsley/Edenhope member

"Can see a benefit from the group perspective. It serves as a focus for discussion within the group on how other people may deal with certain issues."

Best Wool Best Lamb Apsley/Edenhope member

"Benefits of the group report can target areas that the group may need to tackle e.g. alcohol, hearing and maybe first aid."

Best Wool Best Lamb Balmoral member



HOW to become a Group Manager

STEP 1: Create a Group

1. Sign up to become a Farmer Hat User www.farmerhealth.org.au/farmerhat
2. Email the National Centre for Farmer Health (NCFH) on ncfh@wdhs.net requesting a Farmer HAT group. The request needs to include:
 - a. The group name
 - b. Industry Group type (e.g. sheep, beef, grain, horticulture, fishing)
 - c. Location and anticipated group number
3. The NCFH Farmer HAT Administrator will create group, appoint you as the Group Manager, and provide a Group Manager Operational Guide.
4. Invite members to join group through the Farmer HAT.
5. Encourage all group members to participate, complete self-assessment and share de-identified results. The de-identified data from results is used in a group summary report to highlight emerging issues for the group. Sharing of results is optional.

STEP 2: Health and Lifestyle Assessment Day (Optional)

1. Contact NCFH to arrange Health and Lifestyle Assessments for group members.
2. Assist with venue location and arrangements.
3. Contact group members encouraging participation in a Health and Lifestyle Assessment to obtain clinical health results and complete the Farmer HAT.
4. Provide NCFH with group member names email address and phone number of those wishing to participate.

*Alternatively participants can visit their GP to check their blood pressure, blood glucose and cholesterol levels.

STEP 3: Group Reporting and Discussions

1. Create a de-identified group report and share with group.
2. Facilitate discussions with group to:
 - a. Identify common areas of concern/risk
 - b. Discuss and agree on actions to be taken
 - c. Incorporate relevant training and education into group programming
 - d. Contact NCFH to discuss education sessions (optional)
3. Follow up actions as needed.

STEP 4: Reminders

1. Send out a reminder (at least annually) to group members to update their assessment and repeat Step 2 (Optional) and Step 3.