



This HAT fits every farmer!

FARMER HEALTH. Everyone goes on and on about it. Until you're sick of the sound of it.

You've been hearing it for years, from rural papers, the ABC, local doctors and hospitals; even the state government – and Canberra – can't help poking their noses in.

Truth be told, deep down inside we all know our health and mental wellbeing is critically important—to you, obviously, but also the family and workers who depend on you to always be there.

The National Centre for Farmer Health (NCFH) have recognised it's hard to find time to get off farm to do the things 'we should do', like have a health assessment, and have created the Farmer HAT as a clever compromise.

Farmer HAT is an online self assessment tool where the only voice you have to listen to is your own.

Putting you in the driver's seat...

So now you are in the driving seat, you will need to accept full responsibility for the outcome of your assessment. If you have told the truth, the whole truth and nothing but the truth; the assessment you receive will pretty much be the truth, the whole truth and nothing but the truth.

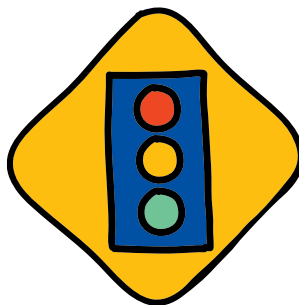
And that's the catch—you can't pretend you didn't hear the doctor's answers; you can't pretend you were late and missed your appointment and you can't un-see what has just been put down in black and white because you wrote it.

How does it work?

Farmer HAT is a free online self-assessment tool developed to promote a safe farming culture and healthy personal behaviours.

It asks you to answer a series of questions about your health, wellbeing, lifestyle behaviours and farm safety practices.

Using a traffic light system, Farmer HAT provides feedback to you about each of the questions you've answered and provides resources to improve personal behaviours, practices and ultimately, your farming business too!



How long does it take?

This easy-to-use tool takes about 10-15 minutes to complete.

As an individual you can save, download and print your results. You can complete the self assessment as many times as you choose to track and compare your results over time. NCFH recommend the assessment be completed at least annually to review the progress you've made on your health, wellbeing and safety risks.

Get started—what are you waiting for?

- **Farmer HAT is a free online tool**
- **Only takes 10-15 minutes to complete**
- **Great place to monitor and track your progress!**
- **Identify your own health, wellbeing and safety risks**
- **Access relevant resources**

Visit www.farmerhealth.org.au/farmerhat

Farmer HAT puts YOU in the driving seat of your health

