### **Voices of farmers**

It was great – very thorough. It had the scope of both general health and work practices and from that I could go off to my GP with a list of things.

Cattle Farmer, Penshurst

It was targeted at farmers, so the nurse knew my issues, chemical exposure and noises we deal with. I especially liked the chemical exposure test. Sheep/Cropping Farmer, Dookie

Very comprehensive, went over a broad range of things, the nurse was very friendly and had a farming background too which was good.

Mixed Farmer, Nathalia

Highlighted things I don't always think or worry about. Good all-round check-up you don't take the time to have. Loved the comprehensiveness.

Dairy Farmer, Numurkah

Scan to learn more about AgriSafe



# Clinics available at:

#### **National Centre for Farmer Health**

- Casterton
- Harrow
- Hamilton
- Penshurst

**© 03 5551 8533** 

 $\boxtimes$ agrisafe@wdhs.net



#### **Primary Care Connect**

- Cobram
- Nathalia
- Cooma
- Numurkah
- Dookie
- Shepparton
- Euroa
- Strathbogie
- Yarrawonga
- Tatura

**© 03 5823 3200** 



⊠farmerhealth@primarycareconnect.com.au

#### **Northern District Community Health**

- Boort
- Pyramid Hill
- Cohuna
- Quambatook
- Kerang

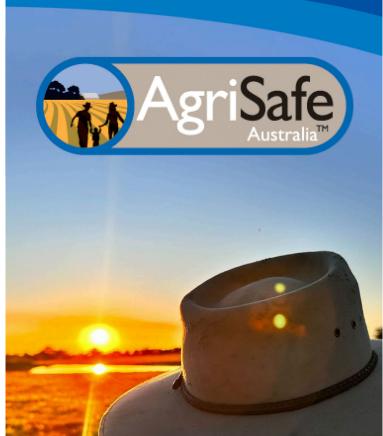
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⊠ info@ndch.org.au



#### My appointment details:

www.farmerhealth.org.au













# Your health, your business

Your health is your #1 asset to you, your family and your farming business. Injuries and poor health not only affect you, they affect your family and can compromise your business's productivity and profitability.

Improving your health, wellbeing and safety will help you get the most out of your life and fulfil your farming business's potential.

Knowing the status of your health, wellbeing and safety is the first step towards improving it.

# AgriClinic™

An AgriClinic™ is conducted by a qualified health clinician specialising in agricultural health and medicine and who is familiar with farming practices. They will assist you to:

- Determine your health status and how to improve it.
- Learn how to keep you, your family and your workers safe.
- Identify on-farm risks and hazards.
- Obtain suitable personal protective equipment.



## What's involved?

Participating in an AgriClinic<sup>™</sup> is easy – just book and invest 90 minutes of your time.

During your AgriClinic™ assessment, the friendly and professional health clinicians will undertake the following tests:

- Blood glucose testing
- Blood cholesterol testing
- Blood pressure check
- Body mass index calculation
- Respiratory testing
- Hearing screening
- Skin examination
- Vision testing
- Urine testing
- Screening for agrichemical exposure (anticholinesterase)
- Fit testing of mask or respirator
- Occupational risk surveying and assessment

Your AgriClinic™ clinician will guide you through the tests, explain your results, and provide information and education. All your information remains private and your clinician may refer you to a GP, specialist or allied health service for further assessment and support.