

## I-CASH Seasonal Campaigns Focus on Pain Management and Hearing Conservation

by Brandi Janssen, PhD

The I-CASH spring and summer Seasonal Campaigns addressed pain management and hearing conservation, topics that are of great interest to farmers as well as anyone who works long hours doing physical labor in a noisy environment.

### Pain and Medication Management

Approximately 2.1 million Americans suffered from an opioid misuse disorder in 2016 according to the National Survey on Drug Use and Health. Since 2000, the Midwest is one of the regions that has experienced the greatest increases in opioid-use deaths. Pain is a leading cause of physician visits in the United States, and although opioid medications are sometimes needed, non-opioid management may also be appropriate. Non-opioid pain management may come in the form of management without medications, like physical therapy, or non-opioid treatment such as over-the-counter medications. When opioid medications are needed, proper storage and disposal is very important. Medications should be stored securely, out of sight, in a cool, dry location. When pain medications are no longer needed they should be disposed of properly through a drug take-back program or at-home drug disposal system that neutralizes drugs.



In spring 2019, I-CASH distributed an informational card about managing pain without the use of opioids as well as how to safely store and dispose of medications. Additionally, Iowa State University Extension and Outreach (ISUEO) and Farm Service Agency (FSA) offices in Iowa received medication disposal pouches for distribution that safely inactivate unneeded medications. Download the handout and learn more about pain management resources at <https://icash.public-health.uiowa.edu/programs/seasonal-campaigns/pain-and-medication-management>

### Hearing Conservation

Noise-induced hearing loss is a well-known problem in agriculture. Spending the workday near loud equipment such as tractors, skid steers, some power tools, mowers, and in loud hog barns can cause hearing loss at any age. Fortunately, there are effective prevention strategies that can significantly reduce the risk of losing hearing ability, no matter one's age or stage of hearing loss. A general rule of thumb is, if you have to raise your voice to be heard, hearing protection should be worn. There are numerous options for hearing protection, from expensive noise-cancelling earmuffs to disposable earplugs. Even with so many choices, the most important thing is to simply use hearing protection consistently, even the most basic pair of earplugs.

This summer we will distribute a box of earplugs and a handout describing how to insert formable earplugs, developed by the Great Plains Center for Agricultural Health, to all ISUEO and FSA offices in the state. We hope that office visitors will pick up a pair and, more importantly, use them the next time they are working in a noisy environment.



Visit [www.i-cash.org](http://www.i-cash.org) for a full list of Seasonal Campaigns.

## Director's Message

by Brandi Janssen, PhD

As I write this, the sun has finally shown itself after several days of rain. I know that farmers are anxious to get into the fields as corn planting is long overdue. Nationwide, only 49% of corn had been planted by the third weekend in May, well behind the five-year average of 80%.

The late start to the season is only one of many stressors faced by farmers this year. Economic challenges, a wet fall that affected tillage and manure application, disastrous flooding in western Iowa, and overall uncertainty are taking their toll. We are hearing about farm stress from many of our partners across the state. To address some of these concerns, we've been working with a number of organizations to improve outreach to rural communities.



Brandi Janssen, PhD

This past winter, the I-CASH Seasonal Campaign focused on suicide prevention in rural areas. We developed a video featuring Ryan Nesbit from the American Foundation for Suicide Prevention, Marcia Oltrogge and Becky Loven from Northeast Iowa Behavioral Health, and Sara Sedlacek from CommUnity Crisis Services to provide information about QPR and Mental Health First Aid trainings that can prepare bystanders to navigate some of the very difficult conversations that can occur around stress and suicide. You can find links for all of these organizations, additional resources, and for the prevention trainings, on the I-CASH website.

In addition, in early May we hosted a Rural Mental Health Roundtable along with IDALS, the Great Plains Center for Agricultural Health, and CommUnity Crisis services. We brought together representatives from several commodity groups along with rural mental health care providers to brainstorm and find solutions for this challenging issue. It was a robust conversation and I'm pleased to see the seeds of several new initiatives coming out of the discussion that will make a positive difference.

Given the current challenges in agriculture, the work of I-CASH remains critical. I am pleased to report that the Iowa State Legislature agrees and has appropriated \$130,000 to support our programming for the upcoming fiscal year. This is the first direct state investment in our center since 2002 and it comes at a time when the University of Iowa has had to make reductions in support for centers that provide outreach and education beyond the campus borders. The state appropriation is an important investment in the health and safety of Iowa's farmers. I-CASH is committed to stewarding those dollars so that we can make a positive impact on the health and safety of our rural and agricultural communities.

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### National Farm Safety and Health Week - September 15-21, 2019

The 2019 theme for National Farm Safety & Health Week is "Shift Farm Safety into High Gear" and webinars are planned for noon each day during the week:



- Monday - Tractor Safety/Rural Roadway
- Tuesday - Farmer Health & Opioid/Suicide Prevention
- Wednesday - Safety & Health for Youth in Agriculture
- Thursday - Confined Spaces in Agriculture
- Friday - Safety & Health for Women in Agriculture

Visit [www.necasag.org](http://www.necasag.org) for information and public service announcements related to this year's theme.



I-CASH | Iowa's Center for  
**Agricultural Safety and Health**  
The University of Iowa ■ Iowa State University  
Iowa Department of Agriculture and Land Stewardship  
Iowa Department of Public Health ■ Non-profits for Farm Health

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[www.i-cash.org](http://www.i-cash.org)

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# 2019 I-CASH Youth Grants Announced

by Kyle Godwin, MS, I-CASH Program Assistant

Every year I-CASH provides funds for small grants to community youth groups for farm safety-related projects. In addition, I-CASH awards an Outstanding Youth Grant Award and the winner is invited to the annual Midwest Rural Agricultural Safety and Health Conference to present their project. This year 10 projects were funded.

## Bedford FFA

Bedford FFA is producing an educational program to increase the understanding of agricultural safety. Participants will get hands-on experience with livestock, farm equipment, small farm animals, and other tools while special attention will be paid to the use of hearing protection.

## Cherokee County 4-H Youth Council

Cherokee County 4-H Youth Council members will develop and put on an educational scavenger hunt. Participants will have to find handling tips and showing techniques for each species of animal at the county fair.

## Cherokee County Farm Bureau

Cherokee County Farm Bureau will host a farm safety day to provide hands-on opportunities to learn about agricultural safety. The intention is to help students develop the necessary skills needed to stay safe on the farm.

## Delaware County Fair Society

Delaware County Fair Society, with the help of FFA students and Temple Grandin, will prepare an educational program for youth in the county. FFA members will learn animal handling and presentation skills while youth exhibitors will be taught how to handle animals safely by students in the FFA.

## Ida County Farm Bureau

Ida County Farm Bureau provides opportunities for students to learn, and get hands-on experience, with agricultural safety and health. Nine stations will be set up to include information on animals, electrical, chemical, and grain bin safety, as well as a focus on first aid.

## Linn County 4-H and Extension

Linn County 4-H staff will conduct a program titled "Thank a Farmer – Fill Their Bucket." Five-gallon buckets are filled with health and safety items such as respirators and ear plugs, then delivered to farmers around the county.

## Mahaska County 4-H and Extension

Mahaska County 4-H will be conducting an "on the farm" day camp and setting up farm safety stations at the county fair. Interactive presentations will be utilized to help participants learn about agricultural safety and health.

## Mitchell County Extension and Outreach

Mitchell County Extension will put on an educational day camp for 4<sup>th</sup> grade students in order to empower youth to take safety into their own hands. Students will be able to understand impacts of incidents regarding animal, ATV, and household chemical safety.

## Southeast Warren FFA

Southeast Warren FFA is hosting a 6<sup>th</sup> grade agricultural day where they will cover topics such as tractor, auger, four-wheeler, and animal safety. Safety glasses, halters, and ear plugs will be distributed to students who plan on showing animals at the county fair.

## Washington County 4-H and Extension

Washington County 4-H conducts a project titled "Stay Safe, Take a Break" where students interrupt farmers during the long hours of harvest and give them different items intended to promote their health and safety.

Visit [www.i-cash.org](http://www.i-cash.org) for more information on the I-CASH Agricultural Youth Grant program.



# Safe Farms All Year Round, I-CASH 2020 Calendar

In Iowa, agriculture remains one of the most dangerous industries for workers. At I-CASH we know that many rural organizations have a vested interest in keeping our farmers and farmworkers safe and healthy.

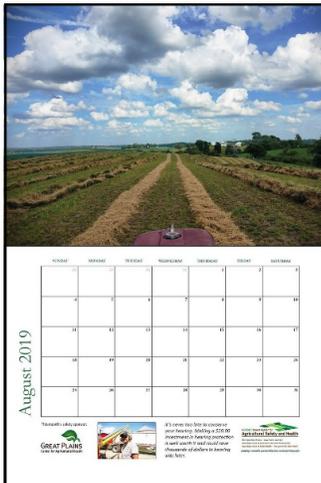
In 2018, I-CASH developed a safety calendar that included evidence-based tips for safety and health on the farm. Five thousand calendars were distributed through ISU Extension, FSA offices, farm shows, and fairs.



In 2019, we partnered with the Great Plains Center for Agricultural Health (GPCAH), the Healthier Workforce Center of the Midwest, and the University of Iowa Injury Prevention Research Center (UI IPRC), incorporating safety and health messages and promoting their work supporting Iowa farmers.

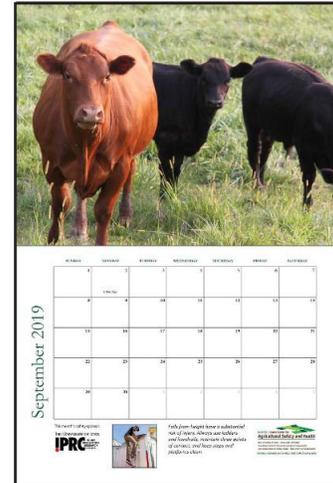
As we plan our 2020 calendar, we invite you to join with us, sharing best practices with farmers and their families, and helping to keep them safe all year long. Based on the most recent surveillance data, we anticipate including some of the following issues into the 2020 calendar:

- Tractor/equipment rollovers
- Roadway safety
- Pesticide/chemical safety
- Grain bins/respiratory
- Noise
- Musculoskeletal disorders
- Livestock safety
- Slips, trips, and falls
- Sun/heat exposure
- Machinery safety (PTO, struck by)
- Fire/electrical
- ATV safety
- Stress
- Hazardous gases



*In August 2019 I-CASH partnered with the GPCAH to promote hearing protection and hearing conservation.*

*The September 2019 message provided safety reminders when working at heights, and was sponsored by the UI IPRC.*



We hope that you join us to promote the importance of farm safety across the state. We'll work with you on messaging for the topic of your choice, and include your logo on the month(s) sponsored.

It takes all of us to make Iowa's farms as safe as they can possibly be.

For more information contact Brandi Janssen at (319) 335-4190 or [Brandi-janssen@uiowa.edu](mailto:Brandi-janssen@uiowa.edu). **The deadline is August 1, 2019.**

## Tractor Safety Training at Grow: Johnson County

by Amber Hartis, Graduate Student, Industrial Hygiene, University of Iowa College of Public Health

Grow: Johnson County is an organization that grows fresh produce for 15 local hunger relief agencies through the help of volunteers. A tractor safety training was given to the staff of Grow: Johnson County. The training focused on how to operate a tractor safely, how to work around a tractor, roll-over hazards, run over hazards, noise hazards, and precautions to take around tractor PTO and hydraulics. The group completed a walkthrough of the farm and discussed strategies to keep volunteers and visitors safe while on the farm. I-CASH is working with Grow: Johnson County to add signs, create a safety plan, and provide resources to keep future endeavors safe.



Amber Hartis, University of Iowa Graduate Student, leads a tractor safety training workshop at Grow: Johnson County in Iowa City.

## Research to Practice

### Iowa Rural Health Association and Midwest Rural Agricultural Safety and Health (MRASH) to hold conference on November 13-14, 2019

by Gayle Olson, MS, CHES, I-CASH Assistant to the Director



This fall, Midwest Rural Agricultural Safety and Health (MRASH) and the Iowa Rural Health Association (IRHA) will hold a combined conference on Tuesday, November 13 and Wednesday, November 14, 2019 at the Iowa Valley Conference and Event Center located at Marshalltown Community College in Marshalltown, Iowa. This will be the third time that MRASH and IRHA have joined forces for the fall conference. It brings together a number of new partners with different perspectives in serving the health and safety needs of our rural audience. One of the topics for investigation this year will be emergency preparedness and disaster response on farms and in rural communities. Marshalltown is a particularly appropriate location to explore these topics as they continue to work to rebuild their community after the 2018 tornado.

Do you have a research or outreach project related to farm safety or rural health issues that you would like to share with others? The call for abstracts is now open. Posters, presentations and round table discussions are all welcome. Abstracts can be submitted online or via email. Instructions and forms are on the conference website listed below. Please consider participating as a sponsor, exhibitor, presenter or attendee. Single day or full conference registrations will be available beginning this fall. Please join us!

Visit [www.i-cash.org/2019-MRASH](http://www.i-cash.org/2019-MRASH) or contact [gayle-olson@uiowa.edu](mailto:gayle-olson@uiowa.edu) for more details and updates.



## Agricultural Safety and Health Courses

### ***Agricultural Safety and Health:***

**The Core Course** is underway this week (June 10-14) at the University of Iowa College of Public Health. The training includes ag safety and health activities, safety and rescue demonstrations at the National Education Center for Agricultural Safety (NECAS), classroom instruction, farm tours, panel discussions and case studies. A reception and poster session was held Monday, June 10<sup>th</sup> showcasing research, teaching, and outreach activities focused on agricultural and rural safety and health at the University of Iowa.



***Agricultural Health and Safety Course for Medical and Safety Professionals*** will be held at the University of Nebraska Medical Center in Omaha, NE on July 9-12. Visit the Central States Center for Agricultural Safety and Health (CS-CASH) website at [www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash) or contact Ellen Duysen at [ellen.duysen@unmc.edu](mailto:ellen.duysen@unmc.edu) for course information.

## Great Plains Center for Agricultural Health (GPCAH) Now Accepting Pilot Grant Applications

The GPCAH funds pilot projects (up to \$30,000 per project) intended to promote innovative outreach and research efforts to prevent agricultural injury and illness. The pilot program supports both community-based organizations and academic researchers. To learn more about the pilot grant program and to apply, please visit <http://bit.ly/2xGoAcu>. Projects addressing mental health, sleep deprivation, safe transport and handling of commodities (e.g., grain, hay), and fall prevention are especially encouraged. **The deadline for proposals is July 1, 2019.**

**Investigator Profile: Nicole Novak, PhD, and Sarah Ziegenhorn, Exec. Dir. and Founder of Iowa Harm Reduction Coalition.** Visit <http://bit.ly/2H9ebQc> to read about these GPCAH investigators who are making a difference with their pilot entitled, "Opioid Crisis Response in Farm Communities: Overdose Prevention and Training for Farmers and Agricultural Workers."



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## Upcoming Events

June 24-27

**International Society for Agricultural Safety and Health (ISASH) Conference**  
Des Moines, IA  
<https://isash.org>

July 7-10

**American Society of Agricultural and Biological Engineers (ASABE) International Meeting**  
Boston, MA  
[www.asabemeetings.org](http://www.asabemeetings.org)

July 9-12

**Agricultural Safety and Health Course**  
Omaha, NE  
[www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash)

July 27-31

**Agricultural Media Summit**  
Minneapolis, MN  
<https://agmediasummit.com>

August 6-8

**Minnesota Farmfest**  
Morgan, MN  
[www.ideagroup.com/farmfest](http://www.ideagroup.com/farmfest)

August 27-29

**Farm Progress Show**  
Decatur, IL  
[www.farmprogressshow.com](http://www.farmprogressshow.com)

September 8-12

**National Association of County Agricultural Agents Annual Meeting**  
Fort Wayne, IN  
<https://www.nacaa.com>

September 9-11

**Ag Innovation Showcase**  
Minneapolis, MN  
[www.agshowcase.com](http://www.agshowcase.com)

September 10-12

**Husker Harvest Days**  
Grand Island, NE  
[www.huskerharvestdays.com](http://www.huskerharvestdays.com)

September 15-21

**National Farm Safety and Health Week**  
[www.necasag.org/nationalfarmsafetyand-healthweek](http://www.necasag.org/nationalfarmsafetyand-healthweek)