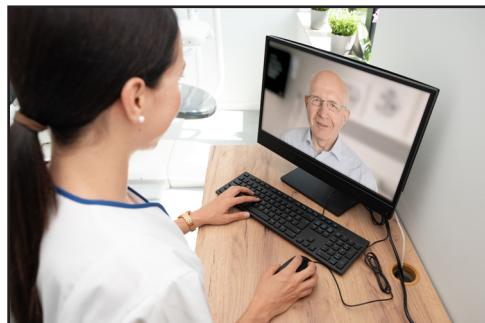


January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 <i>New Year's Day</i>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>Martin Luther King Jr. Day</i>	18	19	20	21	22
23/30	24/31	25	26	27	28	29



Have you tried telehealth?

Winter weather and travel time can make it difficult to see your regular health care provider or access other services like counseling. Telehealth options are expanding and may be a good choice for accessible, convenient, and private physical and mental health care.

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February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <i>President's Day</i>	22	23	24	25	26
27	28	1	2	3	4	5



Do all of your tractors have a ROPS?

Tractor rollovers are a leading cause of injuries and fatalities. Using a tractor without a Rollover Protective System (ROPS) puts you at high risk for serious injury or death. When used with a seatbelt, ROPS nearly eliminates the risk of a fatality in a tractor rollover. Almost any tractor can be retrofitted with a ROPS and you may be eligible for a rebate.



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March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Do your stairs and ladders have appropriate fall protection?

Falls from height are the leading cause of occupational deaths. Like all work sites, farms have numerous fall risks. To reduce your risk of a serious fall, make sure all stairs have appropriate rails and guards, enclose bin ladders, and exit equipment backwards, keeping three points of contact on the ladder at all times.



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April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Do you have the right chemical resistant gloves?

Pesticide labels may require waterproof and/or chemical-resistant gloves. The label lists the chemical-resistant materials that can be used with the product. No glove material will protect you from all pesticides, so check the pesticide label to determine if a specific glove type is required.



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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 <i>Memorial Day</i>	31	1	2	3	4



Do you know the hazards of needlesticks?

More than 80% of agricultural workers report having experienced a needlestick during routine animal care. These are usually minor, but can be serious. A few simple precautions can help keep you safe: don't re-cap needles, don't put syringes in your pocket, and use a sharps container to discard used needles.



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June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 <i>Juneteenth</i>	20	21	22	23	24	25
26	27	28	29	30	1	2



Do you have safety policies for your young workers?

Hiring young workers is a great way to help youth experience agriculture. There are a number of safety considerations when determining tasks for this group, including level of physical and mental maturity, difference in risk perception, ability to cope with unexpected situations, and limited experience making safety decisions at work.



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July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4 <i>Independence Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30



Do you keep your helmet with your Off-Road Vehicle?

Over 60% of all Off-Road Vehicle (ORV) fatalities occur on roadways. ORVs have a high center of gravity, tires unsuited for roadway surfaces, and a locked rear differential that requires wider, slower turns. Only use ORVs on roadways when absolutely necessary for agricultural use and always wear a helmet and, if applicable, a seatbelt.



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August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Do you have Lock Out Tag Out procedures for your grain bins?

Working in a grain bin with running equipment significantly increases the likelihood of a fatality. Any farm can implement Lock Out Tag Out (LOTO) procedures. Prior to entering, de-energize all equipment and lock the control box (lock out). Attach a warning tag to the controls (tag out) to ensure no one re-starts equipment until all workers are clear.



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September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5 <i>Labor Day</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1



Do you maintain good ventilation in your silo rooms?

Dry conditions can increase nitrates in silage material, putting you at risk for exposure to deadly silo gases. Stay out of upright silos for at least three weeks after filling and maintain good ventilation in the silo room. Consider where gases may drift from horizontal silos and use caution when opening, especially within three weeks of filling.



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October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10 <i>Columbus Day</i>	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29



Have you checked the lighting and marking on your equipment?

More than 1100 roadway crashes involving agricultural equipment occur in the Midwest every year. Follow lighting and marking guidelines set by the American Society of Agricultural and Biological Engineers including keeping the Slow Moving Vehicle (SMV) emblem clean and visible, installing flashing lights, and using reflective tape.



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November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11 <i>Veterans Day</i>	12
13	14	15	16	17	18	19
20	21	22	23	24 <i>Thanksgiving Day</i>	25	26
27	28	29	30	1	2	3



Do you operate gas or LP fueled equipment indoors?

Carbon monoxide poisoning causes 35 deaths and 300 hospitalizations in Iowa each year. Power washing indoor areas, such as livestock barns, can cause exposure to carbon monoxide. Ensure good ventilation when running any gas or LP fueled equipment in a building; leave the space immediately if you experience headache, shortness of breath, dizziness, or nausea.



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December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day						



Do you know the signs of hypothermia and frost bite?

Moving snow is a common winter task that should be approached with safety in mind. Shorter daylight hours mean you may have to work in low-visibility conditions when slopes, obstacles, or debris hidden under the snow are difficult to detect. Be aware of weather conditions and know the signs of hypothermia and frost bite.



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Farm Information

911 Farm Address

Farm GPS Coordinates

Farm Field Locations

Farm Emergency Contacts

Sheriff 911

Non-emergency number

Power Company

Farm Insurance Policy

Agent:
Company:
Policy Number:

Fire 911

Non-emergency number

Gas Company/ Fuel Supplier

Homeowner's Insurance Policy

Agent:
Company:
Policy Number:

Ambulance 911

Farm Veterinarian

Neighbor

Crisis Services

CommUnity Crisis Services 1-855-325-4296

Iowa Concern 1-800-447-1985

Iowa Crisis Chat 1-855-325-4296 or IowaCrisisChat.org

Your Life Iowa 1-855-581-8111



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I-CASH Partners and Programs

Iowa's Center for Agricultural Safety and Health (I-CASH) is a collaborative effort between four Iowa institutions: The University of Iowa, Iowa State University, the Iowa Department of Public Health and the Iowa Department of Agriculture and Land Stewardship. I-CASH works to improve the health and safety of the agricultural population by developing statewide prevention and educational initiatives.

Engaging New Audiences

Although the COVID-19 pandemic disrupted our usual in-person events, we can engage with and train new audiences online. This includes training county Extension staff to fit test respirators, building agricultural knowledge among rural mental health providers, and welcoming an international audience to our annual MRASH Conference.

Equipping Farmers with Safety Resources

Every Iowa farm is unique, so it can be challenging to identify safety strategies that are appropriate for every situation. We work to get proven safety strategies directly into farmers hands by providing funding for safety upgrades, engaging youth as advocates, and working with our partners statewide.

Effectively Communicating Health and Safety Solutions

Communication is key, on the farm and in the community. I-CASH shares evidence-based best practices, information about emerging issues, and resources for farm families through a variety of channels.

For more information about any of our programming, or to subscribe to our newsletter, email brandi-janssen@uiowa.edu.

Download our materials at www.i-cash.org.



I-CASH Advisory Board

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Shay Foulk – Ag View Solutions
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