



2024 I-CASH Farm Safety Calendar



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January 2024

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



Have you communicated about your 2024 farm health and wellness plan?

Health and wellness of farm employees and family members is an important part of farm success. Discuss potential safety upgrades with employees and family members. Prioritize hazards that pose the greatest risk, but also consider general wellness by ensuring that employees have appropriate rest times and a healthy work environment.

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February 2024

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



Are you up to date with preventive health screenings?

Iowa has the second highest incidence rate for cancer in the U.S., and is the only state where rates are increasing. Stay up to date with preventive health care and be aware of your personal risk factors, which could include exposures in the home like radon. Early detection can be a lifesaver.

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March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	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 know your area's burn ordinances or permit requirements?

Plan ahead for a controlled burn and always find out and comply with local burn regulations. Notify the appropriate authorities and neighbors that this is a planned fire. Know the weather conditions and use proper safety equipment. Have water, shovels and rakes nearby and monitor the fire continuously.



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April 2024

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	1	2	3	4



Have you had your well tested recently?

Private wells should be tested annually for bacteria and nitrate. Test for arsenic at least once and more frequently if you live in an area where other wells have exhibited changing levels. Contact your county health department to see if they participate in the Grants for Counties program and can help pay for your well test. For additional information on how to correctly obtain a sample and submit it for testing, please refer to the State Hygienic Laboratory web page at www.shl.uiowa.edu.

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May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 <i>Memorial Day</i>	28	29	30	31	1



Are your workers trained to use orchard ladders safely?

Orchard ladders are specifically designed for tree orchard work and have a third “tripod pole” to position the ladder under and within fruit trees. These ladders are the leading cause of injury on commercial orchards. Place ladders on stable ground with the tripod pole positioned uphill if on a slope. Use both hands and maintain three points of contact when climbing. Stay centered on the ladder and do not reach beyond the side rails. Move ladders as needed to work from the center position. Do not overfill produce bags or stand on the ladder’s top three steps.

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June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	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
23/30	24	25	26	27	28	29



Do your young workers feel comfortable asking questions?

Many farms hire young workers, which helps them gain experience in agriculture. Young or new workers may be reluctant to speak up if they are uncertain about the job or if they have a concern. After you demonstrate a new task, have them show you that they can complete the task, or repeat back the process. This is called the “teach-back” method of training. Regularly invite new or young workers to ask questions about the job.

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July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	25	26	27
28	29	30	31	1	2	3



Do you know where to find information about local air quality?

In addition to normal agricultural contaminants, smoke from large wildfires can affect air quality thousands of miles from the site of the fire. Wildfire smoke contains many pollutants that can cause a wide variety of health effects from mild irritation to increasing the risk of heart attack. The interactive AirNOW map (www.airnow.gov) developed by the EPA, can provide up to date information about local air quality.

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August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	31



Have you communicated with your farm landlord or tenant about next season?

Although verbal leases are enforceable, it is highly recommended to have a written lease agreement. Verbal lease agreements are only enforceable for a one-year period. Communicate regularly with your landlord or tenant about lease terms and for future planning. Iowa code states that farm leases auto-renew at the same conditions and terms as the original lease, unless either party provides written notice of termination by September 1.

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September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Labor Day</i>	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	1	2	3	4	5



Have you talked with your family about your farm's succession plan?

Farm succession planning is different from estate planning. Start the process early, defining the goals and needs for your retirement and the future of the farm. It is important to talk with family members and potential heirs about your plans and involve them in the process as much as possible.

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October 2024

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



Are your firearms securely stored in a locked gun safe separately from the ammunition?

Firearms are a leading cause of death among young people in the US. Many of these deaths are the result of an accidental discharge of a firearm that was improperly stored. In addition, quick access to a firearm is a risk factor for suicide. Guns should be stored unloaded in a locked location, separate from ammunition.

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November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	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	25	26	27	28 <i>Thanksgiving Day</i>	29	30



Do you know which agricultural digging projects require a call to Iowa One Call?

Many normal farming activities are exempt, but Iowa law requires all farmers and ranchers to notify Iowa One Call at least 48 hours prior (excluding Saturdays, Sundays and legal holidays) about any digging more than fifteen inches in depth. This includes terracing and waterway projects, new fence post installations, tiling, subsoiling, ripping or chisel plowing.



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December 2024

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 <i>Christmas Day</i>	26	27	28
29	30	31	1	2	3	4



Do you know how to recognize signs that someone is in distress?

Suicide rates in rural areas and among farmers are higher than the general population. Be attentive to signs of distress, including withdrawing from activities, giving away possessions, or talking about suicide. Asking someone if they are considering suicide does not introduce the idea. Instead, it lets them know that you are there to help them. If someone is in a crisis situation, stay with them until they receive help at the emergency department or via a hotline, such as the National Suicide Crisis and Lifeline (dial 988).

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I-CASH Partners and Programs

Agricultural Youth Grants

I-CASH provides small grants each year to community youth groups for farm safety-related projects. In addition, I-CASH awards an Outstanding Youth Grant Award, and the winners are invited to present their project at the annual MRASH Conference. Past projects have included distributing ear plugs, sun screen, and SMV signs; building farm safety hazard displays; and providing presentations on tractor, ATV, and livestock safety.



Seasonal Campaigns

I-CASH Seasonal Campaigns are distributed quarterly through ISU Extension and Outreach and Farm Service Agency offices. We have also partnered with 4-H clubs, Iowa Farmers Market Association, and FFA chapters to provide prevention materials across the state. These campaigns may include printable handouts or posters, safety resources, radio PSAs, or newspaper columns. All materials are available to print and share, and some safety resources may be available from I-CASH in limited quantities.



MRASH Conference

Each year, I-CASH partners with the Great Plains Center for Agricultural Health and other organizations to present the Midwest Rural Agricultural Safety and Health (MRASH) conference. The conference brings together safety and health researchers and professionals, health care providers, farmers, and rural advocates. Conference details and resources from past conferences are available on the I-CASH website.



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 Health and Human Services 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.

Dedicated to Practical Solutions

Farms are not exactly like other workplaces, each operation has a different mix of enterprises, production practices, and labor sources. I-CASH works to identify solutions that are most applicable to Iowa's farms, from grain bin safety to reducing falls, we provide resources and information that farmers can use every day to stay safe.

Committed to Partnerships

I-CASH's successes are rooted in our partnerships with many different organizations, beyond farmers and across borders. We benefit from partnerships outside of the traditional occupational safety and health realms. We've developed many new partnerships in Iowa and beyond to work toward our vision of safe and healthy farming for all Iowans.

Connected to Rural Iowa

I-CASH connects with rural Iowa through our staff and advisory board, as well as by being present in rural communities and at events. We reach out through different media sources to provide information across the state and listen to farmers and rural communities to understand their needs and concerns.



For more information about any of our programs, or to subscribe to our newsletter, email cph-icash@uiowa.edu. Scan the QRC or visit www.i-cash.org for a full list of resources.



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	 <p> 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 Health and Human Services • Non-Profits for Farm Health www.i-cash.org </p>
Iowa Concern 1-800-447-1985	
Iowa Crisis Chat 988 or IowaCrisisChat.org	
Your Life Iowa 1-855-581-8111	





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