LECCIÓN 1
*LESSON*

# Como trabajar seguro en las lecherías

# *Working Safely in Dairy*

## *Seguridad en las lecherías*


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Scan to visit website:
http://umash.umn.edu/projects/projects/seguridad.htm


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# LESSON 1

## SUMMARY OF INSTRUCTIONS

### *Lesson Objectives*

This lesson will help participants to:

1. **Recognize the importance of being safe at work**
2. **Identify the main hazards (causes of injury and illness) on dairy farms**
3. **List the general ways hazards can be controlled**

### *Materials*

The following are the materials and things you will need during this session:

- **Power Point Presentation and/or the Flipchart**
- **Handout: Hazard A – Cattle**
- **Handout: Hazard B - Machinery/Equipment**
- **Handout: Hazard C – Chemicals**
- **Handout: How to Avoid Injury and Death on a Dairy Farm**

### *Time*

This lesson will take approximately 1 hour.

LESSON 1

# BACKGROUND INFORMATION

This is the first part in a series of trainings to help workers be safe while working on a dairy farm. The overall purpose of this first lesson is to start helping workers recognize the importance of staying safe and healthy on the job and to initiate a discussion regarding the main hazards in dairy and general ways to prevent work-related injuries and illnesses.

This lesson sets out to broaden the conversation about worker safety and health by offering a bigger picture beyond the individual and his or her occupation. Controlling hazards to prevent injuries and illnesses benefits the worker's physical, mental, and social well-being, as well as the well-being of those around him or her at home and on the job. Being injured or sick on the job has a ripple effect, impacting the worker, his or her coworkers and family, and the farm.

### *Why are we concerned about safety and health on a dairy farm?*

Workers in agriculture are more likely to get hurt or die on the job than any other industry. Dairy, like agriculture in general, is a dangerous occupation. Every year more than 500 people die while doing farm work. We know less about how many injuries and illnesses happen to workers each year, but we do know that farm work, including dairy work, is dangerous.

### *What are the main hazards on a dairy farm?*

Dairy farms have many hazards. A hazard is anything at work with the potential to physically or mentally harm or kill a person. This can be a facility, a location, equipment, animals, substances, tools, job, task, or action. The main hazards on a dairy farm are animals and machinery, but there are other hazards such as chemicals.

#### *Animals*

Cattle are one of the main hazards in dairy. Cows can kick, bite, or pin workers; workers can also be stepped or stomped on by the cows. Workers can also get sick from working around cows. All bulls are dangerous and can cause severe injury or death.

#### *Machinery*

Machinery is also a significant hazard. Tractors and skid steers can be hazardous to both the drivers and people around them. Tractor rollovers, collisions and the power-take off shaft on tractors are important hazards. The hazards of skid steers include being run over, being caught in an attachment, getting crushed between machine parts, becoming trapped by loads that roll or drop off, and being pinned in a rollover or tipping of the skid steer. Also, unshielded or unguarded machinery and getting caught in moving parts can cause injuries.

Other hazards include:

- **Chemicals (in any form liquid, solid, gas)**
- **Confined, enclosed spaces such as where manure is stored**
- **Electricity**

- **Extreme heat and cold**
- **Ladders, roofs and silage where falling from such heights is dangerous**
- **Holes and wet, icy or uneven surfaces which increase the potential for slips, trips and falls**
- **Needles and sharp tools**
- **Dust**
- **Noise**

The extent of the danger from a hazard depends on the circumstances on the farm and how the workers and farmers control the hazard. For instance:

- **There are fewer risks associated with chemical use when workers know how to properly use the chemicals and know what type of personal protection (such as gloves and goggles) to use in order to lessen exposure.**
- **There have been almost no deaths from tractor rollovers in the US when the tractor has a Roll Over Protection System (ROPS) and the driver wears a seatbelt.**
- **Farm management practices including proper supervision and training of workers, as well as sound safety policies and procedures are important factors that impact worker safety and health.**
- **Knowledge, behavior and attitudes of the workers and farmers can make a difference in how hazards are controlled. The danger from a hazard can increase if someone does not know about a hazard, does not know how to control the hazard or does not believe that protective measures lessen risks from the hazard.**
- **Fatigue or being tired on the job from repetitive tasks, long shifts, frequent changes in shifts or lack of sleep are important risk factors.**
- **Stress also contributes to injuries on the farm.**

### *What kinds of worker injuries and illnesses happen on a dairy farm?*

Work incidents on dairy farms vary from minor injuries and illnesses to death.

- **Injuries involving livestock can include broken bones, head injuries, bites, cuts and bruises. The force of being struck by a cow or bull can cause death. Bulls are particularly dangerous.**
- **Injuries such as broken bones, strained or pulled muscles and even death can result from slips, trips and falls.**
- **Illnesses caused by livestock include skin infections and diarrhea.**
- **Muscle pains can occur from repeating the same movements for long periods of time, lifting and straining.**
- **Exposure to chemicals and gases can cause immediate symptoms such as irritation to the eyes and skin, trouble breathing and dizziness. Some exposures can cause death. There can also be long-term health effects.**
- **Hearing loss can occur from repeated exposure to loud noise without protection.**

# LESSON 1

### *What can be done to prevent injuries and illnesses in dairy?*

In general, hazards can be reduced or eliminated in three ways.

### *1. Getting rid of the hazard*

Many dairy farms have chosen to get rid of bulls and use only artificial insemination. Some dairy farms change the design of their milking parlors to help prevent milkers from getting kicked. Farms can install ROPS and seatbelts on their tractors to eliminate a potential life-threatening hazard. These are examples of changes that get rid of hazards and make the farm safer.

### *2. Having safety policies or procedures that reduce the hazards*

Many farms have rules and policies to guide the work on the farm. A work rule can be as simple as requiring workers to fill out a timesheet or punch a time clock to record the number of hours worked. A basic set of safety and health rules for how to deal with hazards is also important.

A farm rule that states all workers must wear a seat belt when driving a skid steer or tractor is an example of a policy. A clear communication plan that fosters the explanation of potential hazards to workers on each shift is an example of a policy that can help all workers become informed about hazards, such as new cows or broken equipment.

A manure pit is an example of a confined space that merits a set of policies and procedures to protect workers from risks associated with this hazard. This includes worker training, a confined space rescue plan, use of warning signs, use of air monitoring systems and requirements for personal protective and rescue equipment.

### *3. Using personal protective equipment (PPE)*

Sometimes, workers have to deal with hazards and need to take steps to protect themselves. Use of personal protective equipment can help prevent illnesses and injuries. Examples include wearing goggles and gloves when using certain chemicals in order to protect the eyes and skin from exposure, wearing a respirator to prevent inhaling dusts and chemicals, using ear plugs to prevent hearing loss and wearing steel-toe boots to protect feet if stepped on by cattle.

### *What are the barriers to protecting workers and controlling hazards on a dairy farm?*

There are various reasons that keep workers and farmers from being safe on the farm. Barriers can include anything from lack of knowledge, misguided beliefs and pressure to work fast. A farmer may be under pressure to make a profit and not lose money. This pressure may keep a farmer from repairing machinery or making costly changes on the farm that would better protect the workers. The belief that taking risks is “normal” can also be a barrier to controlling hazards. Workers may want to work longer or more shifts to earn more money. This can lead to fatigue. Workers who are tired on the job might not think clearly or be alert. This may make them more vulnerable to injury and even cause injury to others.

For immigrant workers, additional barriers to being safe include:

- **challenges in communication due to language differences and low literacy levels**
- **fear of job loss**

- **cultural or religious differences regarding perception of risk and willingness to take risk such as fatalism or a belief that "if God wants it this way, it was meant to happen" or "if this is what God wants, then it's destiny"**
- **lack of work experience on US dairy farms**

### *You can do it!*

It is important to remember that most hazards can be controlled and ALL worker injuries and illnesses can be prevented. Being safe at work involves everyone—employees, managers and owners. Many hazards must be controlled by making changes in the workplace. Still there are many steps that workers can take to protect themselves and their coworkers from getting hurt or sick.

Training is an important first step in learning about the hazards and what workers and farmers can do to prevent injuries and illnesses. The trainings should encourage workers to "think safety" and incorporate safety procedures into their daily tasks.

Lessons 2, 3, 4 and 5 will cover more detailed information about the hazards on a dairy farm and how to prevent injuries and deaths.

LESSON 1

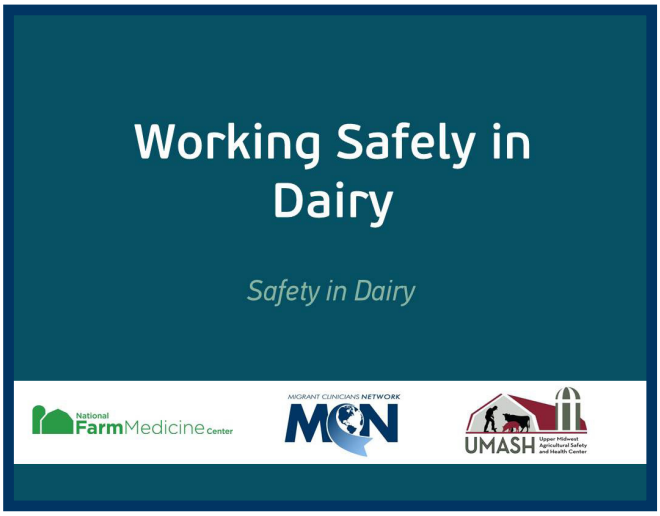
# Facilitator Guide and Presentation

National Farm Medicine Center

MIGRANT CLINICIANS NETWORK MCN

UMASH Upper Midwest Agricultural Safety and Health Center

# LESSON 1




**Say:**
This is the first of five trainings where we will talk about how to be safe and stay healthy when working on a dairy farm. The trainings are one part of an overall health and safety focus on your farm. The farm owner has invited us to be here. We are also making recommendations to make the farm safer. We aim to help you and the farmer make the farm a safer place to work.

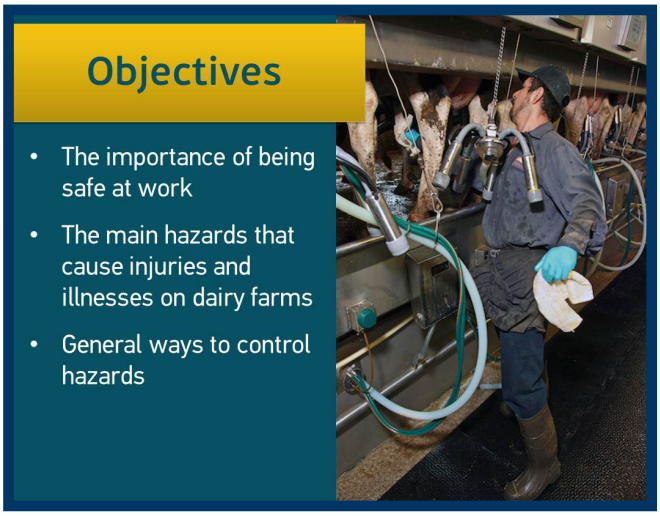
In the trainings, you will learn about the causes of injuries and ways to prevent getting hurt. Some steps to prevent injuries are more feasible or easier to do than others. We will focus a lot on what you as a worker can do to be safe. It's important to know that there are many ways to be safe at work. Many times there are changes needed on the farm and the farm must make those changes in order to help the workers stay safe. Safety begins today! It is never too late to learn ways to stay safe on your job.

**Conduct an icebreaker exercise:**
To start the session, let's do something to get to know each other. Please tell us your first name and then say briefly what you like to do on your days off work. I'll start by saying my name and the things I like to do.

**Explain the "Ground Rules." Ask and write their responses on the flipchart:**
Let's make sure we all agree on some rules that will make our trainings go well. What do you think are some important rules to follow?

**Say:**
As we go through our training, it is important that we respect the ideas and questions of all participants. We also encourage everyone to participate. We all have different experiences and knowledge and we have a lot to learn from each other. Please don't make fun of others' comments. Please mute or turn off all your cell phones.

# LESSON 1



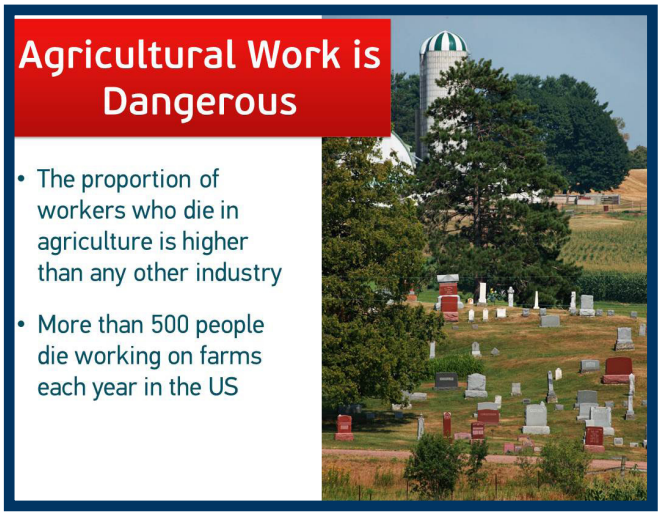

2

**Say:**
In this lesson, you will learn:
- The importance of being safe at work
- The main hazards that cause injuries and illnesses on dairy farms
- The general ways to control hazards

3

**Ask:**
Do you think your job is one of the most dangerous jobs in the US?

**Say:**
Yes, working on a farm is one of the most dangerous jobs in the US.

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**Say:**
The proportion of workers who die in agriculture is higher than any other industry: More than 500 people die working on farms each year in the US.

5

**Say:**
About 30 workers in Wisconsin and 21 workers in Minnesota die each year on farms. Across the US, about one out of every four workers that die on dairy farm is Hispanic.

# Share a Story

6

**Ask:**
Who would like to share a story about a worker being injured on a dairy farm? It can be the story of someone you know or yourself. Let's hear one story.

**Ask and write their responses on the flipchart:**
- What happened to the person?
- How long was the person in the hospital?
- How long was the person out of work?
- Could the person support or send money home to their family?

**Emphasize the impact of the injury. Underline or group the responses in the flipchart as follows:**
Injuries: Broken bones, cut off finger, arm or leg, disabled, death.
Losses due to poor health/injuries: Can't work in agriculture, lost a body part, disabled
Losses due to no income or less money: Unable to support family, unable to send money to family, expenses for doctor, hospital, medication.
Other losses: Loss of job, loss of time for going hospital or going for therapy , change position at work, retaliation because of the incident, move to another town to find work, return to home country

**Say:**
As you said, injuries and illnesses that happen at work have many consequences.

**Write on a flip chart: "WHY IS IT IMPORTANT TO STAY HEALTHY AT WORK?"**
**Ask and write their response on the flip chart:**
Why should you care about being injured on the job? Why should you try to prevent injuries?

Examples include:
- To support your family (here or in your country)
- To stay healthy and able to do anything without pain or problems
- Not be worried about losing the job
- Be able to work in dairy, be able to work fulltime
- To offer a better life to family
- To buy things
- To live better
- Be happy!

# Hazards at Work

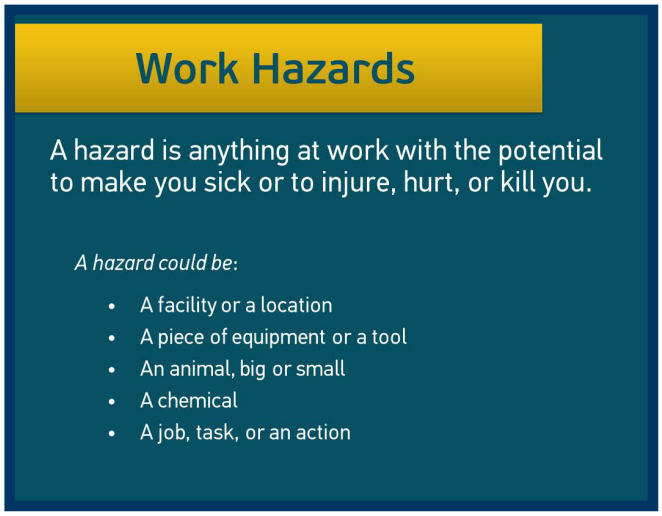


**Divide the participants into pairs or teams and say:**
According to the story we just discussed, talk with your partner to identify what you think caused or led to the injury. You have 3 minutes and then we'll share your findings.

**Ask and write their responses on a flip chart:**
Now that you've had a chance to discuss, please share your ideas with the group. What do you think caused or lead to the injury?

Responses may include:
- Worker didn't know what to do, he/she wasn't trained
- Worker in a hurry, under pressure, didn't pay attention
- Worker was tired, just changed shifts
- Worker was alone near the animal-bull
- Worker wanted to please the boss
- Worker wasn't wearing appropriate clothing or equipment
- Co-worker didn't help him/her
- Equipment was broken
- Animal was aggressive or new
- Equipment or machine was broken, was "on" or "connected"
- Surface terrain was uneven

**Ask:**
As you said, an injury can be caused by many things. What are some of the things on the farm or things that you do that can hurt you?

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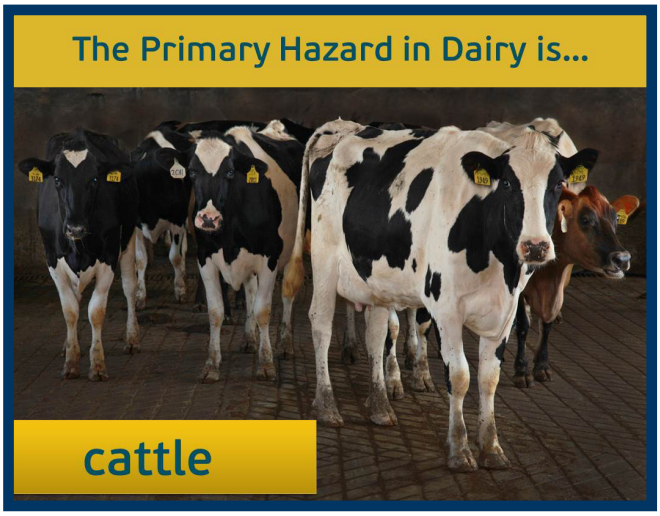
**Say:**
A hazard is anything at work with the potential to make you sick, injured, hurt or kill you. A hazard could be…

- a facility or a location
- a piece of equipment or a tool
- an animal, big or small
- a chemical
- a job, task, or an action

**Say:**
Now let's talk about these hazards and others.

**Divide participants into groups and distribute one hazard handout to group. Give them 1 minute to discuss among themselves how the hazard in the handout can cause injuries or illnesses and what types of injuries and illness can occur.**

Hazard A – Cattle
Hazard B - Machinery/Equipment
Hazard C – Chemicals

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**Ask the group with Hazard A – Cattle:**
Please share with the group how cattle can cause injuries and illness and what types of injuries and illness can result when working around cattle.

**Explain:**
Cows and bulls are the cause of most injuries and some  illnesses on a dairy farm.

11

**Say:**
Bulls cause severe injuries on dairy farms.

12

**Say:**
Cattle are hazards because they can kick, bite, pin, ram, step and stomp on workers.

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13

**Say:**
Cattle can also transmit or give diseases to workers. This picture here shows someone with ringworm. Both sick and healthy cows can sometimes cause illnesses.

Photo source: http://web.udl.es/usuaris/dermatol/Atlasweb/tinea_corporis/600/tinea_corporis14.JPG

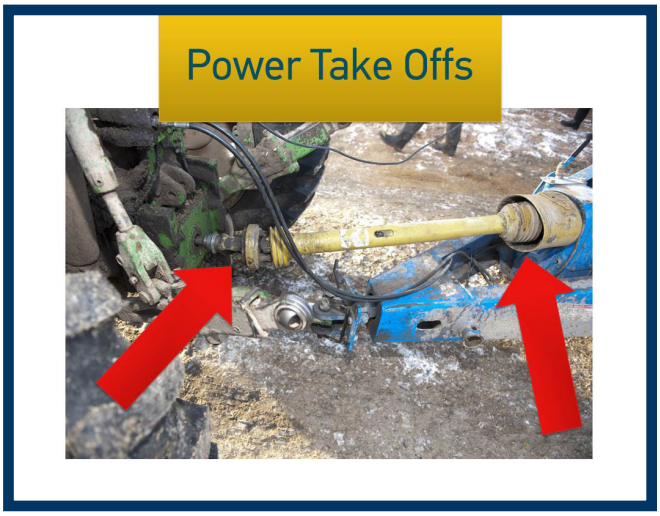
14

**Say:**
Machinery and equipment are also important hazards.

**Ask the group with Hazard B – Machinery/Equipment:**
Please share with the group why you think machinery and equipment can cause injuries and what types of injuries can result.

15

**Say:**
Tractors and skid steers can be dangerous to both the drivers and people around them. Workers can get hurt when tractors roll over, collide into people or other things or run someone over.

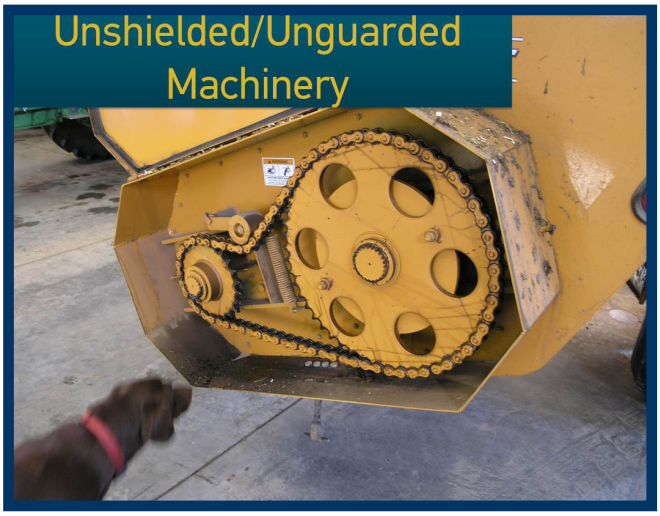



16

**Say:**
This is an unshielded power-take off (PTO) shaft. PTOs on tractors can cause severe injuries. A piece of clothing can get caught and the clothing and person can get pulled into shaft. You can lose an arm or a leg or even die from a PTO injury.

17

**Say:**
Skid steers can be deadly! Workers can be run-over, get caught in an attachment, get crushed between machine parts, get trapped by loads that roll or drop off or be pinned in a rollover or tipping of the skid steer.




18

**Say:**
Machinery can injure workers: unshielded or unguarded machinery and getting caught in moving parts can cause injuries.

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**Ask team with Hazard C – Chemicals:**
Please share with the group why you think chemicals can cause injuries and illness and what types of injuries and illness can result.

**Explain:**
Exposure to chemicals can hurt workers. Chemicals can come in various forms including solids, liquids and gases. There are other common hazards on a dairy farm.

Photo Source: http://www.delaval.com/en/-/Dairy-knowledge-and-advice/Smart-Farming/Caring-for-your-cows/

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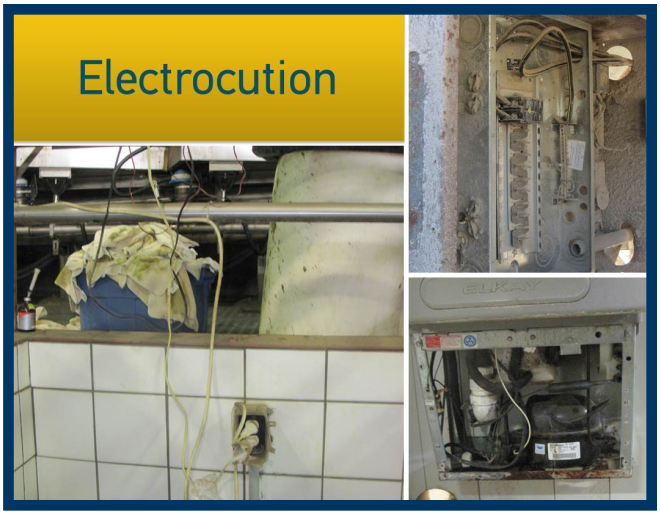
**Ask:**
Why is this a hazard?

**Explain:**
Confined or enclosed spaces on a farm are a hazard. In this picture, this is confined space where manure is stored. It is a hazard, because the manure makes certain gases that are dangerous and can even kill you if you breathe them in. Also, manure has germs that can make you sick.

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**Ask:**
Why would we be concerned about this?

**Explain:**
Electrocution is another hazard common on a dairy farm that can cause severe injuries and can kill workers.

22

**Ask:**
Why are ladders and heights a danger?

**Explain:**
Ladders, roofs and silage can be dangerous because falling from such heights can hurt or kill you. Aluminum ladders around electrical sources can also be dangerous because electricity can flow through them and hurt you.

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**Ask:**
What very common injuries can happen when working around wet or uneven floors?

**Explain:**
Slips, trips and falls are very common injuries on dairy farms. Wet, icy, uneven and open floors can causes slips, trips and falls. Many injuries like sprains, strains and broken bones can happen when you slip, trip or fall.

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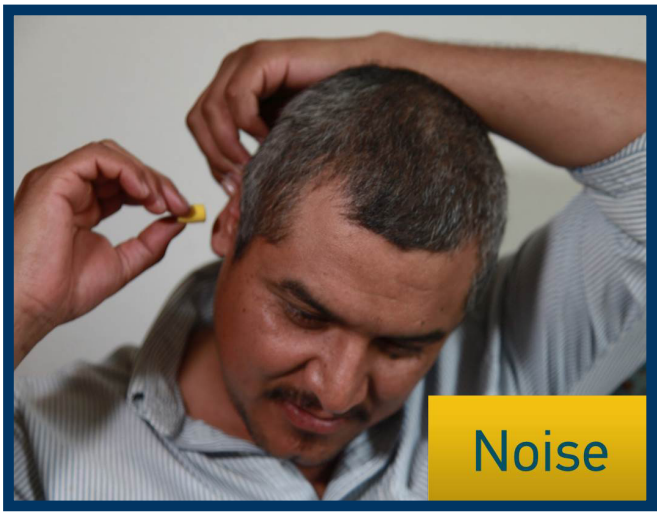
**Ask:**
What injuries can happen from needles?

**Explain:**
Needle sticks can hurt workers or expose them to the medication meant only for cattle and not humans.

25

**Ask:**
Why would we be concerned about dust?

**Explain:**
Dust from storing or handling silage, soils, or manure can cause respiratory and eye problems.

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**Ask:**
Why should we be concerned about loud noise on a farm?

**Explain:**
Loud noise can cause hearing problems or loss. Wearing head phones and listening to music will not protect you from loud noise.

27

**Ask:**
When we work in the parlor and do a lot of the same motions are we at risk for getting hurt?

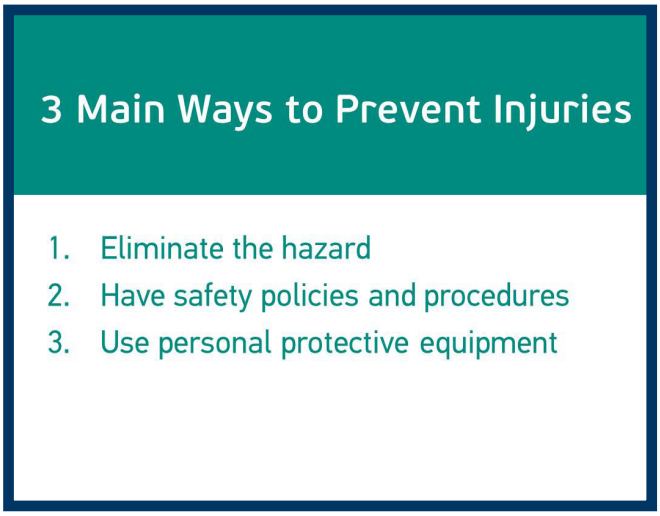
**Explain:**
Repetitive body movement can cause back, neck, wrist and finger pains.

# Preventing Injuries

*Staying Safe and Healthy on the Job*



**Say:**
Now that you are experts in identifying dangers and hazards on the farm, let's talk about ways you can be safer at work.




**Say:**
There three main ways to prevent injuries. We can:

- Eliminate the hazard
- Have safety policies and procedures
- Use personal protective equipment and wear proper clothing

**Explain:**
Farms have many policies. How many of you fill out a timesheet or punch a time clock when you come to work each day? This is an example of a policy -- something the farm tells you to do for your work. Farms also need policies and rules to keep workers safe and healthy.

**Distribute YES/NO cards. Explain:**
We are going to see a series of pictures. According to the THREE MAIN ways to prevent injuries mentioned before, I will ask you if the picture is an example of 'eliminating the hazard,' if it is an example of a 'policy or procedure' or if it is an example of 'using personal protective equipment.' For each picture, raise the card with the green word YES if you think the picture shows an example of what I will ask you. Raise the card with the red word NO if you think the picture is not an example. You can also just say yes or no.

30

**Say:**
Raise the YES card if you think getting rid of bulls on dairies is an example of eliminating the hazard. If you don't think getting rid of a bull is an example of 'eliminating the hazard', then raise the NO card.

**After they raise their cards, say:**
Yes, getting rid of bulls on the farm is an example of eliminating the hazard.

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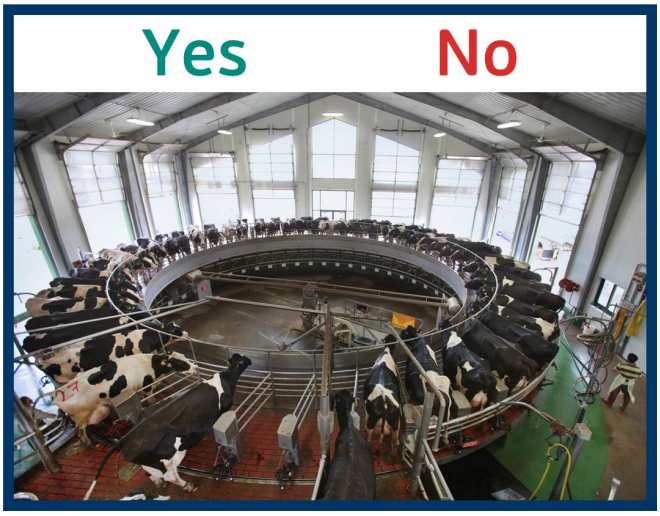


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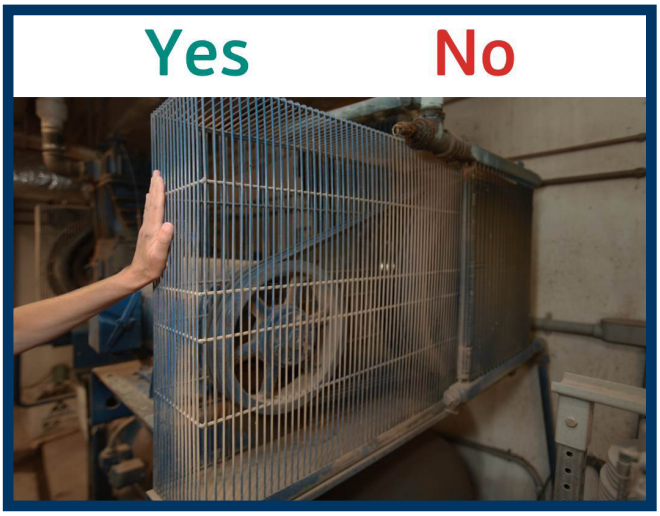
**Say:**
Raise the YES card if you think modernizing the design of the parlor is an example of 'eliminating the hazard.' If you think modernizing the design of the parlor is not an example of 'eliminating the hazard, then, raise the NO card.

**Say:**
Yes, changing or modernizing the parlor helps to 'eliminate the hazard'. The design can make the work place safer because it eliminates certain hazards. In this type of parlor, the cows move to the worker and it can help prevent certain injuries and make dairies more efficient. There is also a bar that can be installed to prevent cows from kicking workers.

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**Say:**
Raise the YES card if you think shielded machinery is an example of eliminating a hazard to protect workers. If you think shielded machinery is not an example of eliminating a hazard, raise the NO card.

**After they raise their cards, say:**
Yes, properly shielding or covering machines eliminates certain hazards when the machines are running.

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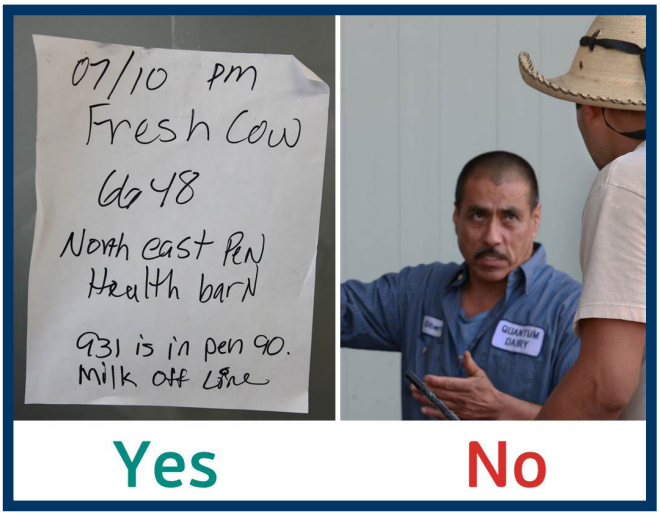
**Say:**
Raise the YES card if you think getting safety training is an example of a 'policy and procedures' that can help protect workers. If you don't think getting safety trainings is an example of a safety policy and procedures in the farm, then raise the NO card.

**Say:**
Yes, providing safety and health trainings and making it a requirement for workers is an example of a farm procedure or policy that can help workers prevent injuries.

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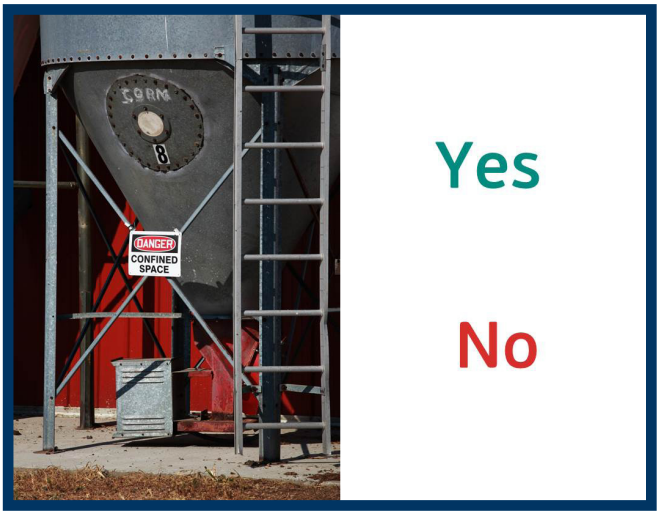
**Say:**
Raise the YES card if you think communicating risks to supervisor and coworkers is an example of farm 'safety policies and procedures. If you think communicating risks by talking to the supervisor and coworkers is not an example of a 'safety policy and procedure' then raise the NO card.

**Say:**
Yes, communicating risks to the supervisor and co-workers is an example of the farm's 'safety policies and procedures.' A policy may require all workers to inform coworkers about a fresh cow. Another example of a policy is to inform supervisors about broken or jammed gates. These are examples of farm procedures or policies that can help workers prevent injuries.

Having rules and policies at the farm and following them help make everyone work safer and lessen the chances of being hurt.

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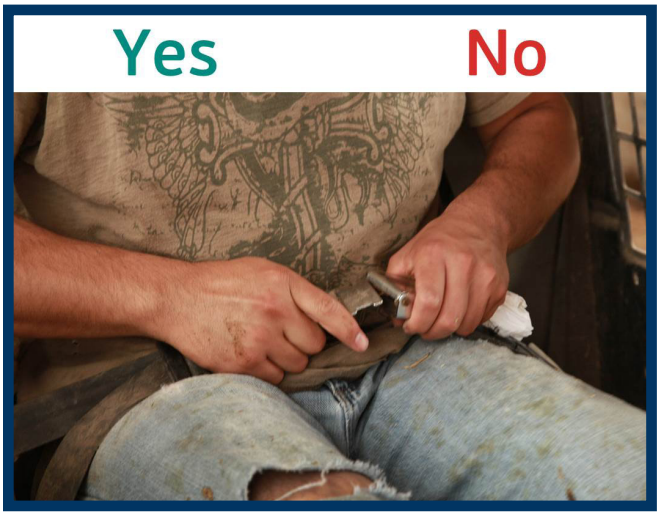
**Say:**
Raise the YES card if you think having clearly marked signs help protect workers. If you don't think so, raise the NO card.

**Say:**
Yes, hanging up visible and marked signs to warn workers about dangers is an example of a farm policy or procedure to protect workers.

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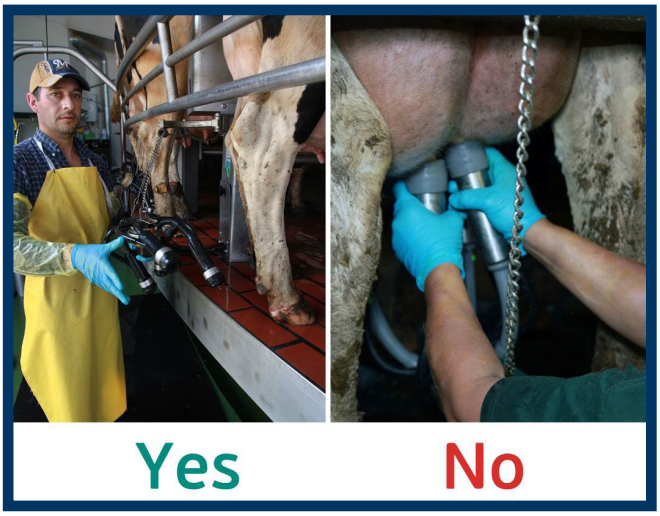
**Say:**
Raise the YES card if you think requiring workers to wear the safety belt any time they drive the skid steer is an example of a farm safety policy in the farm. If you think requiring workers to wear the safety belt is not example of a safety policy, then raise the NO card.

**After they raise their cards, say:**
Yes, requiring all workers to wear the safety belt any time they drive the skid steer is an example of a safety policy in the farm that can help workers prevent injuries.
Other examples of rules and policies includes having strategies to communicate about emergencies, having a plan to safely store and use chemicals and meeting regularly to identify hazards.

**Say:**
Many times the farm requires or mandates certain procedures and policies. But much of what we are discussing can be done even if there is not a formal procedure or policy. Can you give an example?

[Look for answers such as wearing seat belts or telling their co-workers about a new or fresh cow.]

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**Say:**
Raise the YES card if you think wearing gloves is an example of 'using personal protective equipment.' If you think it is not an example of 'using personal protective equipment' then raise the NO card.

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**Say:**
Raise the YES card if you think using earplugs is an example of 'using personal protective equipment.' If you think it is not an example of using personal protective equipment then raise the NO card.

**Say:**
Yes, wearing gloves or earplugs are examples of using personal protective equipment (also known as PPE). Other personal protective equipment that can prevent injuries include safety glasses, respiratory masks, and seatbelts. Also, wearing proper clothing such as long sleeves and steel-toe boots can help prevent injuries.

**Say:**
There are 3 main ways to prevent injuries and illnesses.

- Eliminate the hazard
- Establish and follow safety policies and procedures
- Use personal protective equipment and wear proper clothing

As you can see, hazards can be addressed in various ways. You, your co-workers and the farmer all have an important role in preventing injuries on the farm. It is the farmer's job to get rid of hazards and to establish safety policies and procedures. But workers must follow these policies and wear PPE. Everyone on the farm has a role in safety.

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**Say:**
You can do it! You can reduce the chances of being injured or getting sick at work by:

- Think safety all the time
- Stop, and think  before doing
- Remember, working on a dairy farm is dangerous

And you want to stay healthy, support your family, and be happy for many years!

---

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**Say:**
Thank you for your participation. You were very active and enthusiastic learners. Now I would like to invite you for our next sessions.  Lesson 2 through 5 will cover more detailed information about the main hazards in a dairy farm and how to prevent them. The date and time will be _____.

# DAIRY HEALTH AND SAFETY TRAINING ATTENDANCE RECORD

*Registro de Asistencia Entrenamiento de Salud y seguridad en Lecherías*

**Farm Name**: _____
*Nombre del Rancho*

City, State: _____
*Ciudad, Estado*

Training Location on Farm: _____
*Lugar de Entrenamiento en el Rancho*

Date: ____ / ____ / ____
*Fecha*

Time: _____ AM / PM
*Hora*

Duration: _____ mins
*Duración*

Trainer Name: _____
*Nombre del Entrenador*

Observer Name: _____
*Nombre del Observador*

Lesson Topic**:**
*Tema Lección*

Language: ☐ English ☐ Spanish
*Idioma* *Inglés* *Español*

☐ 1: Hazard Identification & Control
*Identificación de Peligros & Control*

☐ 2: Animal Handling
*Manejo de Animales*

☐ 3: Machinery & Equipment
*Equipo y Maquinaria*

☐ 4: Workers' Rights & Responsibilities
*Derechos & Responsabilidades de los Trabajadores*

☐ 5: Chemicals, Confined Spaces & Silos
*Químicos, Espacios Cerrados & Silos*

☐ Other: _____
*Otro*

**Employee Names (please print)**

*Nombre Empleados (escriba nombre)*

| | |
|---|---|
| 1. | 13. |
| 2. | 14. |
| 3. | 15. |
| 4. | 16. |
| 5. | 17. |
| 6. | 18. |
| 7. | 19. |
| 8. | 20. |
| 9. | 21. |
| 10. | 22. |
| 11. | 23. |
| 12. | 24. |

# Hoja A

# Ganado

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# Hoja B

# Maquinaria

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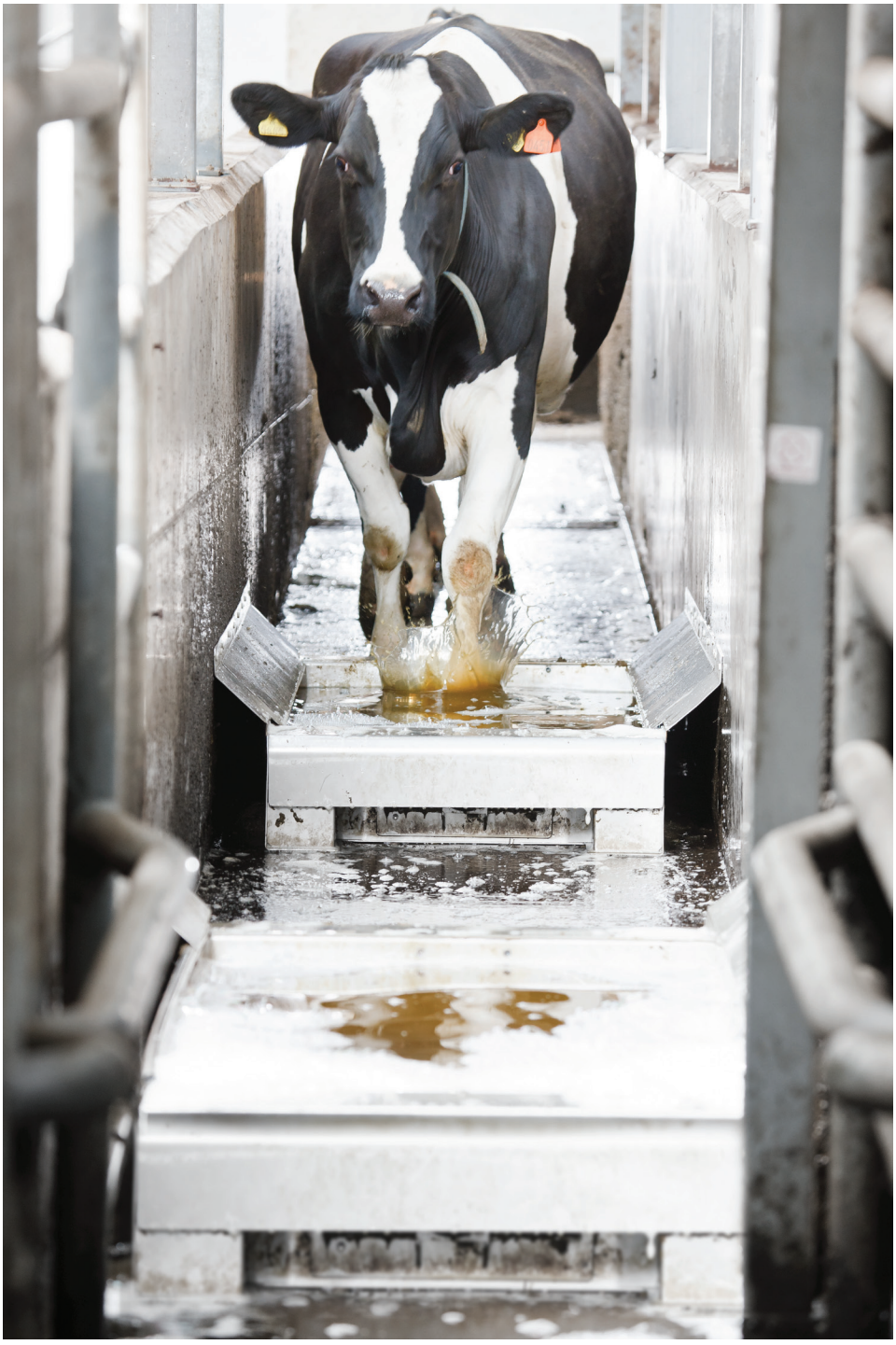
# Hoja C

# Químicos



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## You can do it!

Everyone is responsible for preventing injuries and deaths on dairy farms.

**Farmers** can make the dairy farm safer and healthier.

**Workers** on dairy farms should attend trainings, practice preventative measures, and maintain communication.

UMASH Upper Midwest Agricultural Safety and Health Center

MIGRANT CLINICIANS NETWORK MCN

National Farm Medicine Center

## ALWAYS THINK OF YOUR SAFETY

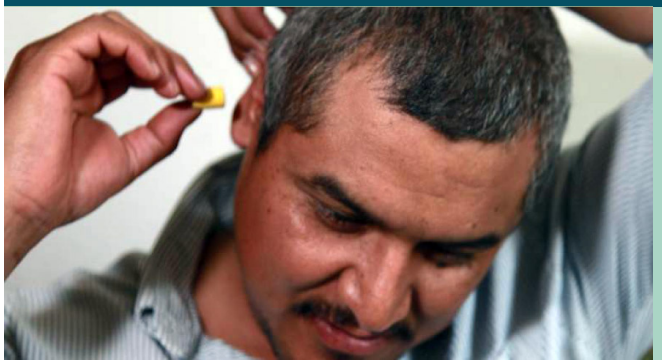
Stop, look and think before you act.

If you have questions or would like more information, contact:

Upper Midwest Agricultural Safety and Health Center (UMASH)
612.625.8836

*Hablamos Español*

# HOW TO PREVENT INJURIES AND DEATHS ON DAIRY FARMS



**Seguridad en las Lecherías project.**
This brochure was sponsored in part with funds from the contract U540H010170 with the Center for Disease Control and Prevention.

*Photo credits: Earl Dotter*

## Yes you can!

***The health and wellbeing of your family and co-workers is in your hands.***

## Why is it dangerous to work on a dairy farm?

Each year, more than 500 workers die in agricultural work. Take care of your health and the wellbeing of your family by controlling and preventing occupational hazards on the dairy farm.

## What are the dangers on the dairy farm?

There are many occupational hazards on dairy farms. The animals and machinery are the main hazards that cause the most injuries and deaths. Some damage to health is seen immediately, other damage appears years later.

## THE ANIMALS

The cattle can kick, bite, ram, step on, and crush the workers. Bulls are very dangerous. Additionally, the animals can make the workers ill.

## THE MACHINERY

Mini loaders and tractors can be dangerous to both the drivers and people around them. They can cause injuries and deaths by roll overs, collisions, accidents, and contact with the power take-off (PTO).

## THERE ARE ALSO OTHER HAZARDS!

- **Chemicals:** liquids, solids, gases
- **Confined, enclosed spaces:** manure ponds and channels, silos, grain bins
- **Electricity:** plugs, cables, power cords, and tools
- **Ladders and floors or wet or icy surfaces:** causes of falls
- **Needles and sharp objects**
- **Dust**
- **Noise:** caused by the machinery

## How can you prevent injuries and deaths?

**1.**

Eliminate the danger.

**2.**

Establish safety policies and procedures to reduce the hazards, for example safety trainings and placing warning and emergency exit signs.

**3.**

Use personal protective equipment (PPE), for example goggles, gloves, ear plugs, seat belts, and appropriate clothing and boots.