

2021 National Farm Safety and Health Week

September 19-25, 2021



Social Media Kit – High Plains/Intermountain Region

#NFSHW21



High Plains Intermountain Center
for Agricultural Health and Safety



Dear colleagues,

The [High Plains Intermountain Center for Agricultural Health and Safety \(HICAHS\)](#) and the [U.S. Agricultural Safety Centers](#) invite you to join us in recognizing 2021 National Farm Safety and Health Week (NFSHW): September 19-25, 2021

More than 300,000 people in the high plains and intermountain region work in agriculture, forestry, and fishing industries, making valuable contributions to the region's economic drivers¹. However, these industries have the highest rate of on-the-job fatalities in the United States, and everyday across the country around 100 agricultural workers suffer a lost-work-time injury². Worker health and safety is essential to sustain a productive work environment, and the COVID-19 pandemic has highlighted how important all agricultural workers are to supporting our food system.

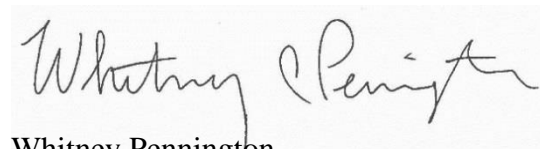
We have put together this resource kit to guide your social media participation throughout the week. Included in this guide are sample social media posts with links to relevant resources and videos. The posts and resources specifically address health and safety concerns related to the following national daily themes:

Monday, September 20: Tractor Safety & Rural Roadway Safety
Tuesday, September 21: Overall Farmer Health
Wednesday, September 22: Safety & Health for Youth in Agriculture
Thursday, September 23: Agricultural Fertilizer & Chemical Safety
Friday, September 24: Safety & Health for Women in Agriculture

HICAHS recognizes that farm safety encompasses a range of hazards beyond those on this list. We encourage you to participate in whatever ways align with your organization's mission and goals.

We look forward to working alongside you to create safer and healthier farms, ranches, and dairies in the intermountain and high plains regions!

Yours in prevention,



Whitney Pennington

whitney.pennington@colostate.edu

Outreach Program Coordinator

High Plains Intermountain Center for Agricultural Health and Safety (HICAHS)

¹ Summarized from 2017 Census of Agriculture, USDA, National Agricultural Statistics Service; Table 7. Hired Farm Labor – Workers and Payroll: 2017. Data table available [here](#).

² National Institute for Occupation Safety and Health (NIOSH), Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/niosh/topics/aginjury/default.html>

Daily Themes

Monday, September 20: Tractor Safety & Rural Roadway Safety [\[Social Media Posts\]](#)

Tuesday, September 21: Overall Farmer Health [\[Social Media Posts\]](#)

Wednesday, September 22: Safety & Health for Youth in Agriculture [\[Social Media Posts\]](#)

Thursday, September 23: Agricultural Fertilizer & Chemical Safety [\[Social Media Posts\]](#)

Friday, September 24: Safety & Health for Women in Agriculture [\[Social Media Posts\]](#)

Webinars

The AgriSafe Network is hosting *free* webinars each day of NFSHW. Find more information and [register here](#). All webinars are open to the public.



National Farm Safety & Health Week 2021



FREE DAILY WEBINARS

All webinars will be at Central Daylight Time. Click on the webinar titles for more information.

 20 Monday: Tractor Safety & Rural Roadway Safety  12 PM: What's New in Tractor and Agricultural Vehicle Safety 2 PM: Rural Road Safety: A Shared Responsibility	 21 Tuesday: Overall Farmer Health  12 PM: A Look at Stress and Mental Health During COVID-19 and the Impacts on Farmers and Other Sectors <small>(Continuing Education is available for multiple disciplines)</small> 2 PM: Food in the Field
 22 Wednesday: Safety & Health for Youth in Agriculture  12 PM: Developing and Implementing a Pilot Agricultural Community Suicide Prevention Program for Farmers and Farm Families 2 PM: Pediatric Farm-Related Injuries: Safeguarding Children Who Visit or Live on Farms	 23 Thursday: Agricultural Fertilizer & Chemical Safety  12 PM: Anhydrous Ammonia Safety for Farmworkers 2 PM: Best Personal Protective Equipment (PPE) to Protect Your Lungs
 24 Friday: Safety & Health for Women in Agriculture  12 PM: Stepping Boldly into Tough Conversations <small>(Continuing Education is available for multiple disciplines)</small> 2 PM: Zoonotic Disease and Pregnancy: A Deeper Dive	

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Participate on Social Media

Get involved in the conversation! During NFSHW, post the social media messages found in this guide or create your own posts using the designated week hashtag **#NFSHW21**.

The example posts included in this guide are optimized for Twitter: they are within Twitter's character limit and mention other organizations by Twitter username. Each page contains a chart listing corresponding usernames on other social media platforms for the organizations mentioned.

Images



You can download and use the NFSHW logo from the National Education Center for Agricultural Safety [here](#).

Images to compliment the example posts in this guide are [available here](#). Images are free to use and don't require attribution.

Search for additional free images through the sites below. Attribution is not required, but appreciated, for photos from these sites.

- <https://pixabay.com/>
- <https://unsplash.com/>

The official photostream of United States Department of Agriculture is located [here](#). These photos may be used with attribution, and editing is not permitted.

Teasers

Use these posts in the days and weeks leading up to NFSHW. Promotional graphics to use with these posts are available [here](#).

It's time to get ready for National Farm Safety and Health Week! Celebrate with us from Sept. 19-25 and learn how to get involved, stay connected, and promote farm safety all week long by visiting: <https://bit.ly/3gfeW9g> #NFSHW21 via @NECASAG

Fall harvest time can be one of the most dangerous seasons for the ag industry. This year's National Farm Safety & Health Week is about farm safety yielding real results. Keep ag communities safe, healthy, & injury free! <https://bit.ly/3gfeW9g> #NFSHW21

One in four ATV-crash related victims is under 16 years of age. Youth riding the proper ATV size could prevent these injuries and deaths. Learn more youth health & safety tips during National Farm Safety and Health Week. <https://bit.ly/3gfeW9g> #NFSHW21

Next week is Nat'l Farm Safety & Health Week. Join us in sharing on these important ag topics #NFSHW21

Mon: Tractor & Rural Roadway Safety

Tues: Overall Farmer Health

Weds: Safety & Health for Youth

Thurs: Fertilizer & Chemical Safety

Fri: Safety & Health for Women in Ag

Has your farm, ranch, or dairy held a safety meeting lately? Next week is a great opportunity to have one! Check out the US Ag Centers YouTube page for video training tools. <https://www.youtube.com/user/USAgCenters> #NFSHW21

Take advantage of the free webinars from @AgriSafeNetwork happening during #NFSHW21 Sept. 20 - 24: <https://www.agrisafe.org/event/national-farm-safety-and-health-week/>

Organizations are mentioned in the tweets above using their Twitter username. The table below lists the corresponding usernames for Facebook and Instagram.

Organization	Twitter	Facebook	Instagram
Nat'l Education Center for Ag Safety (NECAS)	@NECASAG	@necasag	--
Agrisafe Network	@AgriSafeNetwork	@agrisafe.network	@agrisafe_network

Monday 9/20 – Tractor Safety and Rural Roadway Safety

Want tips to stay safe when operating farm equipment on roadways? Good lighting and marking on farm equipment are practical ways drivers of farm equipment can stay safe on the road and prevent roadway crashes. <https://bit.ly/3g6KJJJ>

@GPCAH #NFSHW21 #USAgCenters #RoadwaySafety

Rollover is the leading cause of tractor-related deaths. Roll Bars and seat belts can be the difference between life and death for rollover victims. Watch this demo from @SCAHIP to see how roll bars and seat belts improve tractor safety. <https://bit.ly/3ruFmdN>

#NFSHW21

When riding an #ATV, wear proper protective clothing and practice safe riding. Review these tips from @HICAHS and @montanastate to get ready and stay safe while riding your ATV on the farm, ranch, or roadway: <https://col.st/ANMui>

#NFSHW21 #USAgCenters #ATVsafety

Roadway safety is for everyone - including animals. Watch this video from @SouthwestAg95 for tips on how to safely load and unload cattle from trailers. Especially important for #FFA and #4H students! <https://youtu.be/Pyd0rUAtlig>

#NFSHW21 #USAgCenters

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Organization	Twitter	Facebook	Instagram
Great Plains Center for Ag Health (GPCAH)	@GPCAH	@GPCAH	--
Southeast Center for Agricultural Health and Injury Prevention	@SCAHIP	@SCAHIP	@scahip
High Plains Intermountain Center for Ag Health and Safety (HICAHS)	@HICAHS	@HICAHSAgCenter	@hicahs
Montana State University	@montanastate	@montanastate	@montanastateuniversity
Southwest Center for Ag Health, Injury Prevention, and Education	@SouthwestAg95	@swagcenter	@swagcenter95

Tuesday 9/21 – Overall Farmer Health

Musculoskeletal injuries are common and preventable among #dairy workers. @HICAHS and @UMASHcenter developed recommendations on preventing these injuries: <https://col.st/SGUgM>

#NFSHW21 #USAgCenters

Dusty environments on the farm or ranch can damage your nose and lungs. Protect yourself with an N95 filtering facepiece respirator. Usage and fit tips in English (<https://col.st/Hi3kt>) and Spanish (<https://col.st/h8tqg>).

#NFSHW21 #USAgCenters #FarmerHealth

Check out @montanastate Extension’s Montana Ag Stress Resource Clearinghouse for numerous resources to help you identify and manage your stress: <https://col.st/jREIX>

#NFSHW21 #FarmStress #MentalHealth

Just as you vaccinate cows to protect the herd, getting your #COVID19 protects you and your community. Where can you get a vaccine? The CDC’s Vaccine Finder makes it easy to find a location near you: <https://www.vaccines.gov/search/>.

#NFSHW21 #GetVaccinated

Additional stress and crisis services resources:

- Rural and Farm Stress Hotline (Avera Healthcare, Dakotas): 1-800-691-4336
- National Suicide Prevention Lifeline: 1-800-273-8255, [online chat](#)
- [Colorado Rural Mental Health Toolkit](#) (graphics to promote Colorado Crisis Services)
- [Colorado Agricultural Addiction and Mental Health Program](#)
- Western Regional Agricultural Stress Assistance Program - <https://farmstress.us/>
- North Central Farm and Ranch Stress Assistance Program - <https://farmstress.org/>

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Organization	Twitter	Facebook	Instagram
High Plains Intermountain Center for Ag Health and Safety (HICAHS)	@HICAHS	@HICAHSAgCenter	@hicahs
Upper Midwest Ag Safety and Health Center (UMASH)	@UMASHcenter	@UMASHcenter	@umashcenter
Montana State University	@montanastate	@montanastate	@montanastateuniversity

Wednesday 9/22 – Safety and Health for Youth in Ag

Safety can start in the classroom! Ag teachers: check out these resources for teaching ATV, UTV, and tractor safety in your classroom <https://col.st/ZuuRd>

#NFSHW21 #USAgCenters #TeachAg

Need help determining what tasks are appropriate for youth? @CultivateSafety has resources for agricultural safety for adolescents and youth in English, French, and Spanish: <https://cultivatesafety.org/work/>

#NFSHW21 #USAgCenters

Do you work with youth? This free training (in English and Spanish) from @UIHWC demonstrates effective training practices and policies to help you hire, train, and supervise youth for ag work with their safety in mind: <https://hwc.public-health.uiowa.edu/protecting-young-ag-workers/>

#NFSHW21

Working with animals is an excellent way to instill responsibility in children on the farm. Yet it comes with some hidden risks. Teaching youth how to interact with livestock can help prevent injury and promote safety: <https://bit.ly/2UCP0z0>

#NFSHW21 #USAgCenters #TeachAg

Children and youth have been struggling with stress and change during the pandemic. This factsheet from @SDSUExtension has some tips to help families and youth manage stress: <https://col.st/AQUqJ>

#NFSHW21 #MentalHealth

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Organization	Twitter	Facebook	Instagram
Cultivate Safety	@cultivatesafety	@cultivatesafety	--
Healthier Workforce Center of the Midwest	@UIHWC	@HWCMW	--
South Dakota State University Extension	@SDSUExtension	@SDSUExtension	--

Thursday 9/23 – Agricultural Fertilizer & Chemical Safety

During teat prep, it's important for dairy workers to follow directions on dip labels, wear gloves, and always wash their hands after working with any chemicals. Watch this training video for more info: <https://bit.ly/36TVIIN> (Also available in Spanish and K'iche).

#NFSHW21

Pesticides residues can contaminate clothing, even when application recommendations are carefully followed. Follow these tips from @SDSUExtension on how to properly launder clothes worn during pesticide application: <https://col.st/Zm6il>.

#NFSHW21 #USAgCenters

Exposed to a chemical or pesticide and don't know what to do? Contact your local poison control center! Medical professionals are available 24/7 to help: 1-800-222-1222.

#NFSWHS21 #USAgCenters #PoisonHelp

Respirators are still in short supply due to COVID-19, but most pesticide applications require respiratory protection. What are your options? Check out this guide from the National Pesticide Safety Education Center for help: <https://col.st/R6I1O>.

#NFSHW21

Work safely and avoid cutting corners when applying manure. As you prepare, use this safety checklist from @UMASHCenter for agitation, pumping, transportation, and application: <https://bit.ly/3wYiuo6>.

#NFSHW21 #USAgCenters

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Organization	Twitter	Facebook	Instagram
South Dakota State University Extension	@SDSUExtension	@SDSUExtension	--
National Pesticide Safety Education Center	--	@NPSEC	--
Upper Midwest Agricultural Safety and Health Center (UMASH)	@UMASHCenter	@umashcenter	@umashcenter

Friday 9/24 – Safety & Health for Women in Agriculture

#WomenInAg: We see you. We need you. @AgriSafeNetwork has safety and health resources especially for you: <https://learning.agrisafe.org/womens-health>.

#NFSHW21 #WomenInAg

"¡Basta! Preventing Sexual Harassment in Agriculture" from @PNASHcenter is a bilingual resource that provides training for farmworkers, supervisors and growers with multimedia resources to create a worksite policy compliant with EEOC guidelines <https://bit.ly/3g3YWqQ>.

#NFSHW21

On average, women have different body proportions than males - equipment and tools are often not designed for women and can increase risk for exposure & injury. Remember to always look for PPE designed to fit your size and shape whenever possible.

#NFSHW21 #WomenInAg

#WomenInAg have a lot on their plate. Having tools and strategies to manage stress is vital to staying productive. Check out these recorded interactive webinars from @UMASHcenter designed to help women in agriculture cultivate resiliency: <http://bit.ly/343B3t6>

#NFSHW21

Annie's Project (@anniesproject) empowers women in agriculture through educational programming to strengthen women's roles in the modern farm enterprise. Find upcoming classes in your region at: <https://www.anniesproject.org/upcoming-classes/>.

#NFSHW21 #WomenInAg

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Organization	Twitter	Facebook	Instagram
AgriSafe Network	@AgriSafeNetwork	@agrisafe.network	@agrisafe_network
Pacific Northwest Center for Ag Safety and Health (PNASH)	@PNASHcenter	@PNASHcenter	@PNASHcenter
Upper Midwest Agricultural Safety and Health Center (UMASH)	@UMASHCenter	@umashcenter	@umashcenter
Annie's Project	@anniesproject	@anniesproject	@anniesproject