



Canadian Agricultural Safety Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

Wellness on the Farm

Aches and pains are common afflictions of everyday life. Back pain is a common work-related issue that affects many farmers.

Back pain can affect anyone, young or old. Farmers are especially at risk because work done on the farm often includes activities that are factors for developing back pain.

Start by identifying high-risk activities. Are you spending long hours operating equipment? Are you lifting awkward or heavy loads? Is there a tripping hazard that could lead to a fall? Once you realize that there is a potential for creating back pain, take some steps to protect yourself.

Take breaks, ask for help, practice safe lifting techniques and try to avoid repetitive tasks. If your back pain doesn't resolve itself, seek medical advice. Your back will thank you.





This Canadian Agricultural Safety Week, we celebrate Safe and Strong Farms. For more information on Growing an AgSafe Canada, visit agsafetyweek.ca.



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