

# Farm Safety Lifesavers

Here's just a sampling from our Farm Safety Day camps.



Progressive Farmer.

Tractors and children don't mix. In fact, tractor-related activities injure and kill more farm children than any other task. So here are a few tips on how to prevent these accidents:

- Don't allow children to ride as passengers on any type of farm equipment. The only truly safe policy is "one seat, one rider."
- Make sure your children's play areas are away from work areas.
- Teach all workers, especially young ones, how to safely operate equipment and what to do in an emergency situation.
- Assign tasks according to each youngster's physical and mental strengths and limitations.

## Save Your Back

Back injuries are not unusual among farmers, but the majority of them can be prevented. The most common mistake is to bend at the waist, reach for a heavy object, and lift. This places too much strain on the spine and lower back muscles.

Instead you should squat at the knees and use both legs to help lift.

Allowing the legs to do the work reduces the chance of back injury.

Along with proper lifting techniques, wearing a back support belt can help. Here are a few things to look for in a belt:

- A conical-shape that tapers to fit the body.

- Hip and rib contouring belt to avoid pinching at the waist.

- Wide belt areas that cover the abdomen and lower back.

- Weight of the belt (the lighter, the better).

- Locking devices on the belt.

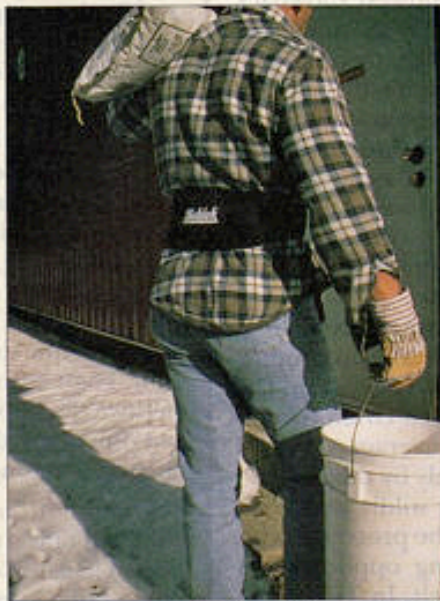
## Farm Safety Day Camps Progressing

We recently finished our training sessions for camp coordinators. Our current tally of Farm Safety Day camps this year is 80. We had initially planned on 50 this year, but the interest has been so great we have expanded the number.

We will run a listing of the camps and locations in our next issue. Meanwhile, if you need to know the location of the camp nearest to you, drop us a note. Write to *Progressive Farmer*, Farm Safety Day Camp, Box 2581, Birmingham, AL 35202.

Also, we would like to thank the co-sponsors of this year's camps. They include Pioneer Hi-Bred International, Farm Plan, and Goldkist. Without their support, we could not have increased the number of camps we have.

We also welcome our newest co-sponsor, Shell Oil Co. ■



Want to prevent back problems? A back support belt is a logical choice for anyone doing heavy lifting.



Children learned safety lessons at Progressive Farmer camps last year, including first aid (above) and how to recognize dangerous snakes. PHOTO: SUSAN J. REYNOLDS



PHOTO: NANCY DORRAN-HEIKSON