

National Farm Safety and Health Week



PSA Radio Announcements: 30 second

Work Smart. Ride Safe.

Up before daylight! Working hard all day! Doing chores late into the evening! Taking those off-farm jobs to earn extra money! It's tough being a farmer these days and it's dangerous too! Overturning a tractor without a roll bar can cost you your life and maybe the farm! But a roll over protection structure (ROPS) and seat belt can save your life and your farm! A ROPS and seat belt can help you Work Smart! Ride Safe! This and other farm safety and health tips are available from the University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

Insure Your Life and Health! Work Smart. Ride Safe.

A life insurance policy pays your survivors when you die. A roll bar on a tractor called a Roll Over Protection Structure (ROPS) is a one-time cost of a few hundred dollars. It pays off by keeping you and anyone else who drives the tractor alive and well during a tractor overturn. Don't cancel your life insurance. You need that protection. But, if you drive a tractor and it doesn't have a ROPS, you and your family are at risk. Work Smart! Ride Safe! And call your equipment dealer today. This and other farm safety and health tips are available from the University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

Sharing the Roads with Walkers & Runners on Rural Roads

When walking or running on rural roads without sidewalks the left side of the road should be used. This allows the walker or runner to see oncoming traffic, enabling them to avoid being hit

by a distracted driver. This and other farm safety and health tips are available from the University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

Reflective Gear for Walkers & Runners on Rural Roads

If walkers or runners chose to walk or run on rural roads just before sunrise or right after sunset light clothing and reflective gear should be worn making them more visible to drivers. There are reflective vests, jackets, shirts, shorts, socks, and shoes available to consumers. This and other farm safety and health tips are available from the University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

Proper Shoes for Rural Walkers and Runners

To prevent injury walkers and runners should wear proper shoes. Trail running shoes are recommended for walkers and runners on rocky or varied terrain and allow for better traction. It is okay to walk in a running shoe but, never run in a **walking shoe**. This and other farm safety and health tips are available at University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

Proper Fit of Shoes for Rural Walkers and Runners

To maintain body alignment walkers and runners should wear proper fitting shoes. If walkers or runners have **high arches** they should choose a shoe that is well cushioned. If they have **low arches** they should seek a shoe that is firm and has motion control features. Other features to look for are flexible but sturdy sole that encourages natural motion of the foot during walking or running, shock absorption, cushioning, light weight, flexibility control, stability control, and good traction. This and other farm safety and health tips are available at University of Missouri Extension Rural Safety and Health programmatic website at <http://agrability.missouri.edu/ruralsafety/> or by calling 1.800.995.8503.

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