



Health & safety on tillage farms

- Tillage Farms – Injury 71% Increase (Teagasc, NFS: 2018)
- Over last 15 years, 19 farm deaths occurred on Tillage farms
- Manage Farm Health and Safety by Completing a Risk Assessment

NFS Tillage Farm –Injury Data (%)



Notes: _____



Emptying big bags safely

- Check machine safety e.g. hand-brakes, hoses, linkages
- Ensure bag is safe
- Loosen fertiliser in bag base before unloading- gently move up & down loader
- Always stand to one side of spreader/bag
- Use long knife on pole to open bag
- Open narrow slit to control flow



Use a knife with a long handle to cut the bag. Never walk under suspended load.

Notes: _____



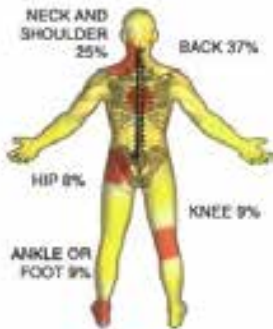
Prevent low back pain

- 37% of Farmers have low back pain
- Avoid heavy lifting
- Prevent trips and falls –Tidy farmyards
- Training in Manual Handling

Debilitating spinal injury



Musculoskeletal injury among Irish farmers



Use mechanical aids



Notes: _____



The lifting challenge

- Check the weight **before** you lift
- Estimate the weights of objects

H.S.A. maximum lifting guidelines



Notes: _____
