



HEALTHY HORIZONS

Publication of the New York Center for Agricultural Medicine and Health and the Northeast Center for Agricultural Health



NEC

New York Center for Agricultural Medicine and Health

One Atwell Road
Cooperstown, NY 13326

Phone (800) 343-7527
Fax (607) 547-6087

info@nycamh.org

Enhancing Agricultural & Rural Health by
Preventing & Treating Occupational Injury & Illness

Spring 2012



NYCAMH Researcher Helps Raise Funds for Farmworkers Affected by Flooding

The Community Collaborations for Farmworker Health and Safety project has been working together with vegetable farmers and farmworkers in Orange County, New York to find ways to reduce occupational injuries. Developing a solid relationship with the farming community is vital, as intervention testing is done in the fields during the work day. This past season, NYCAMH research staff tested tools aimed at reducing muscle strain and pain, particularly in the lower back.



Attendees enjoy a delicious meal

As many of you are well aware, floodwaters from Hurricane Irene and Tropical Storm Lee wreaked havoc in many eastern New York communities. In Orange



Sherry Wyckoff,
CCPR Research
Coordinator
and Caterer

County, the flooding contaminated hundreds of acres of onions and vegetables, rendering them unfit for sale; entire crops were left to rot in the flooded fields. The Black Dirt farming community lost an estimated \$50 million in crops. Farmworkers were also affected, losing their jobs harvesting and processing onions in the packing houses.



Emily Boardman,
Warwick 2000

The Alamo Farmworker Community Center, located in the heart of the Black Dirt region, is a source of emergency food and funding for farmworkers and the site of NYCAMH's work team meetings. Local fundraisers, such as Warwick Farm Aid, were held to help farmers. Sherry Wyckoff, Research Coordinator, felt compelled to raise much needed funds for the farmworkers. Well versed in community collaborations and a part-time caterer, she networked with several like-minded groups – Warwick 2000 and The Orange County Citizen's Foundation – to create Sugar Loaf



Stash Grajewski,
Director of the Alamo

Sunday Socials. This was a series of three Sunday dinners, featuring local products (both in Orange and Otsego County) and local entertainment. Each dinner served over 70 guests. Sherry is pleased to report that a total of \$4555 was raised for the Alamo, and the fundraiser heightened the local community's awareness of it's workforce. NYCAMH staffers Erika Scott, Anna Meyerhoff and Samantha Park volunteered at the event.



Bonnie Kaido, OCCF

**Truly, a community
Collaboration...**

Help Save Our Programming! <http://supportsafefarms.nycamh.com/>

Protect Yourself from West Nile Virus Infections This Season



*For trench silos,
use side wall disk
tires to hold down
silo plastic*

By Jim Carrabba

The warm weather is here and with that comes mosquitoes. The most common route of West Nile Virus infection in humans is through the bite of an infected mosquito. As farmers, you spend a lot of time working outdoors and that puts you at risk for being infected by West Nile Virus. According to the Centers for Disease Control, in 2011, there were 690 reported infections and 43 deaths from West Nile Virus in the United States. Symptoms generally appear three to 14 days after being bitten by an infected mosquito. About four out of five people who are infected will show no symptoms at all. Another 20 percent of infected people will show mild symptoms such as fever, fatigue, headache, muscle or joint pain. About one in 150 people infected will develop severe illness that can cause permanent neurological

damage or death. West Nile Virus can cause encephalitis, an inflammation of the brain. People over 50 years old are at the highest risk for severe infections. Severe symptoms such as high fever, headache, neck stiffness, confusion, coma, tremors, convulsions, muscle weakness, vision loss numbness and paralysis require medical attention. These symptoms can occur 3 to 15 days after the bite. Currently there is no treatment or vaccine for West Nile Virus. In cases where symptoms are mild such as fever or headache or even unnoticed, the virus is known to pass on its own. Remember because most mosquitoes are not infected, the risk of becoming infected from one bite is small. However, taking precaution is good practice. The following are steps you can take to reduce exposure to mosquito bites:

- Avoid working in mosquito-infested areas in the early morning or evening, when they are most active. Weedy, bushy, swampy and wooded work areas are likely to have large mosquito populations.
- Use insect repellents and apply them as directed. Products containing Permethrin can only be applied to clothing, not to skin.
- Wear long sleeve shirts, long pants and socks.
- Eliminate sources of standing water. Keep the farmstead clear of things that can collect and hold stagnant water such as old tires, cans, buckets, etc. For trench silos, use side wall disk tires to hold down silo plastic. Side wall disks will not hold enough water for mosquitoes to breed, especially if holes are drilled in the side wall.
- Water that is present for more than four days provides a place for mosquitoes to breed. Change water twice a week in animal drinking tubs.
- Fill in, or drain areas that have unwanted standing water such as ruts or mud puddles.
- Add an aerator to ponds to keep water circulating or add fish that will eat mosquitoes.

Do not handle dead birds or animals with your bare hands. Use some type of impermeable plastic or rubber gloves to do this.

Congratulations to Willow Bend Farm!

The Mueller family of Willow Bend Farm was presented with the 2012 NYS Agricultural Society Farm Safety Award at the NYS Agricultural Society Forum in January. Willow Bend Farm, LLC first started working with the New York Center for Agricultural Medicine & Health in July of 2009, and in fact was nominated for this award by NYCAMH outreach staff!

NYCAMH can assist farms with implementing a comprehensive farm safety program that combines all the elements outlined in the New York Farm Safety Award requirements. Contact us at (800) 343-7527 to learn more!



Clockwise from top left: Richard Petersen, Co-Chair of NYS Ag Society Farm Safety Committee; Darrell Aubertine, NYS Commissioner of Agriculture; Eric Hallman, Cargill, Inc.; John Mueller; George Mueller; David Teator, President of NYS Ag Society; Sally Mueller; Mary Lue Mueller.

Intern Spotlight



Andrea Clark is a graduating senior studying Spanish with a minor in computer science at SUNY Fredonia. She grew up on her family's farm in Mohawk, NY. During college, she has studied abroad in Peru and tutored fellow students on campus. Apart from being well versed in Spanish, Andrea is proficient in

HTML, C++ and Visual Basic computer programs. Andrea interned with NYCAMH during her most recent winter break. Here is what she had to say about her experience:

"I was grateful for being able to work with NYCAMH. I really liked the variety of day-to-day tasks. Between working in the office on ergonomics with Sherry Wyckoff and honing my Spanish skills in the fields with migrant workers alongside Anna Meyerhoff, NYCAMH has given me perspective on what I want in the future. I'm glad I could finally use my Spanish speaking abilities that I've worked so hard on for the past few years. Thank you to the staff for the opportunity to learn with you and I look forward to working with you in the future."

Thank you Andrea for your hard work!

Featured PPE

HEARING PROTECTION

Hearing loss is permanent and cumulative. You can't restore your hearing once it's lost, but you can save what hearing you have if you wear hearing protection.

If you have to raise your voice to talk to someone three feet away, you should wear hearing protection. Also, headphones with radio, CD or mp3 are not the same as hearing protection. They will not protect you from loud noise.

NYCAMH recommends hearing protectors with the highest Noise Reduction Rating (NRR) available, though a hearing protector with a lower NRR may be recommended for people who already have hearing loss. Call NYCAMH if you have any questions.



Peltor Model H10A

Headband Ear Muff. NRR 30 dB, Optime 105. Price: \$20.00

Peltor Kids Ear Muff For up to age 7. NRR 22dB, adjustable headband
Price: \$15.00



Contact: Todd Fiske 800.343.7527

FUNDING Announcement

In February the President released a proposed budget for 2013 and unfortunately the NIOSH Agriculture, Forestry and Fishing (AFF) Program was again targeted for termination. This is a very precarious place to be when Congress is looking for ways to cut spending. The NIOSH AFF Program is a major source of funding for the safety services provided by NYCAMH to the farm community. In times of economic challenge, it is recognized that safety may not always be the highest priority. However, it is important to be aware that the adverse consequences of the proposed AFF Program budget cuts could be represented in the following ways:

- **A farmer is 6X more likely to die on the job.**
- **Each year work-related agricultural injuries cost farmers and businesses roughly \$17 billion.**
- **Most farms that experience a severe work-related injury or fatality go out of business within 5 years.**
- **Injuries increase the cost of insurance coverage.**

Since its inception, the NIOSH AFF Program has promoted non-regulatory solutions to farming, forestry, and fishing hazards, which are collaboratively designed within these industries and communities. Examples include equipment redesign, equipment upgrades, safety training, on farm surveys, and ergonomic solutions to reduce illness and injury.

If you favor regional, community-driven solutions for reducing work-place hazards in agriculture, forestry and fishing, it is important to let your legislators know. You can follow this link and urge your representatives to save this crucial program today:

<http://supportsafefarms.nycamh.com>

Or directly call your NY Representative's office — Their DC office numbers are listed below:
Gibson (202) 225-5614, Owens (202) 225-4611, Reed (202) 225-3161, Hayworth (202) 225-5441,

WE NEED YOUR SUPPORT!

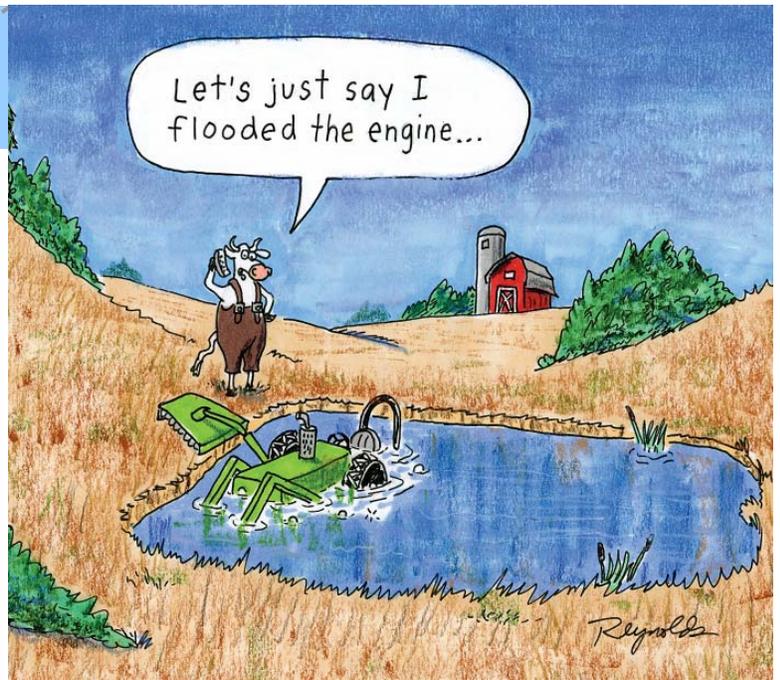
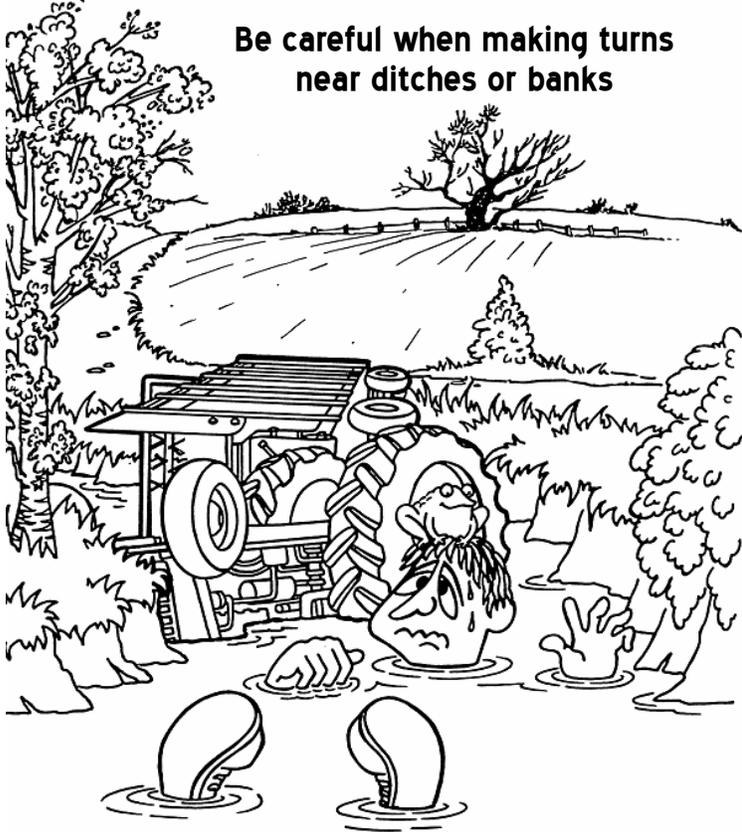




KID'S CORNER

Bee Safe, Bee Smart, Bee Careful on the Farm!

Be careful when making turns near ditches or banks



REMEMBER:

Always use your tractor with a ROPS when doing dangerous tasks like rotary mowing on a creek bank.

Creek banks can be steep and slick, causing the tractor to slide or roll. There is also the risk of the bank giving way and making the tractor unstable.



NEC

The Northeast Center for Agricultural Health



Bassett Healthcare Network
New York Center for Agricultural
Medicine and Health

One Atwell Road
Cooperstown, NY 13326

Return Service Requested

NONPROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 31
COOPERSTOWN, NY
13326