



# Farmers4 Safety

## Managing Risk Together

### Stick2Safety #FarmSafety Sticker Competition with AgriKids

Farmers4Safety and AgriKids during the Summer teamed up to bring a farm safety sticker competition, 'Stick 2 Safety.' The competition was launched on Thursday the 19th of May. It called on Ireland's Communities (Schools, Farmers, Community Groups etc.) to get 'stuck in' and help create a safer future on farms by designing a window sticker that would be printed and promoted Nationwide.

Along with the design the participants wrote a short note about why they chose to partake in the



competition and the importance of Safety, Health and Wellbeing on Farms and what it means to them.

The sticker can be put on farm machinery, cars, vehicles and around the farm or home to shine a light and create greater awareness on the essential role safety



and emotional wellbeing play in carrying out jobs on farms. Farmers4Safety and AgriKids hoped that by getting different age groups within Communities involved it would achieve a greater reach for farm safety, health and wellbeing. The Stick2Safety #FarmSafety Sticker Competition received over 200 entries.



## Agricultural Shows and Events

The project team of Farmers4Safety – Managing Risk Together EIP-AGRI Project also have attended 8 agricultural shows and events over the Summer months in order to help raise awareness of farm safety, health and wellbeing while



expanding on its networks on the ground. The shows and events were effective for the roll out of the project as it gave the project manager and the farm mentors the opportunity to engage with others in the catchment areas, identify their needs/concerns and signposting them to the relevant supports/services that they required.

Pictures from the agricultural shows/events can be found on our project website [www.farmers4safety.ie](http://www.farmers4safety.ie).

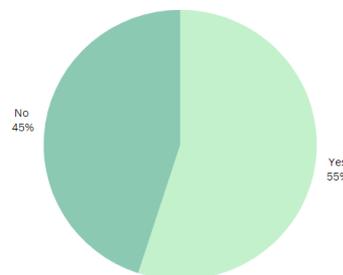
## Attitudinal Survey Responses from Farmers, Partners, Service Providers

Farmers4Safety – Managing Risk Together have effectively carried out 152 survey responses from farmers, 28 responses from service providers and 52 responses from partners. The responses below highlight the answers given by farmers when asked if they take risks that they would not allow anyone else to take. 48% said they do and 52% said they do not.

The survey also asked how many injuries/near hits have occurred in the last three years on your farm. 46% said they had an injury/near hit and 52% said they did not.

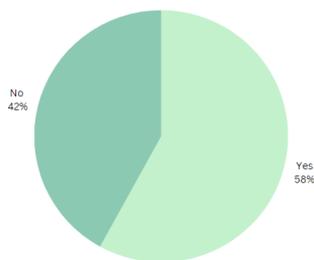
Along with the farmer's survey Farmers4Safety – Managing Risk Together EIP-AGRI Project carried out attitudinal surveys for partners. The response below highlights the reply from partners when asked if they find it difficult to spend time with their partner when he/she is constantly working and thinking of the farm. 55% said they find it difficult to spend time with their partner and 45% said they do not.

Do you find it difficult to spend time with your partner when he/she is constantly working and thinking of the farm?



The below survey responses from the service providers highlight that 58% feel there is pressure from the farmer/farm family to carry out the task set out for them to do when on the farm. 42% said they do not feel there is pressure from the farmer/farm family to carry out the task set out for them to do.

Do you feel there is pressure from the farmer/farm family to carry out the tasks set out for you to do when on the farm?



The analysis to the surveys can also be found on our project website under Survey Analysis.

## Regional WhatsApp Groups

This innovative element of this Farm Safety EIP-AGRI project aims to enhance the internal peer led communication among the participant farmers to indicate its potential as a viable action in a national farm safety strategy.



The potential safety benefits of a WhatsApp group among farmers include;

- To share information (e.g. application can send PDFs, images, video clips)
- To notify / remind events and activities.
- For emotional wellbeing support used in tandem with emergency numbers 999 or 112.
- For general social and recreational use.

To date Farmers4Safety have three regional Farmers4Safety WhatsApp group that has 106 participating in the chats

# Five Ways to Wellbeing #FarmSafety

Farmers4Safety – Managing Risk Together EIP-AGRI Project also teamed up with Mental Health Ireland to launch a Five Ways to Wellbeing Leaflet tailored to Farm Safety. The leaflet highlights the diverse ways to look after your overall health and wellbeing while being safe on the farm.

**FIVE WAYS TO WELLBEING**  
**FARM SAFETY**

The Five Ways to Wellbeing are evidence-based steps that everyone can take to maintain and/or improve their mental health and wellbeing. Undoubtedly, it is most important to maintain safe farming practices to reduce the risk of injury and untimely loss of life. Equally it is most important to maintain wellbeing practices to reduce the risk of mental health challenges or mental illness. The two go hand in hand and for once it is probably ok to disagree with the adage that "a bird in the hand is worth two in the bush". I think we are all better off if we keep both farm safety and mental health and wellbeing together in the one hand.

**CONNECT**  
Social interaction and feeling valued by other people are fundamental human needs. Combined they contribute to wellbeing and are a cushion against loneliness and isolation. Research shows that people with strong social connections are happier and healthier.

Due to the nature of farming, the long hours, demanding situations and unexpected life events, it can be difficult to form regular social connections. It is good self care to create off farm opportunities to get out and about to socialise that best suits your needs. It can be for example meeting a friend for a cup of tea, going to a local match, a cycle, seek out volunteering opportunities.

**BE ACTIVE**  
Regular physical activity promotes physical and mental health and general wellbeing. Such activity is also associated with lower rates of depression and anxiety.

It is established that planned exercise releases endorphins that can help a person feel more alert, more energised and better able to cope with challenges. Undoubtedly, this increased energy improves your awareness which is beneficial in terms of reducing farm accidents that may occur due to lack of concentration. It can also be a gamechanger in lifting your mood from a low spot to a better place.

The message is, to make off farm physical activity a regular habit.

**TAKE NOTICE**  
It goes without saying that farming is a very demanding way of life. When a person is very busy there is a risk of physical and mental overload. The body can become physically exhausted and the mind vulnerable to being cluttered. Unfortunately, and sadly farm accidents regularly happen because of being in a hurry to get something done. Is it worth the risk?

The most practical thing to do is stop, pause, collect your thoughts by being aware of the generous nature around you - taking a few random minutes of self care can help you feel calm and in control. It can also reduce the risk of incurring an accident.

**KEEP LEARNING**  
There is no evidence to show that "you cannot teach an old dog new tricks" - quite the opposite! The more we keep our brains stimulated the more we thrive no matter the age!

Being interested about all sorts of matters on and off the farm is good for the mind. Learning about new ways of farming while at times maybe challenging, it can also be motivating and rewarding.

It is important for self esteem to embrace new opportunities and experiences. Local ETBs provide excellent Adult Education Programmes - participating in one that is of interest also provides the opportunity to develop new friends and to socialise.

**GIVE**  
Giving can make you feel good about yourself. It is very satisfying when your time, words and deeds benefit others and gratitude is expressed. It is like an emotional endorphin that creates positive feelings and energies you. Giving can be connecting with a neighbour that is struggling, listening and offering your hand of friendship. However, once again take a moment out to pause and think about your own needs. Be kind to yourself. It is not a selfish thing to do.

**"YOUR HEALTH IS YOUR WEALTH"**  
Embracing The Five Ways can make a difference to your quality of life and most importantly contribute to safe farming practices. They are five keys that you can unlock every day in small meaningful ways that will benefit you and the people in your life. By embracing them you can feel connected with others, pay attention to being active, taking notice of how you and others are feeling, and learning about opportunities around you to feel calm and relaxed, give regularly to others and yourself. These Five Ways are in your hands.

**Further Information**

1. Survivor Stories: Real Farmers Real Accidents
2. Farmers Health and Wellbeing
3. Mental Health Ireland - Farming Resilience
4. Farmers4Safety Managing Risk Together EIP - Agri Project

## Farm Safety Week 2022

Farmers4Safety – Managing Risk Together EIP-AGRI Project also took part in Farm Safety Week this year. Each day had a relevant theme to farm safety. The below image highlights the different themes for this year's Farm Safety Week.

### Farmers4Safety - Farm Safety Week

The following outlines the themes for each day.

- **Monday the 18<sup>th</sup> of July** – Figures and Statistics
- **Tuesday the 19<sup>th</sup> of July** – Child Safety
- **Wednesday the 20<sup>th</sup> of July** – Farm Safety Heroes/Champions, Farm Accident Survivors
- **Thursday the 21<sup>st</sup> of July** – Respiratory Health, Long term ill health / life limiting. Use PPE to prevent from life limiting ailments.
- **Friday the 22<sup>nd</sup> of July** - The future of safety. Technology and putting better practices and habits in place.



Throughout the week Farmers4Safety teamed up with Mental Health Ireland to send daily reminder/messages about farm safety, health and wellbeing. On day one Farmers4Safety highlighted the survey analysis, day two the project announced the winner



with AgriKids for the Stick2Safety #FarmSafety Sticker Competition, day three they launched their survivor video story, day four the project highlighted links to the Health and Safety Authority website for Personal protective equipment (PPE), and finally on day five Farmers4Safety highlighted the importance of their WhatsApp chats and the overall aim of having them as a farm safety network within the catchment areas.

## Project Update

To date, the project coordinator has met with the mentors/champions 24 times as



a group and multiple times individually over the phone or zoom if they had any queries, concerns or questions about the project. The group meetings with the mentors/champions discussed the projects aims, objectives, outcomes and their role and responsibilities on the ground. The meetings also got the mentors/champions

opinions and perspectives about the attitudinal surveys from farmers, farm families, partners and service providers. The meetings also involved the mentor's opinions/perspectives about what talks/workshops they would like to see being done in order to address farm safety, health and wellbeing.



The project to date has had meetings/workshops with Niall Heenan from Train the Trainer Course, Mental Health Ireland, the Health and Safety Authority, IFA Countryside, AgriKids, Farm Relief Services, and Getting Citizens Online. All of these workshops/talks refer to the mentors needs/concerns about what they would like to find more information about and equip them with the knowledge to carry out this Farm Safety, Health and Wellbeing EIP-AGRI Project on the ground.

## Facts and Figures to-date

886 Farmers or Farm Families directly engaged with to-date

152 Pre-Evaluation and Attitudinal Survey Responses from Farmers/Farm Families

28 Attitudinal Survey Responses from Service Providers

52 Attitudinal Survey Responses from Partners

### Farmers4Safety – Managing Risk Together in the Media

Our Project Coordinator was featured on Galway Talks with Keith Finnegan to speak about Farmers4Safety – Managing Risk Together EIP-AGRI Project. [Click here to listen to this feature.](#)



Our Project Coordinator was also featured on Country Life with M.J. Cleary to talk about Farmers4Safety – Managing Risk Together EIP-AGRI Project. [Click here to listen to this feature.](#)

The Irish Farmers Journal also wrote an article on Farmers4Safety – Managing Risk Together EIP-AGRI Project which highlighted its progress to date on the ground engaging with the farming communities in the catchment areas.



That's Farming have also written three comprehensive articles on Farmers4Safety – Managing Risk Together EIP-AGRI Project, which features quotes from our project coordinator Niamh Nolan, the CEO of Irish Rural Link Seamus Boland and Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at the Department of Agriculture, Food and the Marine, Martin Heydon. [Click here to read the article.](#)



**THAT'S FARMING**

## Upcoming Events

Farmers4Safety – Managing Risk Together EIP-AGRI Project will be organising events/workshops in the catchment areas to help raise awareness of farm safety, health and wellbeing. The themes/topics that will be discussed will correspond to the needs/concerns that the farming communities on the ground would like to find out more information on in relation to farm safety, health and wellbeing. To find out more about upcoming events/workshops visit our website [www.farmers4safety.ie](http://www.farmers4safety.ie).

## About Farmers4Safety – Managing Risk Together

Farmers4Safety – Managing Risk Together EIP-AGRI project adopts a ‘peer-to-peer’ mentoring and champion approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. The project offers a bottom up initiative that is tailored to each region to ensure it will capture a change in farmer’s attitudes and behaviors.

## Stay up-to-date with Farmers4Safety

Want to find out more about Farmers4Safety – Managing Risk Together EIP-AGRI Project? Find us online and follow us on our social media platforms for regular updates.



[www.farmers4safety.ie](http://www.farmers4safety.ie)



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