

MAFES Dawg Tracks



December 3, 2007

Know Your Limit



Know your limits! The daily life in agriculture is very hectic. Farmers face a multitude of varying pressures, such as: weather factors, planting deadlines, harvest deadlines and various personnel problems that can influence the aforementioned factors. At times, we all feel the pressure or a self-inflicted push – to get the job done and getting it done in a timely fashion. Rushing or pushing to make a deadline can be very dangerous. When this happens, the potential for accidents comes into play. The risk of an accident can occur when you're working in extreme weather condition - heat or cold - or performing farm functions that are beyond your limits, be them physical or technically.

Following are some guidelines that will help you to stay within your age and general state of health:

- Be ready for each day – This includes dressing right for the weather, and the tasks confronting you each day. It also includes having sufficient rest and eating the right foods to build energy and not relying totally on fast food diets.
- Take your scheduled breaks from work, not only to fight off fatigue, but also to use the time to regroup or reassess your thoughts.

- The next tip is one that most everyone has been guilty of or is guilty of sometimes. This is overextending yourself. We sometimes want to be a “crackerjack” or “blue-chipper” and attempt to lift more than our limit or out-perform our peers. Pride gets in our way to admit that we are out of our limits, maybe in length of time spent in extreme weather conditions, attempting to lift more than we are actually capable of. We all get into situations where we think that we are as young as we were in the past and ought to do the same things. Don't be afraid to ask for help!
- Coupled with the point above, we need to assess ourselves and make sure that we have the strength, skills and “staying power” that is required to do the task or project at hand. Be willing to relinquish a job or project that you know that will tax your strength or skill level (either because of age, health or inability of the skills) required to perform the task. When we don't do this is when the potential for an accident happens.
- When possible and practical, use mechanical power, instead of attempting to do it with physical power. Plan your work to maximize your energy without overextending your physical and skilled capabilities.
- Develop an exercise program for after hour's work that will improve your cardiovascular fitness, muscle tone and physical agility.
- If you don't have it already, consider beginning an outside recreational activity or a hobby that will furnish an “out,” for having interests, besides your work.

**MACHO DOES NOT PROVE
MUCHO!**

DO IT SAFELY!!

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Excerpts; www.cdc/nasd/docs