

Media Release – Be Safe during Seeding



*“Founded by
Farmers for
Farmers”*

With seeding now underway, Farmsafe WA reminds everyone to be safe and supportive of each other and enjoy a happy and incident free time.

“It is so easy to get stressed during these busy times in the year, said Farmsafe Chairman, Tony Hiscock. But we all know that working when you are tired and stressed is a recipe for errors which can be not only costly, but in the worst case, devastating.”

Tony said that planning was essential in avoiding injuries, and a risk assessment plan was a good start in achieving an overall farm safety plan.

“We all need to get away from thinking that injuries are “accidents” – some kind of act that is out of our power. Nine times out of ten, they are avoidable and many programs are available to enable farmers to avoid incidents on their properties,” he said.

One of the best programs currently on offer is the On-Farm Advisory Service. Coordinated through Farmsafe WA Alliance, this service offers agricultural enterprises a non-threatening forum to discuss legal requirements for occupational health and safety with an independent safety consultant.

The free on-farm service has so far helped many farmers in Western Australia to better understand their rights and responsibilities regarding occupational health and safety.

Road safety is also another important issue that Farmsafe WA is focussing on. It is particularly important to be aware of fatigue issues related to working long hours during seeding and then getting behind the wheel of a car.

If you are driving, you should get off the road if you:

- are yawning;
- are blinking more than usual;
- are having trouble keeping your head up;
- notice your eyes closing for a moment or going out of focus; or
- forget driving the last few kilometres.

Early danger signs of fatigue include:

- wandering thoughts;
- missing a gear, road sign or exit;
- slowing unintentionally; and
- braking too late.

After driving for long periods, you should stop for a break or coffee, swap drivers where possible or stop to have a short sleep. Remember to get plenty of rest the night before a long trip.

For more information on the services available through Farmsafe WA, please call its Perth office on 9359 4118. Safety checklists are available at **www.farmsafewa.org**.

Farmsafe WA Alliance is the leading not-for-profit organisation encouraging safe farming.

Website: www.farmsafewa.org Tel: (08) 9359 4118 Fax: (08) 9359 3468 Email: farmsafe@wn.com.au