

Stay safe on the farm

Run time - :36

ANCHOR LEDE: With National Farm Health and Safety Week coming up, now is the time to review the basics of farm safety. Tim Ditman of OSF HealthCare has more.

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For big equipment like a tractor, know how to use it before you get in. Know how to shut the machine off quickly in an emergency. When behind the wheel, know your surroundings. Go slowly and be very cautious in places like driveways where kids run around. Wear fitted, not loose, clothing.

*SOUNDBITE: "Machines have shafts and moving parts. You don't want to have loose sleeves or something that can get caught in that mechanism and cause a catastrophic injury." (:12)*

That's OSF APRN Bethany Heulskoetter.

I'm Tim Ditman.

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For smaller vehicles like an ATV, buckle up and wear a helmet.

Other tips include:

Read the label before handling toxic materials, and have the poison control hotline handy.

Get any animal bite looked at by a health care provider.

Beat the heat by drinking lots of water and taking breaks.

Work with a buddy and bring a charged phone. If you work alone, let someone know your plans.