



TALK LEADER INSTRUCTIONS

This is background information ONLY. Be sure to customize your talk to your operation and facilities.

- ✓ Print copies of this sheet for yourself and each of the participants.
- ✓ Lead a discussion with your workers about the materials on this sheet at a location that is appropriate to the topic. Be sure to give real life examples whenever possible.
- ✓ Be open to questions.
- ✓ Conclude with a brief review of the main points or a summary based on the discussion.
- ✓ Fill in your operation name, location and the date on your sheet. Have each worker sign your sheet to confirm their attendance.
- ✓ File your sheet in your worker training records to document the training experience.

WORK ACTIVITY

Our work often involves long hours, physical labour and concentration. During busy times like calving, seeding and harvest good quality sleep can become scarce. It's important on this farm to get enough good quality rest to farm effectively and safely.

BACKGROUND

There are serious consequences of sleep deprivation. They include: motor vehicle collisions, work incidents, decreased productivity, medical and mental illnesses.

Key Points

Our farm is dedicated to making sure your health and safety are our priority. Please feel free to discuss any issues with a supervisor that you feel are affecting your health and safety.

WHAT CAUSES SLEEP DEPRIVATION?

- Not allowing enough time for sleep
- Anything that causes insomnia or poor quality sleep
- Sleep disorders
- Excessive worry, depression
- Repeated awakenings from noise
- Working at night
- Medical conditions causing pain, difficulty breathing, etc.

HAVE A REGULAR BEDTIME ROUTINE

Go to bed and get up each day at about the same time, when possible. This helps get your body used to sleep and wake times.

ORGANIZE YOUR BEDROOM

Keep your bedroom for sleep and intimacy only. All other activities should take place elsewhere.

Keep your bedroom 3 or 4 degrees cooler than the rest of the house. Darken your room to simulate night time. Keep the clock turned away from you. Keep your bedding clean and change pillows every six months.

GET MEDICAL HELP FOR SLEEP DISORDERS

Sleep disorders like sleep apnea, insomnia, and restless legs syndrome can seriously impact your sleep and your overall health. If you are having problems in these areas, visit your doctor and talk about what can be done to help you get more and better sleep.

STRESS CAN AFFECT YOUR SLEEP

We all experience stress. Even good stress can affect your sleep and, therefore, your safety. Some ideas to help alleviate stress in order to achieve good sleep include: getting enough physical exercise, eating regular, nutritious meals, talk about your stress with a friend or family member and seek help if you are overwhelmed with stressful thoughts.

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CAUTION

This is general advice and is not meant to replace the guidance of your doctor or medical professional. Seek help if sleep deprivation is affecting you.

CONTACTS

Contact your family doctor to discuss any sleep disorders, including stress.

Here are some things that you can do to combat sleep deprivation:

1. A sleep routine will help make the most of the time you have available to sleep.
2. Make your breaks a priority even when you are in the field.
3. Make sure to take the time to eat nutritious foods regularly and drink plenty of water.

What are some other things that you can do to combat sleep deprivation?

1. _____
2. _____
3. _____

COMMENTS / SUGGESTIONS

Operation Name _____

Location _____

Meeting Leader _____

Date _____

TOOLBOX TALK PARTICIPANTS

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____



CanadaFarmSafe
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This Producer Tool was developed by the Canadian Agricultural Safety Association (CASA). Conducting regular Toolbox Talks, or safety meetings, with farm workers is one component of establishing a comprehensive farm safety plan as outlined in the Canada FarmSafe Plan, CASA's business-risk management tool for health and safety on the farm. To download the core Canada FarmSafe Plan, visit casa-acsa.ca/CanadaFarmSafePlan, or contact CASA to learn more at 1-877-452-2272.

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