

Canadian Centre for Occupational Health and Safety  
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## **Taking Care of You and Your Farm**

Research shows farmers face diverse challenges, including mental health self-stigmatization, community isolation, finances and healthcare. These can contribute to increasing rates of stress, anxiety, depression, and burnout. Discussion will focus on how a health and safety plan can address both physical and mental hazards to improve the farmer, the team and farm operations.

Join the Canadian Centre for Occupational Health and Safety (CCOHS) as we:

- Facilitate a dialogue and conduct group exercises on how to access positive outlets to ensure that taking care of both you and your farm business, through hard-work ethics, are supported by community, technology and prevention-based health and safety programming.
- Provide a forum for participants to voice work experiences and health concerns and what you need to achieve optimal health and safety outcomes.
- Outline resources available to help farmers recognize, assess, control and evaluate all forms of workplace hazards (physical and psychological).
- Discuss solutions that may arise from participants in terms on how to positively change self-stigmatization, community isolation, financial management and healthcare access or concerns.
- Highlight examples regarding a comprehensive health and safety plan and actionable items.