

MENTAL HEALTH MATTERS: KEEPING SAFE AND WELL ON THE FARM

Farming is a demanding occupation characterized by high levels of stress and physical labour. It's hard work – both physically and mentally. These factors contribute significantly to the mental health challenges faced by farmers, farm workers and farm families. The intricate connection between farm work and mental well-being has significant implications, not only for individuals but also for the safety and efficiency of farming operations.



DEHYDRATION AND ITS EFFECTS

Dehydration is a common issue among farmers due to long hours of physical labour, often in adverse weather conditions. Dehydration negatively impacts physical and mental performance, increasing errors, slowing response times, and heightening fatigue and anxiety. These impairments further compromise farm safety and productivity.

WHAT CAN WE DO?

- Ensure easy access to water throughout the workday and take regular hydration breaks.
- Educate workers about the signs of dehydration and the importance of staying hydrated, especially in hot weather.
- Use hydration monitoring tools or apps to keep track of water intake.