



Canadian Agricultural Safety Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

Women on the Farm

There's no question that women are vital to the strength and success of Canadian farms.

But despite their indispensable role on family farms, particularly with wellness and safety, women's contributions are often undervalued.

Women are often responsible for “invisible work” around the farm and home, balancing childcare, family responsibilities, and household management, along with tasks on the farm. This workload and the unique challenges that women in agriculture face can lead to burnout and isolation.

To create a healthy balance between farm duties, family needs, and personal well-being, establish routines and responsibilities and encourage open communication within the family. Building connections and a support network can provide reassurance that you're not alone in your experiences.

By collectively supporting women in agriculture, we can expand agricultural opportunities for future generations.

This Canadian Agricultural Safety Week, let's commit to prioritizing farm safety every day. For more information, please visit agsafetyweek.ca.