

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.



SAFETY BEHAVIOURS AND MENTAL HEALTH

Those feeling depressed or overwhelmed may neglect essential safety behaviours like using proper livestock handling facilities, reading instruction manuals, and maintaining equipment safety shields. Anxiety impairs decision-making and the ability to think flexibly, leading to unsafe practices and a higher risk of accidents.

WHAT CAN WE DO?

- Implement regular safety training and refresher courses to emphasize the importance of safety.
- Encourage open communication to create a supportive environment to help individuals ask questions, seek help and follow safety protocols.

