

Everyone in Nebraska knows that agriculture is vital to the state. What people might not know is that farm work is considered one of the nation's most hazardous occupations.

According to the Centers for Disease Control's most recent statistics, 476 farm workers died from a work-related injury in 2010, with tractor turnover cited as the leading cause.

Plus, each day 243 agricultural workers lose work time due to a severe injury.

With the onset of harvest season, the Bryan Trauma program offers these tips to keep farmers safe and injury-free.

- Ensure tractors are equipped with Roll-Over Protective Structures (ROPS).
- Educate workers about farm equipment.
- Ensure all machinery is operational with factory installed guards and protective barriers in place.
- Do not wear loose clothing.
- Use restraint systems and seatbelts provided in agricultural equipment.
- While operating equipment, be aware of the terrain and the potential for rollovers.
- Be familiar with chemicals on the farm and store/label them appropriately.
- Educate children about the dangers and potential hazards of farm equipment.
- Take a first aid and emergency training course.
- Have emergency contact information readily available at all times.

For more information on agricultural related injuries and farm safety tips visit www.bryanhealth.org.