

Healthy Horizons

Publication of the New York Center for Agricultural Medicine and Health and the Northeast Center for Occupational Health and Safety in Agriculture, Forestry, and Fishing

Excellus BCBS Circle of Excellence Award Honors NYCAMH for Innovative, High-Quality Patient Care



From left: Erika Scott, Sue Ackerman, Shannon Campbell (Excellus BCBS), Jennifer Barretta (Excellus BCBS), Heather Chauncey, Mary Stuble (Excellus BCBS), and Julie Sorensen

This award highlights NYCAMH's **Farm Partners Program (FPP)** and its program coordinator, Clinical Case Worker **Heather Chauncey**, for providing free and confidential case management and therapeutic counseling to the farming community and individuals with occupational health issues.

The program connects clients with a wide array of resources, including assistance filing and applying for services, as well as funding for living expenses, shelter, medical costs and emergencies. Chauncey has also advocated for the agricultural community with the NY legislature and state organizations as well as the New York State Department of Education and assisted in completing the first farm vehicle modification for a disabled farmer in 20 years.

"NYCAMH's programs strive to improve the lives, health, safety and well-being of New York's farmers, their families, and their employees," says Chauncey. "Farmers work hard for long hours, so we meet them where they are—on their

land and by conducting trainings and support groups in their milking parlors and barns. It's a model that reminds me of the old-fashioned house calls. Getting to know farmers, farm families and farm workers, I see how grateful they are for the help my coworkers and I provide them. I also see the challenges they face. They motivate me to work harder and go above and beyond to help." For more information about this program, visit nycamh.org and look for Farm Partners.

Save the Date: 2025 Respirator Fit Test Clinics!

Meet WPS and OSHA Requirements | English and Spanish language

Registration opens January 1, 2025

Date	Location
February 26-27	Branchport, NY
March 12	Riverhead, NY
March 18-19	Highland, NY
March 26-27	Hudson, NY
April 10	East Syracuse, NY
April 23	Riverhead, NY
May 7-8	Albion, NY
May 21-22	Pine Island, NY



Scan QR code
for more details
on clinics and
registration



Do You Need a Fit Test? You may need a fit test if you handle any materials requiring a respirator, and fit testing is mandatory under EPA Worker Protection Standard for handling pesticides. OSHA regulations require an annual fit test with the specific make, model, style, and size of respirator you'll be using. A medical clearance is required to confirm no health risks for working while wearing a respirator.

Plan Ahead: Complete your medical clearance after January 1 so you have documentation ready when registering. Visit respexam.com for an online medical clearance option offered by 3M.



Bassett Healthcare Network
New York Center for Agricultural
Medicine and Health



Enhancing Agricultural & Rural Health
by Preventing & Treating Occupational Injury & Illness

(800) 343-7527 | info@nycamh.org

Quarrying for Health: Local Researchers Want to Keep Bluestone Workers Breathing Easy

The quarrying of bluestone has been a main source of income in this area stemming back to the mid 1800s. **Bluestone dust contains silica, and can cause severe damage to the lungs unless proper precautions are taken to reduce exposure.** Here are some tips to harvest bluestone safely:

- When cutting or crushing bluestone, use tools with water hook-ups to reduce the dust particles in the air
- Wear a fitted respirator or N95
- Position yourself upwind when cutting
- Avoid dry-sweeping which can stir up harmful dust
- Change your clothing and shoes before entering your home
- Shower immediately upon returning home

We are trying to understand the barriers workers face when it comes to safely handling bluestone. If you are interested in taking part in our study or would like more information, please email Bluestone@bassett.org or call us at (607) 547-6023.



Life Saving Training Opportunities Available

In addition to our First Aid and CPR courses, NYCAMH is proud to announce that we now offer two additional lifesaving trainings: Stop the Bleed and Opioid Overdose Prevention training.

These trainings are available free of charge to farms and agricultural businesses in NY and are offered in both English and Spanish. For more information, call **607-547-6023** or email pauline.boyer@bassett.org.



Uncontrolled bleeding can be fatal in as little as five minutes. In rural areas, emergency services take longer to arrive on scene. Bystanders can be instrumental in saving a life when they have the training and equipment to control major bleeding. This class teaches how to properly apply pressure, pack a wound and use a tourniquet to control blood loss. Participants will receive a Stop the Bleed kit.



OverdoseLifeline

Opioid overdose has become a leading cause of death in the US today. Naloxone (Narcan) is an opioid antidote that reverses an overdose. This training will give an overview of opioid drugs, substance use disorder, overdose symptoms and how to administer naloxone. Participants will receive an overdose prevention kit (as supplies last) with naloxone.



We will see you there!

December 11&13	Labor Roadshow
January 9	NY Ag Society Annual Forum
January 18	NOFA-NY Winter Conference
January 24-25	NYBPA Annual Conference
January 28-29	Operations Managers Conference
February 20-22	New York Farm Show

Remember these OSHA deadlines!

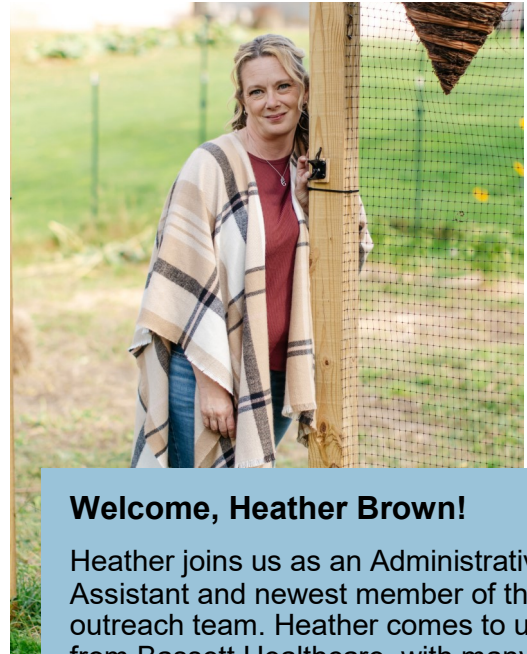
- Feb 1 Post OSHA Form 300A on site through April 30th
- Mar 2 For establishments with 20 or more employees, electronically submit OSHA Form 300A
For establishments with 100 or more employees, also submit 301 forms

To learn more about reporting requirements, visit www.osha.gov/recordkeeping or contact NYCAMH for technical assistance.



Congratulations to our Director, Julie Sorensen!

The New York State Association for Rural Health recently awarded Julie the **Senator Patricia M. McGee Award** for her significant impact on rural health.



Welcome, Heather Brown!

Heather joins us as an Administrative Assistant and newest member of the outreach team. Heather comes to us from Bassett Healthcare, with many years of customer service experience. She enjoys being outdoors, working in her garden, home projects, and being near water whenever she can, at the beach or in her backyard pool.



Rural Firefighters Delivering Ag Safety and Health (RF-DASH) Workshop

Outreach staff Pauline Boyer and Christina Day, along with contract educator Erik Merrell, traveled to Marshfield, WI to attend RF-DASH and Ag Rescue Training workshops in October. These workshops, hosted by the National Farm Medicine Center, helped to strengthen existing partnerships and forge new ones while inspiring our team with ways to equip our producers and first responders to prevent and react to farm emergencies.



New! NYCAMH's Stress Management Module

Developed in response to requests from Spanish speaking dairy workers, this discussion-based class will help participants discover the impact of stress on their thoughts, emotions, and physical health. They will learn easy ways to feel better, based on expert advice as well as recommendations from other dairy workers. Contact us to request this module.

NYCAMH
One Atwell Road
Cooperstown, NY 13326

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Contact us today at **(877)767-7748** or email **info@ropsr4u.org**.

Spotlight on Safety: Block Heaters

This time of year, we might use block heaters to help us start equipment in cold weather. Use block heaters with caution as there are fire and overheating risks. Here are a few helpful reminders:

1

Inspect the wiring on your block heater and extension cords for signs of damage

2

Ensure extension cords are heavy gauge, appropriate length, and have the ground prong

3

Plan ahead and plug in for the right amount of time

4

Clean up debris, hay chaff, and other flammable materials on equipment and in the parking area