

NYCAMH
One Atwell Road
Cooperstown, NY 13326

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HEALTHY HORIZONS

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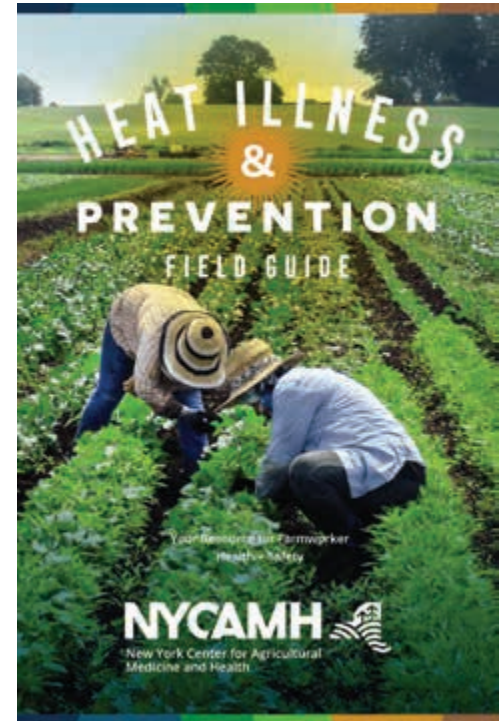
OUR MISSION

NYCAMH works to promote the well-being of rural and agricultural workers and their communities by proactively addressing and preventing occupational injuries and illnesses.

NEW RESOURCE HIGHLIGHTS HOT TOPIC

NYCAMH is proud to publish our latest resource, the **Heat Illness and Prevention Field Guide**! This handy booklet is filled with practical guidance, helpful resources, and simple action items, designed for farm managers and supervisors who are making day-to-day decisions about worker safety in outdoor environments. It was compiled to support workers in the face of increasing extreme weather events as well as state and federal regulations on heat illness.

Our Heat Illness and Prevention Field Guide is spiral-bound with water-resistant pages that will help it hold up against the elements on agricultural worksites. The convenient size makes it easy to grab and reference throughout the workday.



WHAT'S INSIDE?

In the guide, you'll find clear explanations of heat illness symptoms, risk factors, and treatment. It outlines tactics for preventing heat illness, from the ins and outs of hydration to planning for work and break schedules. The guide also offers tips for first aid steps to take and supplies to have on hand if heat illness symptoms occur.

One unique feature is the built in pockets in the back of the booklet, designed to hold printed resources of your choosing. This could include any federal or state regulations that you may want to reference while on the go, or your farm's specific heat protocols and emergency response procedures. These pockets allow the resource to adapt over time, whether it be changes to regulatory requirements or to your farm's policies.

If you are looking to help keep your crew healthy during hot weather, to strengthen your safety program, or to prepare for future heat standards, this free resource offers support and information that you can use to meet your goals.

GET YOURS TODAY!

To request free print copies of the Heat Illness and Prevention Field Guide, give us a call at 607-547-6023 or email info@nycamh.org. (Currently only available in English.) Learn more about how NYCAMH can help you stay safe this summer at nycamh.org/heat-illness.

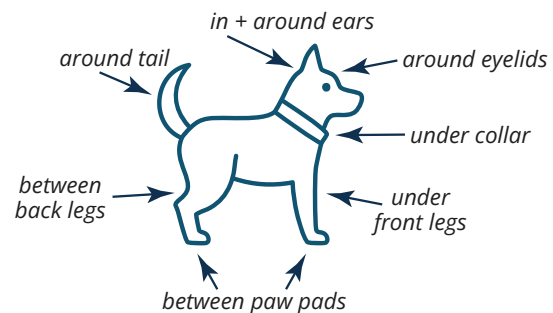
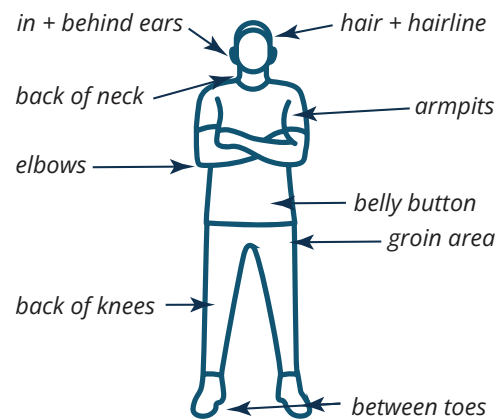


nycamh.org
info@nycamh.org
local 607-547-6023
toll-free 800-343-7527

SAFETY SPOTLIGHT: TICK BITE PREVENTION



Check yourself for ticks often! Finding and removing ticks before they attach will prevent the spread of diseases. Common attachment areas include:

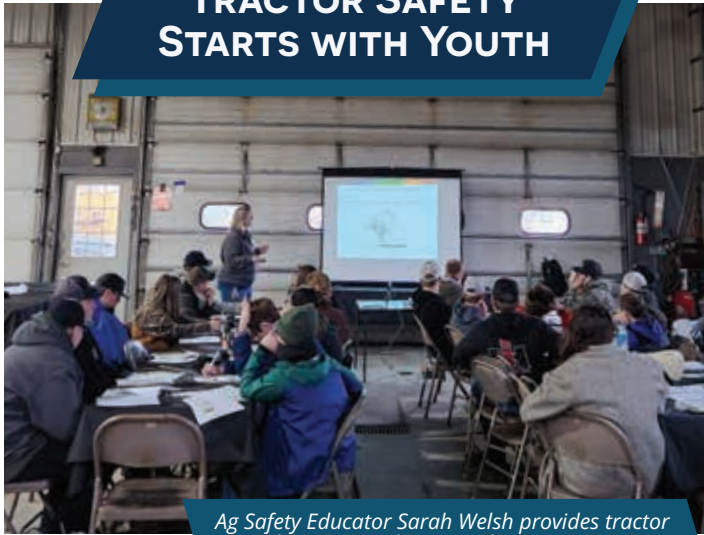


Wear long sleeves/pants and light colors. Less skin exposure gives ticks less opportunity to bite. Light colors help you find and remove ticks faster.

Use EPA-registered insect repellents. Consider treating your shoes and clothing with permethrin. DEET and picardin can lessen your chances of a tick bite. Always read and follow the label instructions.

After outdoor activity, wash your clothes and shower. Ticks cannot survive on your clothes in the dryer. If they're crawling on you, a shower can wash them off.

TRACTOR SAFETY STARTS WITH YOUTH



Ag Safety Educator Sarah Welsh provides tractor safety training for Rensselaer County 4-H

Each year, New York State 4-H provides an opportunity for students to participate in the Youth Tractor Operator Course. As part of this course, NYCAMH provides a two hour training session on tractor safety, covering a range of topics from rollovers to PTO hazards.

The certification course is specifically designed for students ages 14 and 15. It provides the training required for youth to legally operate tractors and other powered machinery as an employee on a non-family-owned farm.

NYCAMH Agricultural Safety Educator Sarah Welsh traveled to 12 counties across NY to provide professional safety education for 115 participating youth. These trainings included live demonstrations on tractor hazards, including a NYCAMH classic: "Mr. Good Egg." Using an egg to represent the operator, this demo illustrates the difference a ROPS system and seatbelt make in the event of a tractor rollover.

Participation in courses like these is critically important, especially at young ages, as it prepares students to safely and confidently operate farm equipment with the knowledge and skills necessary.

BREATHING EASY AFTER FIT TEST SEASON

NYCAMH is rounding up another successful respirator fit testing clinic season! With just one clinic left to go, our team has already fit tested 254 farmworkers, helping them head into spray season with confidence knowing their equipment is working properly to protect their lungs.

Our fit testing team continues to be a true dream team, operating like a well-oiled machine. From traveling across New York State to setting up clinics and welcoming each participant with a smile, their dedication shows at every step. They skillfully guide workers through fit challenges (a normal part of the process), provide hands-on education for new pesticide handlers, and offer valuable refreshers for experienced workers to ensure best practices are followed.

We take pride in creating a positive, supportive environment, one where learning happens alongside laughter. It's especially rewarding to reconnect with farmers year after year. Thank you to the many farms and workers who participate and make this program so meaningful. Your commitment to safety is what makes this season a success!



NYCAMH team members at Suffolk County fit testing clinic, left to right: Mitzi Sackett, Anna Meyerhoff, Heather Chauncey, Louis Colon, Jim Carrabba

NEW TO NYCAMH: FARM SAFETY POWER HOUR

This summer, our Farm Services Navigator Christina Day will host our first **Farm Safety Power Hour**: a new opportunity for anyone on the farm to be a part of an open discussion on safety. No matter what role you have on the farm (or how many), this virtual session is designed with flexibility in mind, allowing you to drop in anytime and help move your safety efforts forward.

The Power Hour is not a webinar or formal training; it is a dedicated time where you can:

- Ask questions about best practices
- Collaborate with specialists & fellow farmers to tackle your safety challenges
- Work on the policies, safety compliance items, or ideas that you have been putting off
- Share wins, headaches, & lessons learned
- And more!

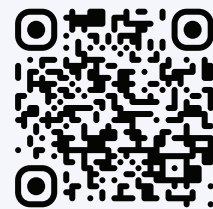
This is your time to focus, connect, and collaborate with like-minded people who understand farm safety.

HOW IT WORKS

Each session will include a brief introduction to a featured safety topic, noting helpful resources or compliance items. After that, the floor is open for discussion or work time. Some people may have questions related to the featured topic (or other topics), while other people may just want to work on their program and use the time as motivation to do so. Whether you come with questions, a policy draft, or just want the accountability, this is your space to make progress.

HOW TO JOIN

Be the first to get Farm Safety Power Hour updates right to your inbox! Scan the QR code to receive details on upcoming sessions, resources related to the program, and more. You can unsubscribe at any time.



LEADNY YEAR ONE: AN UPDATE FROM DAHLIA

In April, Dahlia Sheehan-Yassin successfully completed Year One of the Lead New York program along with her cohort, members of Class 21. Year one focused on improving leadership skills and enhancing their understanding of the food, agriculture, and natural resources sectors.



Christina (left) + Dahlia (right) at LeadNY year one graduation

"Lead New York has been one of the most formative experiences of my professional career. It has pushed me outside of my comfort zone in the best way by strengthening my confidence, sharpening my leadership skills, and expanding how I view challenges and opportunities within the industry. The relationships I've built and the knowledge I've gained have had a lasting impact, shaping not only how I approach my work, but also how I see my role within the broader agricultural community. I look forward to continuing this fall with Year 2 of the program, which will take a national and international perspective on leadership, food systems, and agricultural production."

As Outreach Coordinator of the John May Farm Safety Fund, Dahlia joins over 500 alumni of this Cornell University program, including NYCAMH Farm Services Navigator Christina Day, member of Class 18.

THE PERCs OF PESTICIDE SAFETY

NYCAMH announced the completion of a project supported by a grant from the Pesticide Educational Resources Collaborative (PERC) through its Agricultural Community-Based Projects (AgCBP) program. The project focused on improving how agricultural workers, particularly Spanish-speaking farmworkers, understand and use respirators as a critical safeguard against pesticide exposure.

Proper respirator use is one of the most important protections available to reduce pesticide exposure in agricultural work. However, respirator fit testing is often treated as a compliance requirement rather than an opportunity for meaningful education. We addressed this gap by working directly with Spanish-speaking farmworkers and their employers to develop practical, culturally relevant, and bilingual tools and training designed for real-world use.

The project resulted in hands-on learning, peer demonstration, and materials designed for immediate use, ensuring that workers not only receive information, but can also apply it in practice. This work demonstrates how bilingual, community-centered training can improve both understanding and real-world application of respirator use, ultimately helping reduce pesticide exposure across agricultural communities.



Louis Colon demonstrates doffing technique

KEY OUTCOMES

- Distributed materials across **five** fit test clinics & **six** agricultural events
- Developed & implemented enhanced training protocols to improve understanding & retention
- Delivered bilingual (Spanish/English) materials & training tailored to farmworker needs

JOIN OUR TEAM!



Open positions as of **May 18, 2026**:

- Bilingual Ag Safety Educator
 - Remote, Long Island
- Coordinator Operations, HealthWorks Marketing