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 - • Gearing up for Youth: Arthritis Prevention and Stress Management

2025 AgrAbility National Training Workshop

March 25, 2025

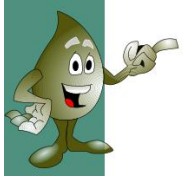
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Today's Session Aims



Gearing up for Safety: Production Agriculture Safety Training for Youth

- Curriculum Overview



Lesson S4: Farm Youth Stress Management

- Managing youth farm stress to maintain emotional health



Lesson S13: Healthy Harvest: Arthritis Isn't Just for Aging Farmers

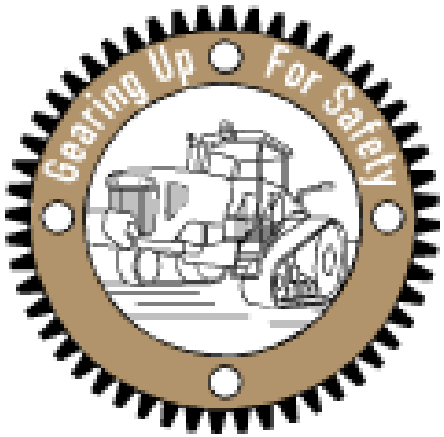
- Encouraging safe movement and injury prevention to reduce the risk of developing arthritis

Why Farm Safety and Health Training?

The potential for injury and death among youths working on farms or with tools and equipment is a reality; but the **risk can be reduced through evidence-based safety training.**

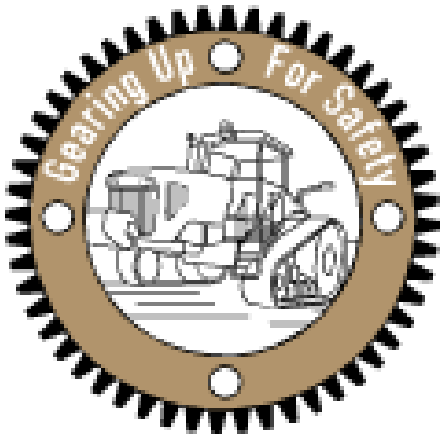
Farming can also expose young workers to physical and emotional health challenges; but **hazards and triggers can be mitigated through increased awareness, education, and tools.**

Gearing up For Safety - www.agsafety4youth.info



- Educates young and beginning farm workers (ages 14-19)
- Covers a broad spectrum of hazards and safety practices commonly encountered in farming environments
- Aligns with federal regulations for youth farm work and machine operation safety (i.e., HOOA, OSHA, EPA)

Gearing up For Safety - www.agsafety4youth.info



Curriculum content:

- ✓ **16 Core lessons** – requirements and guidelines for conducting a tractor and machinery safety certification program.
 - Youth who successfully pass the course may perform certain hazardous agriculture tasks for hire.
- ✓ **13 Supplemental lessons** – related to agricultural safety and health
 - Topics based on the frequency and severity of documented agricultural related injuries.



S4: Farm Youth Stress Management

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Farm Youth Stress Management

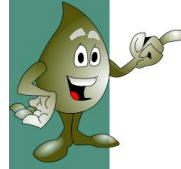


Gearing Up for Safety – Production Agriculture Safety Training

Lesson S4: Farm Youth Stress Management

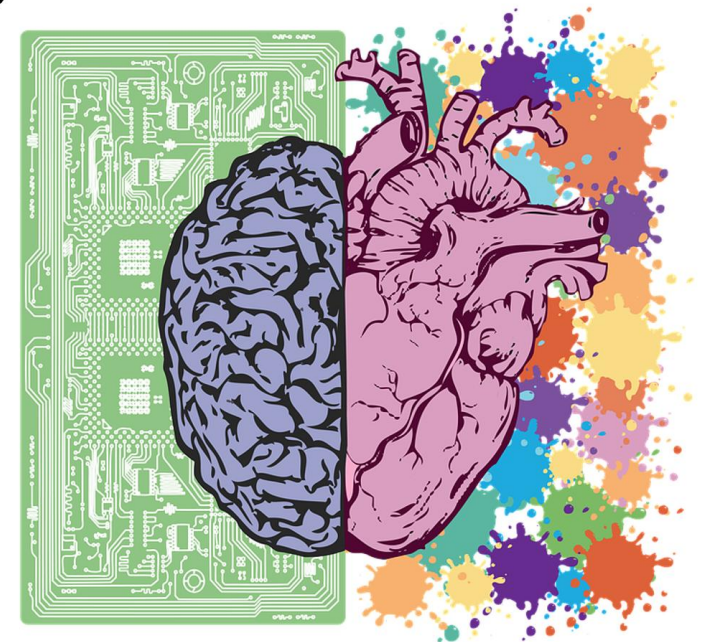


Farm Youth Stress Management- Lesson Outline




Lesson One Outline

- What makes farming stressful?
- Warning signs of stress
- How stress affects individuals
- Think BRAIN




Farm Youth Stress Management- Activities



Activity

How Do You Relax?

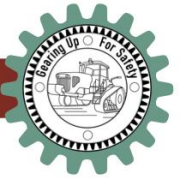


Think of any moment that made you feel comforted and content. Close your eyes and relive that moment.

List some of the things you do to relax.

S4-15

Name: _____



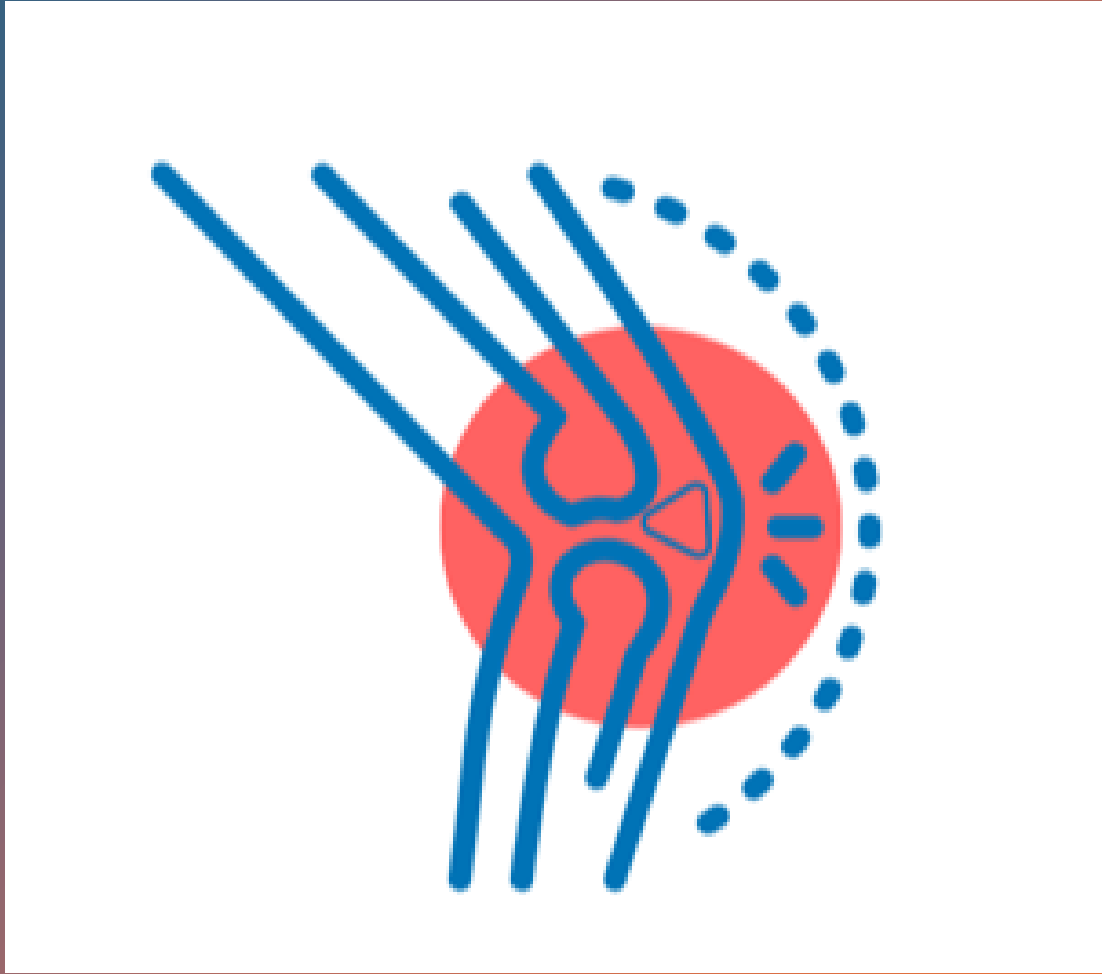
ACTIVITY WORKSHEET S4.1

Stress Terminology Word Search

Directions: Find the words from Lesson S4 listed on the right in the following word search.

T	W	A	A	I	E	A	P	E	M	S	U	O	V	R	E	N	N	B	E
S	I	S	W	H	O	D	C	F	T	R	D	F	I	D	U	M	L	D	E
D	S	R	I	I	A	E	R	Y	A	R	R	R	E	A	D	H	L	O	F
H	E	A	R	T	R	A	T	E	L	M	E	O	G	I	N	E	R	A	A
G	I	A	L	I	E	I	N	T	E	T	I	L	U	R	W	M	B	L	H
I	T	O	S	S	T	S	A	E	N	C	M	L	E	I	L	O	S	T	T
I	S	K	L	O	T	A	N	B	H	E	I	D	Y	T	E	T	R	F	R
G	M	N	U	L	C	I	B	N	F	E	D	T	B	R	A	I	N	E	U
H	A	O	P	A	E	H	F	L	U	R	O	B	L	L	Y	O	T	A	S
Y	T	T	S	T	H	I	A	S	E	T	I	B	H	O	M	N	R	E	W
I	W	I	D	I	O	G	R	T	R	E	Z	T	O	P	R	A	R	C	I

- ANXIETY
- BRAIN
- CRYING
- DEBT
- EMOTIONAL
- FAMILY
- FATIGUE
- HEART RATE
- IRRITABLE



S13: Healthy Harvest: Arthritis isn't just for aging farmers

Kirsten Ambrose

Associate Director

Osteoarthritis Action Alliance

Thurston Arthritis Research Center |

UNC Chapel Hill

Arthritis Matters

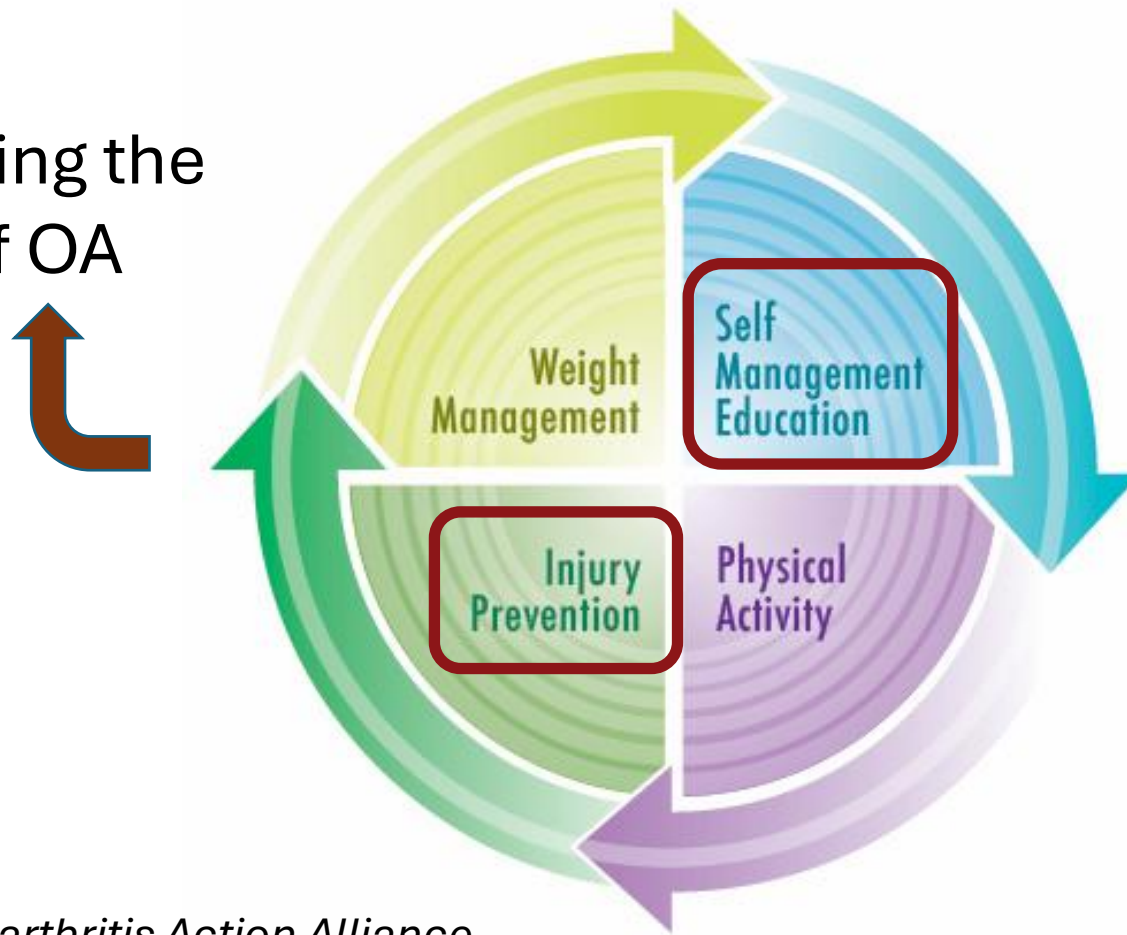


Images courtesy of Osteoarthritis Action Alliance

A National Public Health Agenda for OA: 2020 Update

4 Public Health Interventions

Preventing the
onset of OA



Symptom management
and progression for
those who already have
OA

OA Action Alliance Role as A Public Health Resource Center



- The **Osteoarthritis Action Alliance (OAAA)** is a national coalition of >150 organizations mobilized by the Arthritis Foundation and the Centers for Disease Control and Prevention in 2011.
- Subcontract with AgrAbility to advance arthritis awareness and resources among farm workers.
- A leading **public health resource center** for osteoarthritis awareness, education, tools, and much more.
 - RemainInTheGame.org
 - OACareTools.org
 - WalkWithArthritis.org

Arthritis Prevention Lesson Structure



Competencies



Instructor Guidance



PPT slides



Student Activities



Handouts



Case Studies

Arthritis Lesson Snapshots



Gearing Up for Safety – Production Agriculture Safety Training

Lesson S13: Healthy Harvest: Arthritis Isn't Just for Aging Farmers



Lesson S13 Outline

- What is arthritis?
- Understanding the dynamics of a joint
- Most common joints affected by arthritis
- Physical signs and symptoms of arthritis
- Emotional signs and symptoms of arthritis
- What puts you at risk of developing arthritis?
- How arthritis can impact you at home and on the farm
- How farming and ranching can increase your chances of developing arthritis
- Ways to prevent or reduce the risk of developing arthritis
- Ways to manage arthritis once you have it
 - Physical activity
 - Education
 - Weight management
 - Injury prevention
 - Healthcare
- Learning to move safely

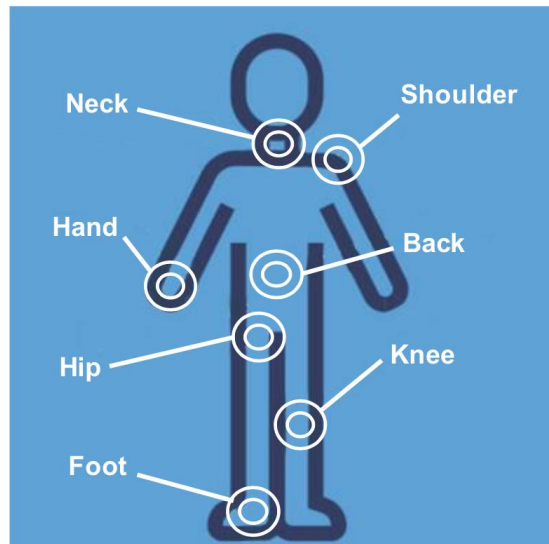
Arthritis Lesson Snapshots #2



Most common joints affected

Activity

Which joints are most commonly affected by arthritis?



S13-5



How farming and ranching can increase risk of developing arthritis



Jobs that require repetitive motion and lead to overuse injury or joint overloading

Accidents or injury

S13-9

Arthritis Lesson Snapshots #3



Injury Prevention

Key factors for preventing injuries

Lift and Move Heavy Loads Safely

Strengthen Muscles to Stabilize Joints

Improve Joint Flexibility and Range of Motion

Improve Movement Patterns

Improve Strength, Agility, and Balance to Prevent Falls

Maintain Farm Equipment to Minimize Malfunction

S13-15



Preventing Injury #3 – Sheep shearing

Activity

It's spring; time for Andy (15y) to shear some sheep.

1) What are the challenges with shearing sheep?

2) How can Andy stay injury free and be efficient while shearing?

Arthritis Lesson Snapshots #4



Learn to Move Safely

Activity

Key factors for moving safely on a farm and in everyday activities

- How-To's for To-Do's
- Warm up first
- Ergonomics matter
- Mix it up
- Listen to your body

Safe Movement Matters!




Let's Move!

Just 10 minutes of strength and fitness training can mean avoiding injury in the future

Remain In The Game (RemainInTheGame.org)

- Safe movement exercise program
- Build your own warm up
- Follow the exercise demo videos



A group of diverse hands raised in a fist, symbolizing solidarity and strength. The hands are of various skin tones and are positioned in a way that suggests a collective effort or a shared goal. The background is a soft gradient of blue and orange.

The Arthritis
lesson is
ready to
launch!

OAAA Public Health Messaging – Let's Connect!

Websites

- OAaction.unc.edu/aaebi
- OACareTools.org

Social Media

- Facebook, Instagram, Threads
- LinkedIn, X, YouTube, Bluesky

Lunch & Learns

- 3rd Wednesday, 12pm ET
- OAaction.unc.edu/webinar

Newsletters

- StandUp2OA
- Research Roundup

Support Groups

- Facebook
- HealthUnlocked



Q&A



Gearing Up for Safety

www.agsafety4youth.org



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