



EXTENSION CENTRAL NEWS

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CONTACT US

Extension Central News
 UW-Madison Division of Extension

... ADAMS COUNTY ...

Evan Henthorne—608-339-4237
 evan.henthorne@wisc.edu

... CLARK COUNTY ...

Richard Halopka—715-743-5121
 richard.halopka@wisc.edu

... CLARK & WOOD COUNTIES ...

Matt Lippert—715-421-8440
 matthew.lippert@wisc.edu

... GREEN LAKE COUNTY ...

Ben Jenkins—920-294-4032
 ben.jenkins@wisc.edu

... JUNEAU & SAUK COUNTIES ...

Alana Voss—608-847-9329
 alana.voss@wisc.edu

... LINCOLN & LANGLADE COUNTIES ...

Dan Marzu—715-539-1078
 dan.marzu@wisc.edu

... MARATHON COUNTY ...

Heather Schlessner—715-261-1239
 heather.schlessner@wisc.edu

... MARQUETTE COUNTY ...

Vacant—608-297-3141

... PORTAGE COUNTY ...

Ken Schroeder—715-346-1316
 ken.schroeder@wisc.edu

... TAYLOR COUNTY ...

Sandy Stuttgen—715-748-3327
 sandra.stuttgen@wisc.edu

... WAUSHARA COUNTY ...

Ken Williams—920-787-0416
 ag.agent@co.waushara.wi.us

Fall Pasture Weed Control

Submitted by Sandy Stuttgen
 Taylor County, Ag Agent

Authored by Bill Halfman, UW-Madison Division of Extension Agriculture Agent

If your pastures have an abundance of biennial or perennial weeds like spotted knapweed, wild parsnip, thistles, Canada thistle, and horsenettle, then fall is a good time to get a handle on these tough to control weeds.

During fall, these plants are translocating sugars into the root system to prepare for next spring's re-growth. Fall application of systemic herbicides results in abundant translocation of the herbicide to the perennial parts of the plant (roots/rhizomes), which results in excellent weed control. Systemic herbicides enter the plant through its foliage and kill the plant by disrupting normal plant functions. Some common examples of systemic herbicides include 2,4-D, dicamba, glyphosate, and aminopyralid. While these herbicides can be effective at other times of the year, reduced control is often observed as products are applied when the plant is rapidly growing (e.g. spring) due to poor translocation of the herbicide to the roots/rhizomes below ground.

When targeting biennial plants, like wild parsnip and the biennial thistle species, it is important to focus efforts in their first-year growth stage during the fall. First-year growth habits of biennial plants are low growing rosettes. There is no point in wasting time and herbicide on the second-year growth stages (the tall upright flowering growth habit) of the biennial weeds in the fall, as they have already gone to seed and are dead or dying.

Fall control of perennial weeds uses the same approach as discussed above for biennials. Focus on the growing parts and leaves of the plants when applying herbicides.

There are several online resources for pasture owners to help correctly identify the different weeds in pastures and their growth stages. One example is the UW Weed Science Programs WeedID Tool <https://weedid.wisc.edu/weeid.php>. Pasture owners can also contact their local Extension Office for help in identifying weeds.

Spot applications of herbicide rather than broadcast spraying may save

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some money while controlling weeds if the infestations are isolated to certain areas of the fields. Take into consideration time and labor costs for spot versus broadcast spraying.

Several herbicides are labeled for controlling biennial and perennial weeds in the fall. For information to match herbicide options to the target weed species, pasture owners can take a look at the Forages Weed Control Section in UW Extension Publication A3546 Pest Management in Wisconsin Field Crops <https://learningstore.extension.wisc.edu/products/pest-management-in-wisconsin-field-crops>.



Some additional considerations, in addition to weed control efficacy, are grazing and harvest restrictions, and planting intervals if you plan on seeding legumes into the pasture. Pasture owners should always follow the label directions for rates and safety procedures for handling and applying herbicides.

All herbicides currently labeled for controlling broadleaf weeds in pastures will also effect desirable broadleaf plants like alfalfa, clovers, and legumes. This is where spot spraying can help maintain legumes in the pasture where weeds are only in localized areas. Legumes may need to be re-established after satisfactory weed control has been obtained.

At the time of herbicide application, it is important to make sure there is adequate above-ground foliage on the target weeds. Do not apply herbicide immediately after clipping the pasture and leave the weeds' top growth for at least two weeks after application to allow good translocation of the herbicide through the plant.

Systemic herbicides may be applied after a frost if the plant is still actively growing.

In summary, consider fall herbicide applications to reduce biennial and perennial pasture weeds. Identify the weeds to be targeted, understand their growth stage and timely apply the applicable herbicide at the correct rate. Read the labels of all products used and take measures to protect the environment and yourself from undesirable herbicide side-effects.

References: Jensen, Bryan; Liesch, P.J.; Nice, Glenn; Renz, Mark; Smith, Damon; Werle, Rodrigo. 2020. *Pest Management in Wisconsin Field Crops 2020*,

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Calving Ease Rating is Changing

Matt Lippert
Clark County, Dairy and Livestock Agent

New pests, bad markets, a pandemic- so much bad and scary news in the world; how about a happy story for a change of pace? In the 1970's the Holstein cow was noted to have a lot of problems successfully delivering a live and healthy calf. It seemed as cattle were becoming more productive they were also becoming larger and having big calves that needed to be pulled and there were stillbirths besides. It was found to be genetic so we could select to improve the situation. But there were skeptics for sure. If we did this for too long, wouldn't the cows themselves become smaller and still have problems calving? Would we be going away from the big framed cows that do such a good job of making milk from high forage diets? The Brown Swiss also had the same problem so a calving ease rating was created for that breed as well.

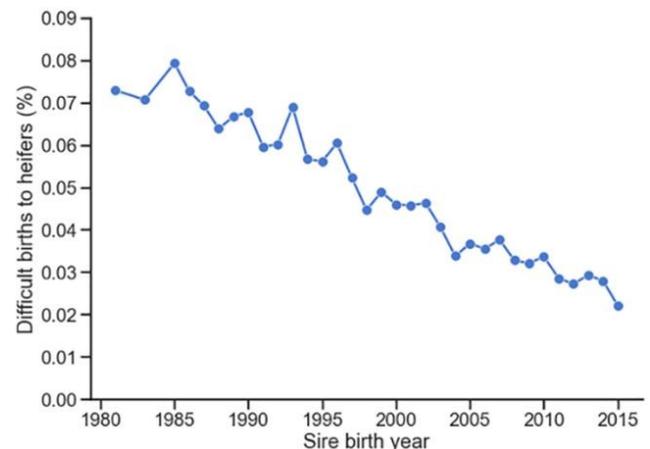


Figure 1. Difficult births to Holstein heifers

Forty years later, these breeds have continued to become more productive and they have gotten larger in size which seems to more of the current debate and concern- can cows get too big for their own good? While this has been happening the cows have improved considerably in their ability to have an easy non-assisted calving. In first calf heifer's difficult birth has dropped from about 8% in 1980 to about 2% today. Think about how remarkable that is, it has never been the main focus of our breeding programs but we have been able to reduce difficult calving to about a quarter of what it was. With the number that much lower, the variability between sires for this trait (standard deviation) has also dropped. The range used to be from about 5% all the way up to 14%, now the actual range is from about 1% to 5%- so the range has dropped in half as well.

There are things beyond genetic improvement to

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account for some of this change. There was no sexed semen in 1980, today when we breed heifers to sexed semen and they deliver heifer calves, there are fewer problems than if they had half bulls as they did in the past. I know, on your farm it may have seemed to be all bulls- another happy story!

In 1980 geneticists had no way of knowing how successful our selection for this trait would be, so even though the actual situation started improving rather quickly they kept on reporting calving ease as if the average number of difficult cases stayed the same. Now with this latest proof they have made the adjustment and the new numbers will be much lower, shockingly lower, so if you used to like to keep it under 7, all the bulls will now be under 7. In fact a bull with a 7 on the new scale has quite a problem in the calving ease area.

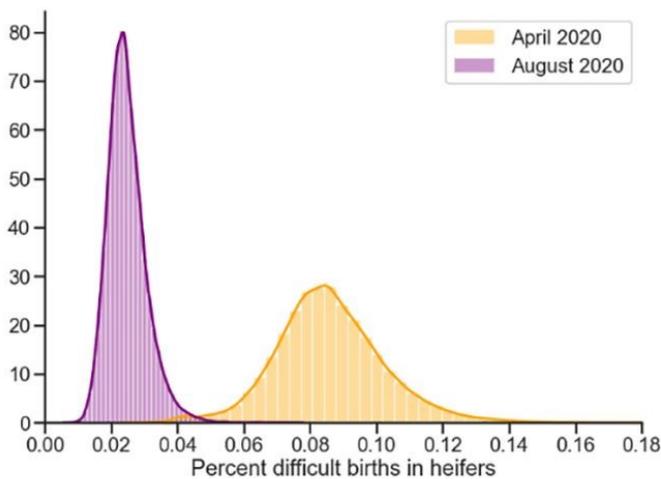


Figure 2. Distribution of Holstein sire calving ease PTAs based on the April 2020 and August 2020 bases

Because of this success you may want to focus more on other things than calving ease. I don't want calls at midnight because I said calving ease was no longer important, please come help deliver this calf!

Dairy cattle continue to become genetically more productive, healthier and at least stable for fertility- a great story for dairy producers and something to share with the public about the sustainability of animal agriculture.

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Are You Taking Care of Your Farms' Largest Asset?

Alana Voss

Juneau & Sauk Counties, Agriculture Educator

As we roll in to the fall and the worries of harvest starts to weigh on our minds. Have you taken a moment to check in on your farms largest asset?

Now as a crop farmer, you may think the biggest asset may be your fields. On the other hand, as a dairy or livestock farmer, you may think your biggest asset is your animals. However, would you agree that your biggest assets are actually yourself, your family, and employees? If any of you were not on the farm, would the farm be able to run itself? Probably not.

How do you check in on yourself or your family and employees to be sure you and everyone else are ready for all that the farm life can throw in your direction? We all know that when we go to use equipment we check that it has oil and fuel. Alternatively, when we check on the animals we check their production records and watch them to make sure they are feeling well. However, how do you make sure you and your family and employees are doing well? We all know we should go visit the doctor for yearly checkups to make sure we are physically healthy. We can continue to make sure we stay physically fit through a balanced diet, drinking water, and getting some physical activity in during the day.

However, do you feel prepared for the fall harvest mentally? Especially if the weather and the prices change suddenly, or when a piece of equipment breaks down? Causing additional stress and worries to an already difficult year? Stress and mental health has been on my mind lately as we are still working through the many challenges we have seen in the world right now. Particularly with COVID keeping many of us from seeing our family and friends or doing things we normally do to enjoy ourselves away from the farm.

Now you are probably thinking, "Everyone has stress going on these days," but do you truly know what parts are stressing you out specifically? If you can identify the sources of stress, it can help you realize how to handle the stress. Learn what little quirks can tip you off that you are feeling stressed or someone you care about is dealing with stress. I can honestly say that I learned what one of my warning signs are for feeling stressed. Music... that's right music. I always have music playing in the background or jamming out in my vehicle as I drive. I realized this summer I had "lost" my music. Meaning that I was stressing enough about other things that I just lost track of my stress reliever, which was music. Music has always been a way to help me focus and lift my spirits. Another thing I noticed about myself was I was spending more time than I ever normally would have scrolling through Facebook on my phone.

Now you might be able to notice a change in yourself or you might notice a small change like that in your family members or employees, but what do you do when you do notice a small change like that? In my

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case, I was able to acknowledge the change in my personality and worked to get back to “being me” by listening to more music and set timers on my phone to get out of the cyber world. I realized it was difficult for me to be working remotely and social distancing. It caused me to lose my normal time to be a social butterfly and see family, friends, and coworkers thanks to COVID. So to “fix” that I was scrolling through Facebook to “see” how friends and family were doing.

The biggest suggestion I can give is find time and an effective way to communicate with others about your stress or your concern for others stress. Forget about the stigmas of mental health and realize that stress affects everyone. Some points to bring up while talking with others is to acknowledge that some stress is okay and can actually motivate you to get things done, but long-term stress is not good for your health and can cause serious health problems. Realize that there is a need to find ways to manage the stress whether it’s through exercise, music, a relaxing activity, or just chatting with an old friend. If the stress is too much to handle than seeking professional help is the next best step. This suggestion might not be something they want to hear or even that you want to hear or say, but remember that sometimes we just need someone to help us realize it is okay to reach out to a trained professional for help. Remind them and yourself it is going to be okay and that someone is there for them or you. If you are truly concerned with your own or someone’s well-being, please call the **24/7 Wisconsin Farmer Wellness Hotline (1-888-901-2558)**, this is available 24 hours a day, 7 days a week and it is completely confidential and free.



2021

How to Plan for 2021?

Richard Halopka, CCA, Senior Outreach Specialist
UW-Madison Division of Extension Clark County

The 2020 growing season was more normal than many in the recent past. So, with fall harvest season beginning how might a farmer prepare for the 2021 growing season?

Did you scout your fields during the growing season and take notes of problem areas in a field or in a crop? If you did scout fields, it will make your job easier in 2021. If not you do have one last chance to scout a field at harvest and determine if there was a problem or not in a field. Many farmers ask how I can prepare for the next growing season. Currently tight

margins are the norm and a farm manager needs to wade through a lot of information to make decisions on crops to grow and then market said crop. Here are thoughts how to prepare for the 2021 growing season.

So what can you do to manage your farm for the 2021 growing season?

1. After harvest if your soil samples are four years old, pull new samples this fall. It will provide a baseline of information to make nutrient purchase decisions. Remember to manage you need numbers, current soil test provide those numbers.
2. Don't make decisions based only on 2020 growing season. Base decisions on a crop to be planted and maturity from your management goals. It is best to base this decision on what is normal for the area you farm. Don't revert to only early or later hybrids/cultivars. Select cultivars and hybrids for your area with good resistance to disease problems and select maturities you would use in a normal year.
3. Manage what you can manage. You can't manage weather or climate. So don't assume the weather will be the same in 2021 as it was in 2020. Manage for what is “normal” in your area.
4. Don't buy a program. Crop protection programs purchased before scouting a crop may just be an expense. Scout your crops, if you need crop protection then purchase protection not a program of multiple crop protection products that may just be a cost.
5. Marketing crops is a twelve month, 365 day a year job. What is your market? Cash price, livestock feed, or some other market. Know your market before purchasing seed.
6. With tight margins focus on the greatest bang for your dollar. Don't purchase additional products unless it is confirmed you need the product. Example, focus on primary nutrients before considering secondary or micros, unless confirmed by soil and/or a tissue test.



My 2020 corn that is no-till with field checks of >150 bushels, who said no-till equals no yield.

Remember, a crop plan or market plan may change during the season. Example, if planting is delayed you may need to consider hybrid or cultivar change,

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Disbudding Calves

Sandy Stuttgen

Taylor County, Agriculture Agent

change to a different crop or a different market for your crop.

So, what weather conditions can we expect during the 2021 growing season? Will it be El Niño or La Niña? A crystal ball approach doesn't work. Each growing season will have some quirks.

So, how should farmers plan for the 2021 growing season? Focus on the normal. Weather extremes can occur during any growing season.

Therefore, for 2021 growing season plan on a normal year, but consider the following points.

- Develop a crop budget to determine your cost of production. You cannot sell a crop unless you know your cost of production, even if it is fed to livestock on your farm. Once you have a cost of production then start marketing the crop. Remember this will include forage crops.
- Select hybrids and cultivars that match your management goals along with your soils and environment. Don't select seed based on what might happen. Select seed based on yield information and your management. If you had a problem in 2020, consider selecting a hybrid or cultivar that has a resistance to a disease or insect or alter your management to reduce the risk of repeating the problem. You can select non-GMO if you prefer.
- Apply fertilizer (commercial fertilizer products, bio-solids, or livestock manure) required by the growing crop from your current soil test information, crops require nutrients to grow and yield. Don't expect yields if nutrients are not supplied. Over applying fertilizer doesn't guarantee increased yields. Unbelievably over application can reduce yields. Remember, environment "Mother Nature" will influence yields to a greater degree than additional fertilizer.
- Scout fields during the growing season and apply a pest control or additional fertilizer only when required to prevent an economical loss in crop yield.
- Remember to manage what can be managed on your farm. You cannot manage the weather.

Everyone hopes that 2021 is a normal weather year, but every year has uncertainty. If you have, questions related to crop planning or crop budgets please contact your local county UW-Extension office or email richard.halopka@wisc.edu.

Preventing horn growth in cattle is an important farm safety practice because it prevents injuries to people and cattle. Horned cattle are discounted in beef markets. Using polled genetics is the best way to avoid having to remove horns. Beef genetics are often polled, but cross breeding with dairy cattle may result in horns. Monitor beef or beef x dairy crossbred calves during their first six weeks of life for the growth of horn buds and disbud immediately as they are identified. Acceptable methods for disbudding calves of all breeds include application of caustic paste or an electric/gas hot iron to destroy the horn producing cells of calves less than eight weeks of age (1). Both methods require proper training and oversight so that disbudding is complete. Beef cow-calf producers usually do not use caustic paste due to the risk of injury to the dam when grooming the calf's head to which paste has been applied.

In young calves, the use of a hot iron requires greater labor and restraint than does the use of caustic paste and is associated with the smell of burnt hair. Caustic paste should be applied within the first few days of life and is less effective and discouraged after the calf is two weeks old. There is potential for damage to calves' eyes and skin from caustic paste and improper application or run off can cause incomplete disbudding, requiring dehorning at a later age.

Disbudding procedures are painful

Pain can be minimized by disbudding cattle at a young age with proper pain management. Ideally, disbudding should occur prior to six weeks of age, and no later than eight weeks of age. Dehorning performed after eight weeks of age is considered a surgical procedure and should be done by a licensed veterinarian. In addition, for disbudding at any age, a pain-control protocol created in consultation with your veterinarian is expected. Pain control is considered the standard of care when disbudding/dehorning calves, according to the American Association of Bovine Practitioners (AABP).

Steps for Using a Hot Iron

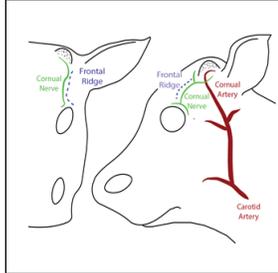
1. Restrain the calf's head using a halter or head restraint. Meanwhile, preheat the butane or electric calf dehorner. As the dehorner is



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preheating, keep it away from all flammable material.

2. Clip the hair to expose each horn bud.
3. Inject local anesthesia utilizing a corneal nerve block on both sides of the head to reduce the acute pain and discomfort associated with hot iron disbudding. **The corneal nerve is located between the lateral aspect of the eye and the base of the horn bud just below the bony ridge formed by the frontal bone.** Palpate the ridge between the eye and the horn bud. Slide a 20-22 gauge, 1/2" needle below the ridge at the midpoint between the eye and the horn bud, injecting 2% buffered lidocaine subcutaneously. Lidocaine is available with a VETERINARY PRESCRIPTION. Using lidocaine results in a 4-day meat withhold. The injection should be done 5-20 minutes before application of the hot iron. Test the effectiveness of the block before proceeding by pricking around the base of the horn bud with a needle. If the calf responds, wait a bit longer or inject additional lidocaine. CONSULT YOUR VETERINARIAN for proper dosage and practice the injection technique with them.



To ensure proper placement and dosage, CONSULT A VETERINARIAN within the context of the Veterinarian/Client/Patient Relationship

4. Non-steroidal anti-inflammatory drugs (NSAID) are recommended in addition to local anesthesia to reduce the inflammation and associated pain following disbudding.
 - Meloxicam is an oral tablet available with a VETERINARY PRESCRIPTION. Meloxicam for pain management in animals is considered extra-label drug use through the VCPR. CONSULT YOUR VETERINARIAN for proper dosage. Use of oral meloxicam results in a 21-day meat withhold.
 - Flunixin is an anti-inflammatory drug that helps alleviate pain by reducing the inflammation caused by disbudding. Repeated dosing of flunixin is needed to alleviate pain following the disbudding procedure. This drug is given IV ONLY and results in a 4-day meat withhold. DO NOT USE INTRAMUSCULARLY OR SUBCUTANEOUSLY. CONSULT YOUR VETERINARIAN for proper dosage. Because withdrawal times have not been established in pre-ruminant calves, flunixin should not be given to veal calves.

5. When disbudding calves with heat, use a device with a diameter just larger than the horn base, so as to cauterize the skin immediately surrounding the horn bud. Apply minimal pressure and rock gently back and forth until a copper-colored ring forms, approximately 5-20 seconds. Do not leave the hot iron in place for much longer, especially in young calves. There is little chance of regrowth when the cauterized skin is loose or movable when touched following the procedure. The horn bud will slough off in approximately 3 weeks. Complete healing takes 9 weeks.

Steps for Using Caustic Paste:

1. Restrain the calf's head using a halter or head restraint.
2. Clip the hair to expose each horn bud.
3. Inject a corneal nerve block as described above.
4. Apply petroleum jelly in a ring around the horn bud to keep the paste within the correct area.
5. Apply paste with gloved hands.
6. To prevent smearing after application, cover each pasted horn bud with duct tape or vet wrap or keep calves separated for a least one hour and out of the rain for at least six hours after applying paste. Calves housed with cows will transfer paste to the udder of the cow causing a burn. Calves housed in groups are likely to transfer paste to each other.
7. Vinegar may be used to neutralize caustic paste inadvertently applied to the calf or the handler.
8. Use NSAIDs as described above.



Example of proper head restraint.

All drugs mentioned in this factsheet require a veterinary prescription and should be done only in the context of a valid Veterinarian/Client/Patient Relationship (VCPR). Organic producers should consult certifying agency for the list of approved products for local anesthesia and pain management for dehorning/disbudding.

References: National FARM (Farmers Assuring Responsible Management) Animal Care Reference Manual V 4

American Association of Bovine Practitioners: https://aabp.org/Resources/AABP_Guidelines/Dehorning-2019.pdf

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Authors: Sandy Stuttgen, DVM, Associate Professor and Agriculture Educator, University of WI-Madison Division of Extension and Jennifer Van Os, Ph.D., Assistant Professor and Extension Specialist-Animal Welfare, Department of Animal and Dairy Sciences, University of WI-Madison

Update of *Disbudding/Dehorning Calves* fact sheet written in 2014 by Liz Binversie, MS, Agriculture Educator, UW-Extension Brown County, Sandy Stuttgen, DVM, Agriculture Educator, UW-Extension Taylor County, and Amy Stanton, Ph.D., Dairy Cattle Wellbeing Specialist, UW-Extension/UW-Madison

Reviewers: Sarah Adcock, Assistant Professor, Department of Animal and Dairy Science, University of Wisconsin-Madison.

Megan Nelson, Ph.D. Livestock Program Manager, University of WI-Madison Division of Extension

- Review Extension bulletin A2100 “Sampling Soils for Testing”, which is available at county’s UW-Extension or Land Conservation office.

Question, what information is provided from a soil test?

- A basic soil test report provides current pH, organic matter, phosphorous, and potassium levels of the soil. Lime and fertilizer recommendations are provided for the crops you have selected.
- Secondary nutrients (calcium, magnesium, zinc, sulfate, and boron) and micronutrients may also be determined for an additional cost per test.

Question, what does a soil sample cost and why should I invest in soil sampling?

- A basic soil test cost, if you sample the field, \$0.35 per acre or hire a consultant, \$0.75 per acre per year (based on a sample every 4 years). Minimal when compared to many crop input cost.

- Remember soil testing does have a cost, but guessing may cost more, so don’t guess, test.

- In times of tight margins to manage a crop you must measure nutrients in soil and provide economical levels of nutrients to produce an economical crop that will return a profit.



- There may be County, State, and Federal programs that require soil testing available to farmers.

- Fertilizer does have a cost, whether under or over applying, soil testing will help manage fertilizer inputs.

- In addition to recommending fertilizer inputs, you may also receive information to credit your “on farm” fertilizer sources (livestock manure, legume credits).

Question, why must I use a Wisconsin Certified lab?

- Wisconsin certified labs have a set protocol to process soil samples. In addition, a Wisconsin lab will take into account the soil type and provide nutrient recommendations from the information.

- For information or supplies to soil sample on your farm contact your county agriculture educator or richard.halopka@wisc.edu. One last note, please remember safety during your fall harvest.

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Fall is Best Time to Soil Sample Fields

Richard Halopka
Clark County, Agriculture Agent

Fall is the best time to soil sample fields as you harvest crops. Fall soil samples will provide a baseline of nutrients present in your fields. Is there a need for lime, to correct pH? Plus, recommendations for crops to be planted the next few years. Soils are fairly stable in fall and provide a good time sample when you may have some time.

Question, why soil sample in the fall?

- Crops are harvested and it is just easier to sample fields.
- Information will be available for you to plan next year’s crop and provides an opportunity to purchase lime/fertilizer during the winter months.
- If weather permits, fall applications of lime from soil test recommendations will reduce one job for next spring. Update soil test information to complete your Nutrient Management Plan during the winter months.

Question, why are soil samples recommended every 4 years?

- One soil test is a baseline, by taking a sample every 4 years will provide a trend for the field.
- The trend will show the results of lime and fertilizer applications related to crop removal over a four-year period.

Question, what is the correct method to soil sample?

- One sample per 5 acres that contains a minimum of 10 soil cores from a soil probe or auger, which amounts to 1 core per ½ acre.
- Random sampling, avoiding areas in the field that do not represent the field or sample area (dead furrows, wet spot, and fence line).



National Farm Safety & Health Week

EVERY FARMER COUNTS

September 20-26, 2020

For more than 75 years, the U.S. has observed National Farm Safety and Health Week by Presidential Proclamation. President Roosevelt signed the first observance in 1944 in the middle of World War II, noting the importance of American farmers and ranchers to both the war efforts and as important partners in national and global peace and prosperity.

Now, in 2020, in the midst of global pandemic, we continue to recognize the important contribution of the agricultural industry and the men and women who work hard as farm owners and operators, family members, and hired full-time, part-time and seasonal employees producing the food that feeds a growing world population.

This year's theme for National Farm Safety and Health Week, September 20-26, 2020, is "Every Farmer Counts." We understood this clearly in early 2020 as we began to see lines at grocery stores and occasional shortages of food and other supplies as a result of challenges to our agricultural, food, manufacturing and distribution supply chains. We also witnessed the impact unique workplace health exposures had among migrant, immigrant, and other workers on farms and in related food and meat processing facilities and how illness connected to workplace exposure could affect all of us!

"Farmers are clearly critical and are recognized nationwide as being part of a vital and essential part of our economy and workforce even during challenging times," said John Shutske, Professor and Director of UW Center for Agricultural Safety and Health and Extension specialist. "We often talk about farming being the nation's 'most dangerous' occupation as is measured by the number of deaths per 100,000 workers. Those who work on farms and ranches experience a fatality rate that is about seven times higher than the average of all workers in the U.S. – even when you include those who work in manufacturing, mining, construction, and service industries."

Yet – we cannot only look at the numbers and the statistics. Every farmer counts. Every person who dies or is seriously injured or gets sick as a result of a workplace exposure or hazard is an individual.

Those who are seriously injured or experience work-related health problems often have families. Farm safety and health issues impact parents, children, grandparents, and the extended community. Those who have attended a funeral or visitation service of someone who has lost their life as a result of a farm "accident" are often surprised to see hundreds or even thousands show up to pay respect and honor and celebrate their values, hard work and efforts.

"As we've highlighted the dangers and unique health concerns farmers, workers and family members have faced these last 76 years, it's also important to note that progress has been made," said Cheryl Skjolaas, Agricultural Safety and Health Senior Outreach Specialist and Extension specialist. "Farms have gotten safer – even in the past few decades. The current rate of workplace fatalities in farming as is documented by the National Safety Council, is 22.8 per 100,000 workers – it was 42 per 100,000 in 1990 – so we have seen a 46% reduction in the per capita death rate during that 30-year time period. But, this did not happen without huge effort and specific, positive, measurable action and attention."

Shutske and Skjolaas have both been part of farm safety and health research and educational efforts for over 30 years. Their work continues to address priority issues for the Wisconsin agricultural community as well as contributing to national and international efforts. Knowing that 'Every Farmer Counts' and to mark National Safety and Health week, they provide these action items that correspond to the five daily themes of this year's event.

Tractor Safety & Rural Roadway Safety: Start by making sure all tractors in routine use for work on farms are equipped with a rollover protective structure (ROPS) and seatbelt. Older, pre-ROPS tractors on farms are not uncommon—but wherever possible, their use should be limited and curtailed or reserved for parades, tractor shows, or other special events. Where a ROPS retrofit is not practical or possible, these machines should only be operated by experienced adults and their use should be

Continued on page 9

limited as much as possible to level ground and other lower risk uses. As greater distances traveled between farmstead and field, roadway crashes have become a significant issue. Any time you operate on the highway, your equipment should be brightly lit, visible from both the front and rear, and flashers should always be used (even at times not legally required). For equipment where running electrical wiring is expensive or difficult, check with your local equipment dealer for low-cost LED flashers and lights that can be battery powered, magnetically-mounted, and easily moved between equipment pieces to improve safety.

Overall Farmer Health: Farm work is generally healthy, especially when physical activity is involved, yet farmers are faced with a number of unique situations – dusts, gases, pesticides and other workplace hazards. Additionally, in 2020, we've added the potential for farmers and farmworkers to have exposure to the virus that causes COVID-19, particularly on farm operations with multiple workers who are working in close contact or who share transportation, housing, restroom and lunch facilities. It is strongly recommended that farm operators/employers work with local experts – including Extension educators, specialists, and health experts (doctors, nurses, public health, etc.) who can provide advice on reducing risk through appropriate selection of protective equipment, and control of health hazards. *In addition, for both physical and mental health, we strongly recommend regular visits, checkups and other preventive healthcare for all in our farming communities.*

Safety & Health for Youth in Agriculture: In the last three decades, we've paid a great deal of attention to the unique hazards that youth face on farms from the time they are toddlers up through late adolescence. Make sure all activities on farms are properly supervised. For kids who will be working, make sure they are only assigned jobs that are within their abilities based on their size, maturity, and abilities to process information and make decisions. To learn more, visit: <https://cultivatesafety.org/> In addition, for those in their early teens consult with local Extension educators on legal employment requirements and training programs for youth being hired to operate tractors and other farm machines.

Emergency Preparedness in Agriculture: A focus of safety and health is prevention. But occasionally bad things do occur. Every farm should have one or more people trained in basic first aid and CPR. As we've seen with COVID-19, it is also important to have plans in place for unexpected events like a pandemic, natural disaster, fire or other unexpected events. We know that the first moments, hours or

days following an emergency event are crucial. Knowing what to do within the first minutes of a farm injury can mean the difference between life and death. Take the time to learn more by checking out the first aid and disaster resources at: <https://nasdonline.org/browse.php>

Safety & Health for Women in Agriculture: Women play an increasingly critical role in operating farms and ranches nationwide. In 2017, almost 30% of the nation's principal farm operators who responded to the U.S. Census of Agriculture were women – a number that more than doubled in only five years. Women face unique concerns while working on farms. For example, women are especially at risk for injuries when working with large animals (dairy and beef cattle especially) as compared to men who are most often injured as a result of machinery-related hazards. Additionally, women working in animal agriculture may be exposed to animal health products that create unique health risks – one example is when women administer reproductive hormones to animals. To learn more about prevention and control of exposures that disproportionately affect women, check out: <https://www.agrisafe.org/women-in-ag-resource>

Every individual working in the Wisconsin agricultural industry counts and has a part in safety and health prevention efforts. For further information from the UW Center for Agricultural Safety and Health at <https://fyi.extension.wisc.edu/agsafety/>

More information about National Farm Safety and Health week is available at <https://www.necasag.org/nationalfarmsafetyandhealthweek/>



HOW STRESS AFFECTS YOU



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HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

- | | | |
|----------------------------|-----------------------------------|---------------------------|
| Heart races | Shortness of breath | Increased appetite |
| High blood pressure | Dizziness | Tapping fingers |
| Sweaty palms | Neck feels sore | Muscle cramps |
| Face feels hot | Legs feel shaky | Backache |
| Tightness of chest | Upset stomach | Grind teeth |
| Fatigue | No appetite | Headache |
| Nausea | Feel like you are in a fog | |

HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS

From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

- | | | |
|--------------------------|---------------------------------|---------------------------|
| Easily angered | Nervous | Crying |
| Feeling depressed | Trouble making decisions | Restlessness |
| Lower sex drive | Irritable | Feeling bored |
| Exhausted | Cynical | Inability to sleep |
| Can't concentrate | Aggressive | |

HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

- | | | |
|---------------------------------------|-------------------------|-----------------------------|
| Undereating | Increase smoking | Sleeping to escape |
| Overeating | Taking drugs | Withdraw from people |
| Arguing | Drinking | Breaking things |
| Stop doing things I like to do | | |

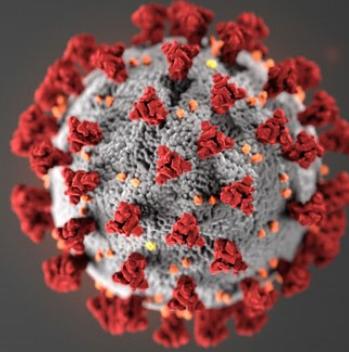
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To learn more, visit msue.msu.edu/managingfarmstress.

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Source: Michigan State University Extension. RELAX: Alternatives to Anger.

COVID-19 Guidance for Farm Employers



Trisha Wagner
Extension Farm Man-
agement Outreach Pro-
gram Manager

Farms have unique challenges with the rapidly spreading COVID-19. Make sure your employees understand that your primary concern is their health and the health of their families, and measures are in place to ensure long and productive careers at your farm.

Organize your communication to keep employees informed on local developments, staffing shortages, shipments and deliveries. Provide information at set times and (or) a central location to ease anxiety and ensure employee questions are answered. Keep your message simple and inform employees of what is happening, what the farm is doing and what employees need to do. **Take these steps now to minimize the impact COVID-19 has on your farm and minimize risk to family and friends.**

- **Require that [sick](#) employees to stay home, emphasize respiratory etiquette, and hand hygiene by all employees and provide special attention to workers at high risk (older workers and underlying health conditions):**
 - Farm workers who arrive at work feeling ill or become sick while at work should be isolated from other employees and sent home immediately.
 - Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at entrances and within your workplace where they are likely to be seen.
- **Perform routine cleaning:**
 - Routinely clean all frequently touched surfaces in the workplace, and visit the detailed [cleaning and sanitizing recommendations](#).
 - Take extra sanitation precautions in employee breakrooms, rest rooms, and other areas where your team meets. Wipe down surfaces like countertops, light switches, food preparation areas, commonly used equipment, time clocks, tool handles, steering wheels, and doorknobs.
 - Encourage employees to wash their hands with soap and warm water for at least 20 seconds and provide *hand sanitizer* that contains a minimum of 60% alcohol.
- **Provide accurate information and instructions from trusted sources:**
 - [Wisconsin-specific information about COVID-19](#) including [fact sheets](#) in English, Chinese, Spanish, Hmong (WI Department Health Services)
 - Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and refer to CDC guidance for [how to conduct a risk assessment](#) of their health.
 - If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain health record confidentiality and refer to CDC guidance for [how to conduct a risk assessment](#) of their health.
 - Information on medical attention and health insurance including telemedicine (a doctor's visit on a computer, smart phone or tablet) [fact sheets](#) in English and Spanish (UW-Madison)
- COVID19 is caused by a *novel* coronavirus (unique to other coronavirus) and there is no approved vaccine for COVID-19. This pandemic disease has caused a global crisis. Discourage all travel at this time and encourage "[social distancing](#)" as the best way to show concern for family and friends here or in a different country.



Happy
Fall
Y'All

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- ⇒ Any changes to your email address or physical address (if mailing)
- ⇒ To unsubscribe to this newsletter completely

EXTENSION CENTRAL NEWS

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