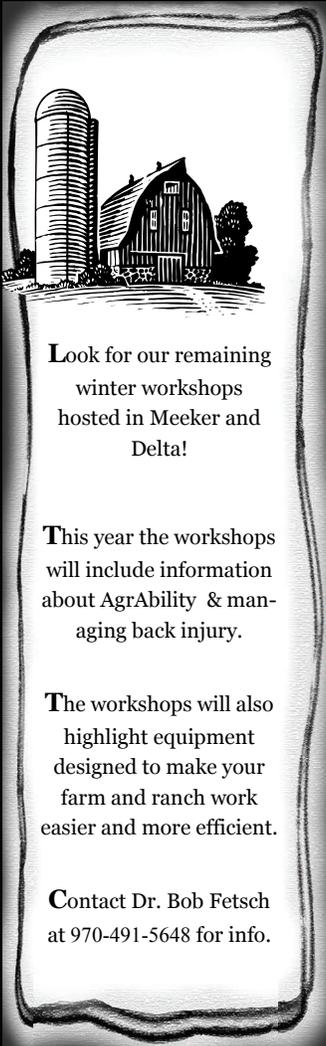




THE BALING WIRE

Winter 2007 Edition

Promoting Independence in
Agriculture



Look for our remaining
winter workshops
hosted in Meeker and
Delta!

This year the workshops
will include information
about AgrAbility & man-
aging back injury.

The workshops will also
highlight equipment
designed to make your
farm and ranch work
easier and more efficient.

Contact Dr. Bob Fetsch
at 970-491-5648 for info.

Colorado Farmer Finds Help In AgrAbility Workshop

Wellington farmer Bill Way has been farming for over 30 years and recently, because of Parkinson's disease and back pain, has had trouble working on his farm. When it got to the point that he was going to have to give-up working, he saw an ad for workshops that were going to be held by the Colorado AgrAbility Project. He had heard of them before but was not sure how they could help him. He decided to go anyway. "The workshop was for people with arthritis" states Way, "and since I have a little arthritis, I decided to go and see if they could help me." After attending the workshop, Mr. Way was put in contact with Jason Beck, AgrAbility Project Coordinator for Easter Seals Colorado. Beck met with Mr. Way and after talking to him began working with Mr. Way to find ways to get his work done with less wear on his body. "I was glad to meet Mr. Way at our workshop. After talking with him a little while we found that the pain he was having in his back was making it difficult for him



Original steps on Mr. Way's swather.

to get onto and off some of his equipment," states Beck. "We are now working on adding a couple steps to his tractor so that he can get on and off more easily."



A replacement step kit for Mr. Way's swather.

In order to help Mr. Way, Beck made a couple of site visits to assess his situation and to see how best to help him. Then Mr. Way and Beck came up with some ideas to add some steps to his tractor and truck. Beck will make a couple more

(Continued on page 2)

AgrAbility Baling Wire



visits to Mr. Way's farm to finalize the necessary modifications and to make sure that everything possible that can be done to help Mr. Way, will be done. The modifications to Mr. Way's tractor should all be completed in time for spring.

So far this year CAP has held 13 free workshops in 6 communities throughout the state. There are still two more workshops being held in Meeker and Delta. Each day there will be a workshop in the morning and a workshop in the afternoon. The morning workshop for farm and ranch families is titled "Managing Back Problems and Injuries, and AgrAbility". They will run from 9am to 12 p.m. with a free lunch served from 12 – 1 p.m. If you are planning on attending a workshop please call Dr. Bob Fetsch (970) 491-5648 or email fetsch@cahs.colostate.edu for more information and to register so that a lunch can be provided to you.

The afternoon workshops are for professionals who work with ranch and farm families with disabilities. The workshop will focus on "AgrAbility and Utilizing Back Problem and Injury Resources with Farmers and Ranchers with Disabilities." Times vary for these workshops so please call the contact listed with the workshop you are interested in.

**Meeker, CO February 20, 2007, Fairgrounds Complex, 779 Sulphur Creek Rd.,
Workshop presented by: Bill Eckstrom (970) 878-9490**

**Delta, CO February 22 (For farm/ranch families only) Delta/Montrose Area
Vocational Tech Center, 1765 U.S. Hwy. 50.
Workshop presented by: Wayne Cooley (970) 874-2195**

Colorado State Cooperative Extension and Easter Seals Colorado, work together on the Colorado AgrAbility Project to provide on-site evaluations, information and workshops directly to the farm and ranch families for equipment modification and assistive technology. AgrAbility aims to keep farmers and ranchers healthy and able to continue their agricultural operations. All of the services AgrAbility can provide are free of charge because of funding through the USDA's Cooperative State Research, Education and Extension Service.



AgrAbility Project Coordinator, Jason Beck, working with a client near Delta.



Snow removal tips to protect your back against this winter's never ending snow

Safe snow shoveling:

1. Choose the proper shovel. Bigger is not always better, a smaller shovel will cause less strain on your back. Ergonomic curved shovels help prevent bending the back, as long as you are pushing the snow and not lifting it. Adaptive handles can be purchased to place on long, straight handled shovels, to allow the user to stand more upright.



2. Before shoveling warm up your muscles by walking and stretching. This will help eliminate the chance of straining a muscle.

3. When shoveling stand with your feet shoulder width apart while keeping the shovel close to your body. Place one foot in front of the other and shift your body weight back and forth using momentum to move the snow. This will decrease some of the force on your back. Bend from the knees and hips, keep your back straight, and tighten your stomach muscles as you lift the snow. Use your legs to do the lifting and not your arms or back.



4. Do not twist your back, if you need to move the snow to the side reposition your feet to the direction the snow will go.

5. Push the snow instead of picking it up and throwing it.

6. Pace yourself by taking breaks when needed and drink plenty of water.

How to manage all that ice:

1. Heated sidewalks or portable heated mats may help melt the snow and ice without any labor.

2. Instead of climbing a ladder to remove ice from your gutters heated gutters may stop snow and ice from building up in the first place.

3. Use a salt spreader to prevent stress on the back that could result from bending with the bag of ice salt.

4. De-icing sprayer can be sprayed on before it snows to preempt snow and ice accumulation, or if sprayed on afterwards can make removal easier.

COLORADO AGRABILITY PROJECT



Promoting Independence in Agriculture

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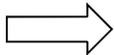
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www.hdfs.cahs.colostate.edu/AgrAbility//agrability.htm



What's inside this edition of the Baling Wire?

- Winter Snow – Is it gone yet? Smart tips to help you shovel snow and remove ice more efficiently.
- Winter workshops are worth the time. Read about a local rancher that found good information at an AgrAbility workshop in Fort Collins. Learn how AgrAbility is helping him modify steps on equipment to help him get on and off more easily.
- Two more AgrAbility winter workshops left. AgrAbility will be in Meeker and Delta presenting workshops on AgrAbility and Managing Back Problems and Injuries. For more information please contact Dr. Bob Fetsch (970) 491-5648 or email fetsch@cahs.colostate.edu.

Colorado AgrAbility is a joint project between Colorado State University Cooperative Extension and Easter Seals Colorado. This material is based upon work supported by the USDA Cooperative State Research, Education, and Extension Service, under special project number 2006-41590-03405. For more information about the AgrAbility project please contact **Jason Beck 1-877-279-1638 x224** or **Marsha Hunt 1-877-279-1638 x233**.