

Invest in Your Health Program



Invest in Your Health
Educate. Prevent. Protect.

Invest in Your Health empowers students to understand agricultural health and safety risks and become their own health advocate. Our objective is to educate, prevent and protect our future and current farmers by providing them with the tools they need to stay safe and healthy.

Based on students agricultural exposures we will equip them with a tool kit that will help them stay healthy and safe in their work environment. This tool kit includes a combination of an interactive lecture, demonstration of personal protective equipment, health screenings and review of appropriate resources. Students also receive a PPE take home startup kit

This program is designed for colleges to select an option to best meet the needs of students and fit into their existing college course.

Option A - Time: 1 ½ hours

1. Lecture – Basic introduction of Ag Health and Safety including high risk areas in agriculture with preventive health and safety strategies (1 hour)
2. Demonstration of basic personal protective equipment (20 minutes)
3. Discussion of appropriate resources (10 minutes)
4. PPE Start Kit 1– handed out to each student at end of presentation

Option B - Time: 2 hours

This Option is the same as Option A with the addition of student health screenings.

1. Lecture – Ag Health and Safety high risk areas in agriculture with preventive health and safety strategies (1 ½ hours)
2. Demonstration of personal protective equipment for all types of agricultural exposures (30 minutes)
3. Discussion of appropriate resources (10 minutes)
4. Health Screenings in breakout sessions - During this time students can also exit to have a mini health screenings. Examples are hearing screening, blood pressure, BMI)
5. Distribution of PPE Startup Kit 1 or 2 (30 minutes or more depending on number of students in class)

Option C - Time 3 hours

This Option for optimum program delivery with uninterrupted health and safety interactive lecture followed by individualized health screenings in breakout sessions.

1. Lecture – Ag Health and Safety high risk areas in agriculture with preventive health and safety strategies (1 ½ hours)
2. Demonstration of personal protective equipment for all types of agricultural exposures
i. (30 minutes)
3. Discussion of appropriate resources (10 minutes)
4. Health Screenings in breakout sessions Examples are hearing screening, blood pressure, BMI)
5. Distribution of PPE Start Up Kit 3 equipment including fitting for correct size of gloves, coveralls and fit check for half mask respirator (30 – 45 minutes or more depending on number of students in class)

Educate. Prevent. Protect. Educate. Prevent. Protect. Educate. Prevent. Protect. Educate. Prevent. Protect.

PPE Start Up Kits

PPE Kit 1:

This does not require additional interaction with each student – this packet can be prepared ahead of time if needed to save time or if there is not adequate space for students to walk through a line to pick up supplies.

- Safety Glasses
- Disposable chemical resistant gloves
- Hearing protection – ear plug type
- 2 strap filtering face piece respirator (3M 8511)

PPE Kit 2:

This requires time to provide correct size of gloves and coverall for each student. Also requires space for these items to be located and each student to try on items as needed.

- Safety Glasses
- Disposable chemical resistant gloves
- Reusable chemical resistant gloves (choice of size)
- Hearing protection – ear plug type
- 2 strap filtering face piece respirator (3M 8511)
- 3M coverall (choice of size)

PPE Kit 3:

This requires time to provide correct size of gloves, coverall and correct size of half mask respirator for each student. A respirator fit check must also be done for each student. Also requires space for these items to be located and each student to try on items as needed.

- Safety Glasses
- Disposable chemical resistant gloves
- Reusable chemical resistant gloves (choice of size)
- Hearing protection – ear plug type
- 2 strap filtering face piece respirator (3M 8511)
- 3M coverall (choice of size)
- Half mask respirator (appropriate size provided with fit check completed)
- P100 filters for half mask respirator (1set)

When selecting an **Option** it is important to consider the number of students. The optimum number of students is 30 or less per class. We can accommodate larger classes with adequate time and available space. We are also able to modify existing options to best meet your college needs.