

# 5 Tips for a Safe Harvest

Electrical safety during harvest season requires vigilance and proactive measures. Follow these tips to reduce the risk of electrical accidents.

1. Maintain at least a 10-foot distance from power lines when operating equipment like grain augers, elevators and other tall machinery.
2. Use a spotter to navigate safely around power lines and other electrical equipment.
3. Ensure all farm workers are trained on electrical safety procedures.
4. Regularly inspect all electrical equipment and machinery for signs of wear and damage.
5. Keep first aid kits and emergency contact numbers in an easily accessible location.



## Farm and Ranch Stress is REAL

Farming and ranching are stressful occupations that are associated with increased levels of anxiety and depression. Left untreated, stressors may lead to mental health issues, increased substance use or death by suicide.

### IN THE U.S.:

- ✗ One person dies by suicide every 10.9 minutes.
- ✗ In 2021, suicide ranked as the 11th most frequent cause of death.
- ✗ The national suicide average is 14.1 per 100,000 people.

### For farmers, ranchers and agricultural managers:

- The suicide rate is 43.7 deaths per 100,000 people.
- The suicide rate is the 6th highest among occupational groups.

### SIGNS AND SYMPTOMS

- ⚠ Changes in routine or social activities.
- ⚠ Decreased interest in activities or events.
- ⚠ Decline in care for crops, animals and the farm.
- ⚠ More frequent illnesses or chronic conditions.
- ⚠ Increase in accidents on the farm or ranch.
- ⚠ Less care about personal appearance.
- ⚠ Decreased interest in activities or events.
- ⚠ Signs of stress in family members.

### FIVE ACTION STEPS for helping someone in emotional pain:

1. ASK if they have suicidal thoughts.
2. KEEP them safe.
3. BE THERE by listening carefully.
4. HELP them connect.
5. STAY connected.

**NATIONAL SUICIDE AND  
CRISIS LIFELINE NUMBER:**



**988**  
CALL OR TEXT



Learn more at:  
**SafeElectricity.org®**

Sources: Penn State Extension,  
NIMH, Nat'l Farm Bur.