

## General Health

Friday, 3/9/18



1. A healthy farm is a happy farm. Take this quiz to learn more about staying healthy while working in agriculture.  
<https://www.surveymonkey.com/r/FRKLD7D>  
@AmericanFarmBureau #USAgCenters #ASAP18
2. The first step to living a healthy lifestyle is eating a healthy diet. Making a couple of small changes in your snacking habits can make a big difference!  
<http://bit.ly/USDAMyPlateWinsForSnacks>  
@USDA @AmericanFarmBureau #USAgCenters #ASAP18
3. Heat Stroke is a life threatening condition. Know the symptoms: confusion, loss of consciousness, seizures, high body temperature, hot, dry skin or profuse sweating. Stay hydrated in the warm months to come. Learn more today:  
<http://bit.ly/Heatillness>  
@AmericanFarmBureau #USAgCenters #ASAP18
4. Where is your First Aid Kit on your farm? Is it restocked with all of the essentials like band aids, burn cream and gauze?  
<http://bit.ly/firstaidkitanatomy> @redcross  
@FarmBureau #USAgCenters #ASAP18
5. You can get a sunburn on a cloudy day. Apply a sunscreen with an SPF higher than 15 that offers both UVA and UVB protection.  
<http://bit.ly/INFBInsuranceSunSafetyTips>  
@INFarmBureauIns @AmericanFarmBureau #USAgCenters #ASAP18
6. Learning how to handle stress on the farm is essential to your success. Take this free course on handling stress on the farm:  
<http://bit.ly/MSUStressTraining>  
@MichiganStateExtension @AmericanFarmBureau



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#NoOneCanTakeYourPlace #KeepFarmsSafe  
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