



**FORUM Connemara Farm Health & Safety EIP  
Final Project Report**



# Final Project Report

## Document Control

### Document Information

Information	
Document Owner	<i>Sinéad Grimes</i>
Project Identifier	<i>LLOC004</i>
Project Name	<i>FORUM Connemara Farm Health &amp; Safety EIP</i>
Issue Date	<i>[12/12/2022]</i>
Last Saved Date	<i>[19/10/2023]</i>
File Name	<i>[Final Project Report H&amp;S]</i>

### Document History

Version	Issue Date	Changes
1.2	15/12/2022	Added section about Extension of project
1.3	19/10/2023	Added Financial Summary Section

### Document Approvals

Role	Name	Signature	Date
FORUM Connemara CEO	Karen Mannion		20/10/2023
Project Manager	Sinead Grimes		20/10/2023
Chairperson FORUM Connemara	Terry Keenan		20/10/2023





# Final Project Report

## Table of Contents

<b>1</b>	<b>EXECUTIVE SUMMARY .....</b>	<b>1</b>
<b>2</b>	<b>PROJECT OVERVIEW .....</b>	<b>2</b>
<b>3</b>	<b>BASELINE DATA.....</b>	<b>3</b>
<b>4</b>	<b>DETAILED PROJECT OVERVIEW.....</b>	<b>4</b>
4.1	FARMER TRAINING PROGRAM .....	5
4.2	RESULTS-BASED PAYMENTS .....	8
4.3	PUBLIC ENGAGEMENT & AWARENESS CAMPAIGNS.....	9
4.3.1	Radio Show.....	9
4.3.2	Social Media .....	9
4.3.3	Website .....	10
4.3.4	Public Presence .....	11
4.3.5	Schools Liaison .....	11
4.3.6	Farm Safety Packs .....	14
4.4	PPE.....	15
4.4.1	Chainsaw PPE .....	15
4.4.2	PTO Guards.....	15
4.4.3	Chemical Cabinets.....	15
4.5	INNOVATIONS AND TECHNOLOGY .....	15
4.6	PHYSICAL HEALTH.....	16
4.7	MENTAL HEALTH.....	17
<b>5</b>	<b>CLOSING EVALUATION &amp; LESSONS LEARNED .....</b>	<b>21</b>
5.1	MAIN PRACTICAL RECOMMENDATIONS:.....	21
5.2	KEY PERFORMANCE INDICATORS .....	22
5.3	GROUPS INVOLVED THROUGHOUT THE PROJECT. ....	26
<b>6</b>	<b>FINANCIAL REPORT .....</b>	<b>26</b>
6.1	FINANCIAL SUMMARY .....	26
6.2	VALUE FOR MONEY .....	26
<b>7</b>	<b>ACTIONS TO CARRY FORWARD. ....</b>	<b>27</b>
<b>8</b>	<b>PROJECT CLOSURE .....</b>	<b>5</b>
<b>9</b>	<b>APPROVAL.....</b>	<b>5</b>
<b>10</b>	<b>APPENDIX .....</b>	<b>6</b>
10.1	SUPPORTING DOCUMENTS.....	6
10.2	COMPOSITION, EXPERTISE AND EXPERIENCE OF OPERATIONAL GROUP .....	8
10.3	QUAD BIKE ROLL BAR TRIALS .....	9
10.4	PARTICIPANT TESTIMONIALS .....	16
10.5	FORUM FARMING - PHONE SURVEY RESULTS .....	18





# Final Project Report

## 1 Executive Summary

Accidents and fatalities on farms are a continuing cause of concern for the farming community in Ireland. Adding to these worries for farmers in Northwest Connemara is the isolated nature and rugged terrain of most of the farmland in the region where the distance from medical care can also be an issue.

Many farmers in this area live alone, work alone and are often miles from medical help. The FORUM Connemara Farm Health and Safety EIP initiative, aimed to address these problems by promoting on-farm safety checks at a local level on farms across Northwest Connemara.

The scheme promoted methods for improving both the physical and mental health of the farmers and their family members, as well as addressing the overall safety on the farm in practical, low cost and easily implementable measures.

A total of 45 farmers were signed up to the results-based payment scheme.

The training program was opened to all farmers in the Connemara area who signed up at various events and Agricultural shows in Recess, Oughterard, Letterfrack, Maam and Leanne.

Over the 18-month duration of the program, we have provided 482 training places to approx. 250 farmers. More specifically, the following objectives were met during the 18-month programme:

1. **Increased Knowledge** - The team delivered a specially tailored Connemara Farming Health and Safety Training Programme highlighting the importance of safety and best farming practice.
2. **Increased Awareness** - Delivered a 12-week Farming Health, Safety and Wellbeing Radio show and also a Social Media campaign with videos and podcasts.
3. **Shared Information** - Public presence at marts and shows to host Health, Safety and Wellbeing stalls providing information and advocacy. Schools Liaison regarding Farming Health, Safety and Wellbeing.
4. **Improved Safety** - Creation of Connemara Farm Health and Safety packs which included first aid kits and safety gear as well as checklists and safety plan templates. We also created a safety information pack for schools in Connemara in both English and Irish.
5. **Innovation** - Highlighted and piloted new innovations and new technology to help the Connemara farmer farm safer and positively impact on their mental and physical health.

This document details the operation and closure of the FORUM Farm Health & Safety EIP program.

This report contains a:

- A detailed analysis of the project deliverables including:
  - Baseline data
  - Key Performance Indicators
  - Closing Evaluation & Lessons learned.
  - Value For Money
  - Financial Report
  - Actions to carry forward.
  - Details of recommendations and project findings



## 2 Project Overview

As detailed above the main aim of this EIP programme was to foster better communications and facilitate information-sharing, training and knowledge distribution among farming families with the overall goal of improving current levels of health and safety on the farm.

Over the 18-month duration of the program, we have provided 482 training places on courses specifically aimed at the uplands farmer. (See page 6 for full details)

The project was a pilot scheme and was due to finish on 31<sup>st</sup> Dec 2022. However, the team were delighted to have been granted an extension till June 2023.

We requested the 6-month extension for the following reasons:

### Mental Health:

- The project manager has completed 45 1:1 mental health sessions with the participants on the scheme. We have only scratched the surface of what needs to be done in this area. We set in motion a plan that is inclusive of the wider community and supports this isolated and hard-to-reach demographic of the solitary farmer. We are working and collaborating with the farmers themselves, Mental Health Ireland and the HSE as well as local service providers like Elm Tree and other local mental health care specialists. We are continuing this work into 2023, writing mental health articles for the Connaught Tribune and are currently attempting to set up a Mental Health Association for Connemara.

### Quad Bike Safety:

- We had booked Quad bike safety classes which were due to take place in late Nov and Dec but had to be rescheduled due to the trainer's sudden illness (See letter from training company attached in Appendix) This training was run in Q1 of 2023.

Other than the criteria outlined above all other actions were completed by 31<sup>st</sup> December 2023.



*Picture opposite shows the first workshop event on Farming Finance held in April 2022.*



## Final Project Report

### 3 Baseline Data

Before setting out the original criteria for the Forum Connemara Health and Safety EIP project the team carried out a phone survey of approx. 100 farmers in the area.

For completeness we are including the full Safety Survey results in the Appendix.

The main areas of concern identified were:

- **Farm machinery and equipment safety – Quad bikes were a specific issue.**
- **Mountain Farming Safety**
- **Livestock safety**
- **Working alone**
- **Lack of training**
- **Lack of knowledge of new innovations & technology**
- **General health & wellbeing issues**
- **Aging farming population**
- **Safety of families and children on the farm**
- **Working with, storage of & disposal of Chemicals**

Taking these concerns as our baseline, we developed the submission for the FORUM Connemara Farm Health & Safety EIP.

The following were the specific criteria, as originally set out in the EIP programme submission, that FORUM Connemara committed to deliver during the 18-month EIP programme:

1. **Increase Knowledge** – We would deliver a specially tailored Connemara Farming Health & Safety Training Programme.
2. **Increase Awareness** - We set out to deliver an 8-week pilot Farming Health, Safety and Wellbeing Radio show to also include a Social Media campaign.
3. **Share Information** –
  - i. Public presence at marts and shows to host Health, Safety & Wellbeing stalls providing information & advocacy.
  - ii. Schools Liaison regarding Farming Health, Safety & Wellbeing.
4. **Improve Safety** - Creation of Connemara Farm Health & Safety packs to include first aid kits and safety gear as well as checklists and safety plan templates.
5. **Be Innovative** - Highlight and pilot new innovations and new technology to help the Connemara farmer farm safer.

These were the objectives for the project and the team are delighted to say that in most cases the targets were not only reached but surpassed.





## Final Project Report

### 4 Detailed Project Overview

Activities delivered during the 1.5 year programme included:

1. Surveyed 100 farmers on general safety in the west of Ireland.
2. Delivering a specially tailored Connemara Farming Health and Safety Training Programme.
3. Delivering a 12-week pilot Farming Health, Safety and Wellbeing Radio show and Social Media campaign to raise awareness.
4. Public presence at marts and shows to host Health, Safety and Wellbeing stalls providing information and advocacy.
5. Collaborated with Croí to do heart checks and with the HSE to deliver Covid-19 vaccines locally in Recess and Letterfrack.
6. Created a farming Easter camp which covered safety of the farm for adolescents.
7. Liaising with local schools regarding Farming Health, Safety and Wellbeing. We created a safety information pack for primary schools in Connemara in both English and Irish.
8. Hosted a Comic Strip Competition for all local Connemara primary schools to highlight safety on the farm.
9. Creation of 150 Connemara Farm Health and Safety packs which included first aid kits and safety gear as well as checklists and safety plan templates.
10. Over the 18-month duration of the program, we have provided 482 training places to approx. 250 farmers.
11. Highlighting and piloting new innovations and new technology to help the Connemara farmers farm safer.
  - a. Trialled 3 quad bike roll bars on Connemara farms.
  - b. Created an app for farmers to do their farm risk assessment on their smartphones.
  - c. Taught the farmers to use What3Words to uniquely identify their location in case of accident.
12. Delivered training on Quad Bike safety and First Aid training with Forestry and Hillside electives for lone workers as well as Chainsaw Safety and Abrasive Wheels, Safe Pass, Manual Handling and Pesticide use courses.
13. The completion of 157 Farm Risk Assessments and Farm Safety Plans.
14. Trialled 3 different quad bike roll bars and fed this back to the HSA.
15. Held workshops on Animal handling, Quad & Tractor safety, Succession, and financial planning.
16. Provided PPE – provided Quad Bike Helmets, PTO Guards, Chainsaw PPE, Farm Safety Signage and Chemical & Medical Cabinets.
17. Championed Mental health among the farming community.
  - a. Created a website specifically for the EIP which highlights mental health.
  - b. Created a 44-page magazine that discusses mental health for the farming community.
  - c. Wrote a weekly article in a regional newspaper – The Connaught Tribune on Farming Mental Health.
  - d. Held 4 public consultations on mental health across Northwest Connemara



Comprehensive descriptions of the activities mentioned above can be found in the following sections. The infographic below was used for the National EIP-AGRI Conference held on November 28th 2022 in the Radisson Blu Hotel, Athlone, on behalf of the Department of Agriculture Food and the Marine (DAFM). Numbers of those trained have increased since this was drawn up!



## 4.1 Farmer Training Program

It is the view of FORUM Connemara that continuous professional development is needed for farmers of all ages. We believe that practical skills training is needed for all farm workers, particularly in the case of quads, tractors, machinery and livestock as well as smart technology and first-aid emergencies.

We developed a specially tailored health & safety training programme to tackle these issues delivering training on preparing safety statements (including risk assessments), safe use of quad bikes, working with animals, working with chainsaws, abrasive wheels etc. as well as a very specific first aid program which covers lone workers on hillside/forestry terrain.



## Final Project Report

Also on offer were workshops and talks on financial matters for farmers, animal handling and safety talks, quad bike roll bar demos, tractor safety and talks on mental health as well as various health check opportunities.

The programme, entitled “**Connemara Farming Health & Safety**” Farmer Training Programme consisted of the following course modules:

MODULE	DELIVERY	Duration	Optional?	# People	When?
1. Risk Assessment	On-site at farmers yards	1.25 hours	NO	45	March, April, May, June, July, August 2022
2. The production of a Farm-specific Safety Improvement Plan	On-site at farmers yards	1.25 hours	NO	45	March, April, May, June, July, August 2022
3. First Aid (with Forestry variant)	Certified course	1 day	YES	30	Q2, Q4 x 3 courses
4. Farm Health & Safety Talk/workshop (Financial info for Farming family /)	Talk – Clifden Station House	1.25 hours	YES	50	Q2, Q4 x 2 workshops
5. Animal Handling / Quad bike roll bar demo	Letterfrack Wild Goat Café	1.25 hours	YES	30	Q2 Q4 x 1 workshops
6. Mental health public consultations	Oughterard, Maam, Letterfrack, Clifden	1.25 hours	YES	30	Q4 x 4 workshops
7. Quad Bike Training	Certified course	1 day	YES	126	21 courses
8. Tractor Safety	Certified course	1 day	YES	8	May 12 <sup>th</sup> 2023
9. Abrasive Wheels	Certified course	1 day	YES	30	Q2, Q4 x 3 courses
10. Chainsaw training	Certified course	1 day	YES	30	Q2, Q4 x 3 courses
11. Pesticide sprayer course	Certified course	1 day	YES	30	Q2, Q4 x 3 courses
12. Manual Handling for outdoor workers	Certified course	1 day	YES	20	2 <sup>nd</sup> , 3 <sup>rd</sup> Feb 2023
13. Fencing	Certified course	1 day	YES	8	August 17 <sup>th</sup> 2023



## Final Project Report

The training was one of the most successful aspects of the scheme with enthusiastic participation from the farmers and in the locality. Over the 18-month duration of the program, we have provided 482 training places to farmers. Below are photos of participants on First Aid and Abrasive Wheels training.





# Final Project Report

## 4.2 Results-Based Payments

This element formed the backbone of the Results Based Payments aspect of the scheme, with farmers earning €650 for fully engaging and completing module 1 and 2 and any 2 of the others on offer.

The essential modules were modules 1 and 2 which ensured each participant had a good safety plan and corresponding Improvement plan in place for their farm.

The rest were optional, but we recommended that farmers participated fully, and we were delighted to see that the participants were completely engaged and enthusiastic.

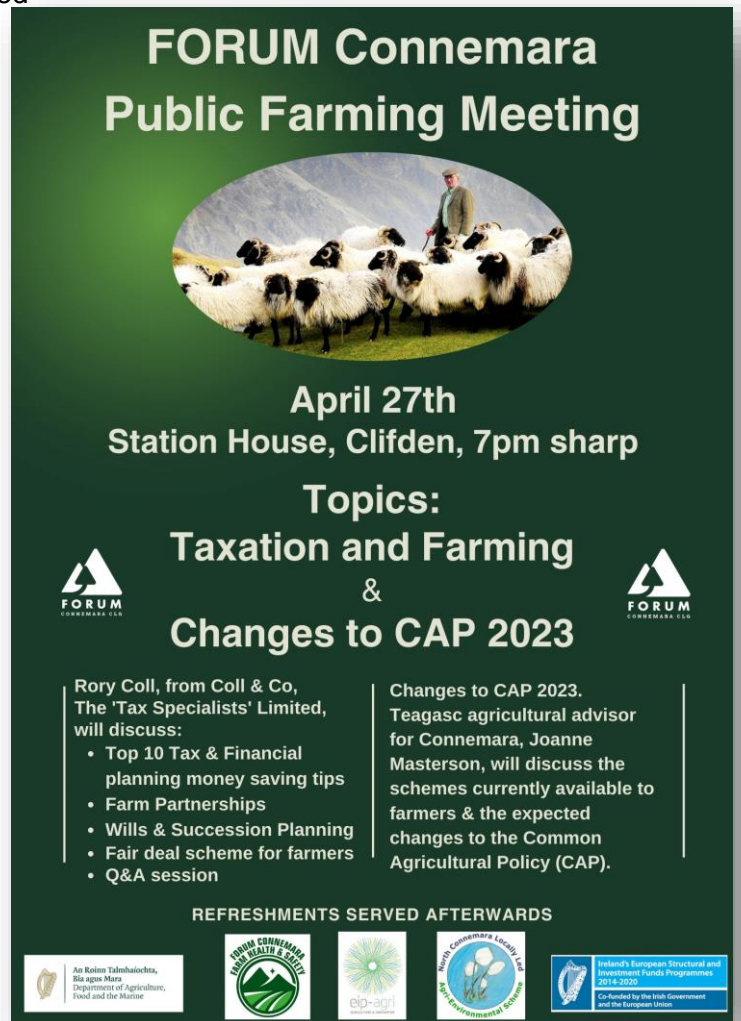
All 45 farmers on the results-based scheme achieved the target of completing 2 courses or workshops in addition to carrying out a risk assessment and farm safety plan. Participants received payments which were finalised in November 2022 and letters sent to all 45 farmers to inform them of the payment and thank them for their participation.

A total of €29,250 was paid to the 45 scheme participants in two lots:

- PO 4510338049 for €19,500 12<sup>th</sup> Oct – 30 farmers
- PO 4510338846 for €9,750 28<sup>th</sup> Oct – 15 farmers

*The poster opposite shows the first workshop which was held in April 2022 to discuss Farming Finances and Changes to the CAP 2023.*

*There was a great turnout and an enthusiastic Q&A session followed by teas and coffees and an opportunity for local farmers to meet the EIP team and chat about what was on offer to them from the scheme.*





# Final Project Report

## 4.3 Public Engagement & Awareness Campaigns

### 4.3.1 Radio Show

Our Farming Health, Safety and Wellbeing Radio show took place over 12 weeks on Connemara Community Radio, which has a listenership of 13,000 people.

In this time we interviewed:

- Mental Health Ireland
- Grow Mental Health
- The Samaritans
- Flockwatch / Herd watch
- Marteye
- Wild Atlantic Nature LIFE IP
- Mid Leinster Farmer Wellbeing Project
- Safe Farm EIP Project
- Farm Family CPD Project
- FarmConnect EIP Project
- Machair LIFE
- North Connemara Locally Led Agri Environmental Scheme
- Teagasc on Succession planning
- Rory Coll financial expert on Finances
- Teagasc Catherine Keena on hedge cutting.
- Agricultural mechanic on machine care and dangers
- Galway Mountain rescue

(Among other local farmers and farming topics)

### 4.3.2 Social Media

Based on our initial farmer survey we decided against use of Snapchat / TikTok / Instagram/ Twitter and saw that Facebook was the most used Social Media tool for our target market.

Our Facebook page had a good reach- as per the statistics below.

### Page overview

Followers: 203

Last 28 days

Post reach

**6,408**

Post engagement

**798**





# Final Project Report



As part of our scheme we are trialling 3 Quad bike roll bars. One we had specifically shipped from...

1 December at 10:44 · 🌐

Post reach  
**2,063**

Post engagement  
**450**

- Video clips

### 4.3.3 Website

We developed a website called [www.forum-farming.com](http://www.forum-farming.com)

This site will be a legacy of the project where information can be shared and accessed for years to come. A large part of this website is the list of Helplines / Services for Mental health and the Blog we wrote on mental health topics. This was called the Farmers Mental Health Toolkit.

The project manager is currently writing a weekly column in the Connaught Tribune in the Farming section on Mental Health.

We are also heading a campaign to start a Mental health Association in Connemara which we hope to see established in Q4 2023



## 4.3.4 Public Presence

- The team had a very successful public presence at marts and shows to host Health, Safety & Wellbeing stalls providing information & advocacy on the following:
  - i. Farm Risk Assessments and Risk Registers
  - ii. Health information
    1. Lyme disease
    2. Heart check with Croi at public events (*See photo below at the Oughterard Show in 2022*)
    3. Pop up Covid and flu vaccine clinics
  - iii. Safety demo PTO shaft and other dangers at John Gibbons Tractor Run
  - iv. Explainer video on machine safety



*Heart check with Croi at the Oughterard Show in 2022*

## 4.3.5 Schools Liaison

- Engaged with 44 schools across Connemara regarding Farming Health, Safety & Wellbeing.
- In response to the high number of farm fatalities involving children, the Project Manager wrote a bi-lingual Farm Safety Pack with a particular focus on hillside safety for the primary school students in the area. Promoting safety from a young age will

ensure farming families have an increased awareness around safety issues in the future.

## Farm Safety For Children

The farm environment provides many positive experiences and opportunities for children. However, they also contain many dangers and potential injury hazards including

- Machinery, & vehicles (e.g. tractors, quad bikes),
- Animals,
- Water hazards (e.g. dipping pools, rivers, ponds, water barrels etc.)
- Poisons (e.g. pesticides, herbicides)

Farm safety is an important issue not only for children who live on a farm, but also for those who visit farms. Here are some tips to keep you safe!



## Sábháilteacht Feirme do Pháistí

Ag tabhairt cuairt ar fheirm

Is feidir le cuairt ar fheirm a bheith an-spreagúil, go h-airid munar thug tú cuairt ar cheann roimhe seo. Tá go leor rudaí difriúla le feiceáil agus is taithí ata ann.

Fiú muna gcónaíonn tú ar fheirm, tá sé tábhachtach go dtuigeann tú an tábhacht a bhaineann le fanacht sábháilte agus tú ar cuairt ar cheann.

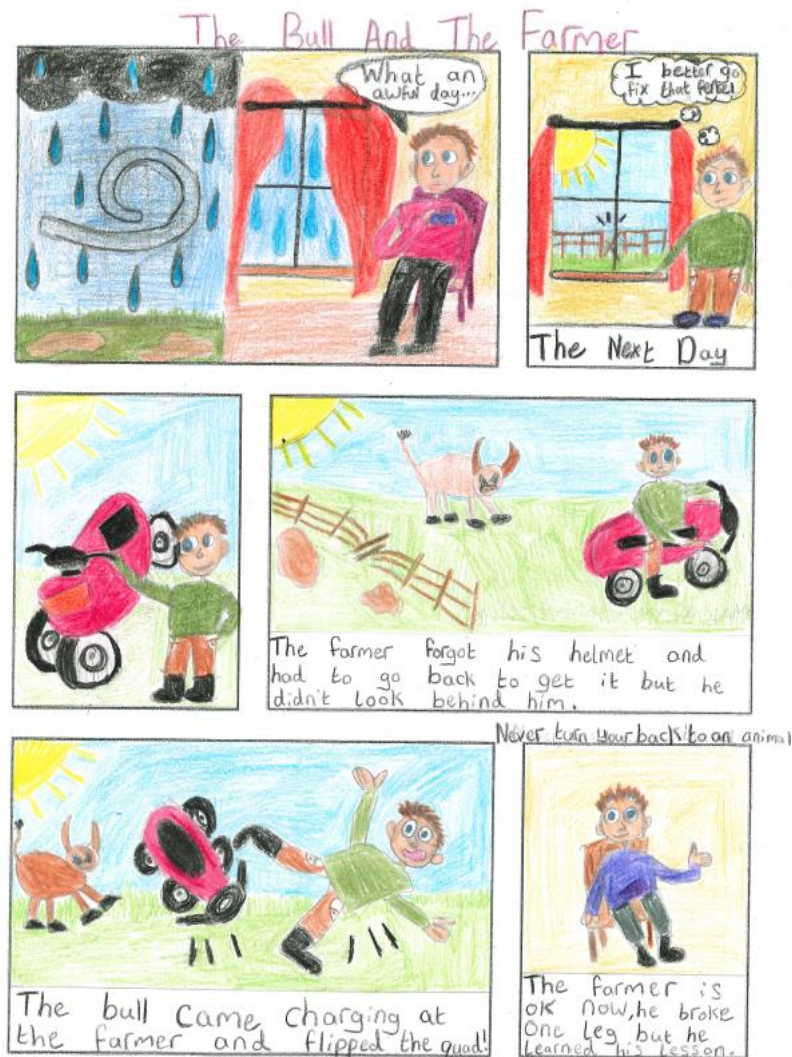
Tá sé easca dearmad a dhéanamh go bhféadfadh feirm a bheith difriúil dár dtuise, de bharr gur áit oibre iad chomh maith.

B'fhéidir go d'aithneoidh leat smaoinemh ar na rudaí eagsúla a bheadh ar fheirm nach mbeadh agat sa mbaile. Go hairid rudaí a bheadh contuirteach agus céard a bheadh ort smaoinemh ar le go mbeadh tú sábháilte ar an bhfeirm.



- To launch the Safety Pack we held an Art competition for local schools on Farm Safety with our Comic Strip competition on Farm Safety.





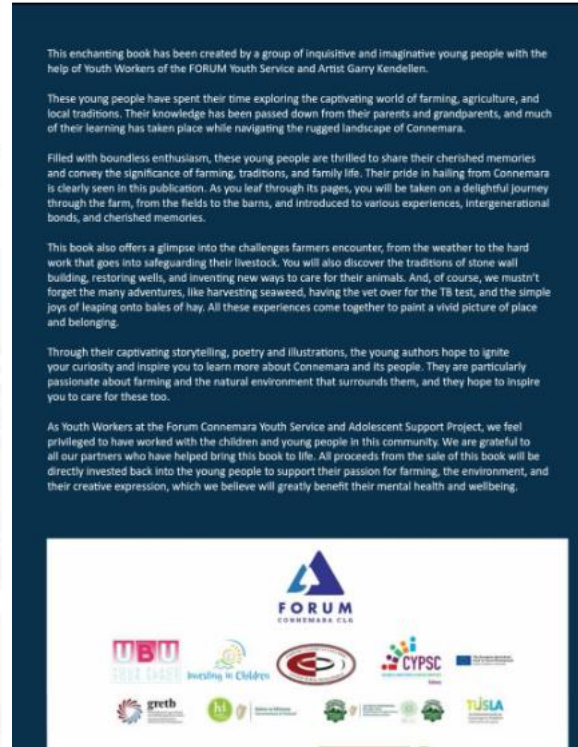
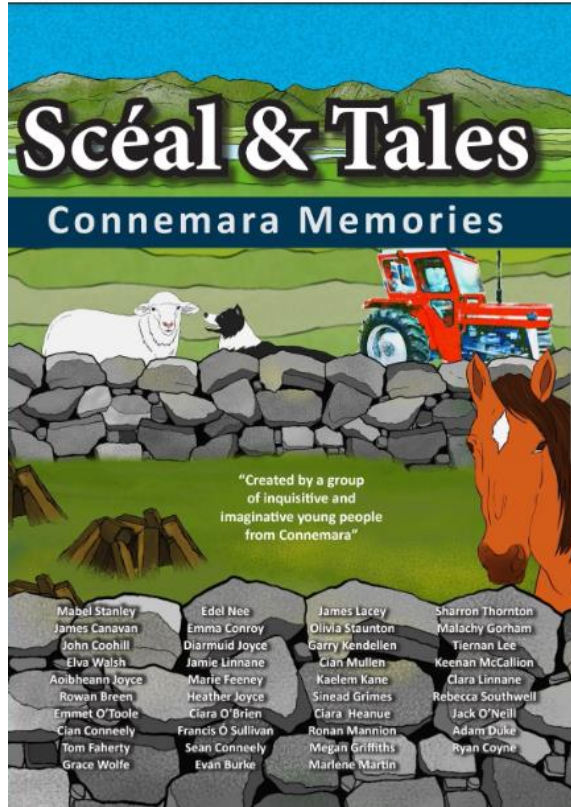
- To cater for Adolescents the team co-developed a Farming for the Future teen camp at Easter 2022. This aspect of the programme linked with FORUM Connemara's Adolescent Support Programme which caters for 1,200 young people in Connemara.

The teens visited farm yards where farmers discussed how to use cattle crushes and pens to keep safe, they visited the mart and had a talk on animal handling from the vet, they went to Kylemore Abbey and had a talk from the head gardener there and then visited a a hen refuge, a sheep farm and ended their 3 day camp with a trip to Killary adventure centre. We are delighted to say that this programme is currently expanding and is being financed separately by Healthy Ireland.





- The team worked with the adolescents to develop a booklet called “Scéal & Tales” which was authored by teenagers based on their farming experiences in Connemara.



### 4.3.6 Farm Safety Packs

The team created and distributed 150 Connemara Farming Health & Safety packs which included first aid kits and safety gear as well as checklists and safety plan templates.

This pack included:

- First Aid Kit
- Eyewash (Saline solution)
- Tourniquet (For those trained in its usage)
- Head torch
- Dairy gloves
- Risk assessment folder
- Tick removal card and Lyme disease information
- Safety Information from RSA, HSA
- Mental Health information
- Sunhat and Beanie



## Final Project Report

### 4.4 PPE

When doing the farm inspections there were three areas that we identified as being most dangerous with regard to the lack of PPE. These were:

- lack of Chainsaw PPE
- lack of PTO guards or the guards being in bad state of repair.
- Lack of appropriate means of storing chemicals and medicines

#### 4.4.1 Chainsaw PPE

Each farmer that completed a training course with us on chainsaw maintenance and crosscutting was given the option to buy a reduced rate set of complete chainsaw PPE from boots, trousers, helmet, and gloves. Again, we did not want budget constraints to endanger any of the participants on the scheme. We secured top quality PPE at a discounted rate and we further subsidised these for 28 scheme participants who had completed training.

#### 4.4.2 PTO Guards.

As part of the scheme we carried out Farm Risk assessments – Five farmers who did not have PTO guards had the guards provided for them as we felt the risks of not having these due to budget constraints was too risky for the farmer and their families.

#### 4.4.3 Chemical Cabinets

Again, as we did our 1:1 farm visits one of the things we asked to see was where chemical and animal medicines were stored. Where storage was thought to be inadequate, we worked with the farmers to secure 31 Chemical cabinets and 17 Medical cabinets at a discounted rate and we further subsidised these for scheme participants.

### 4.5 Innovations and Technology

One of the aims of the scheme was to “Highlight and pilot new innovations and new technology to help the Connemara farmer farm safer”. During the 18-month scheme we highlighted the following areas of Innovation:

- **Farm Risk Assessment App** - We wrote our own Farm Risk Assessment App which can be used on Android and iPhones. You can use this app to complete your Farm Risk Assessment on your smartphone: Try the Smart Farm Risk Assessment here: <https://sfty.io/q6h4ycbUtwb>. You will be asked to download the Safety Culture app. The app then will remind you of tasks that need to be completed on the farm. This is useful for those who are more tech savvy and want to use technology to make their farms safer.
- **The What3Words App** – the free what3words app is an easy way to identify precise locations. Every 3m square has been given a unique combination of three words: a what3words address. Farmers can find, share and navigate to precise locations using three simple words. The emergency services know



and use the app and are able to navigate to a remote location using this technology.

- **Quad Bike Roll bars** – we trialled 3 quad bike roll bars for suitability in the Connemara area – please see the appendix for the evaluation reports which are being shared with the HSA at their request. This is the only farmer led trial of roll bars in Europe.
- **Quad Bike helmets** 60 helmets were bulk bought and distributed to those who did the Quad bike training with us in 2022. This ensures farmers in the locality are in line with the upcoming legislation being introduced in November 2023 regarding quad bike certification and helmet use.

## 4.6 Physical Health

The project included preventative health initiatives for farmers which included:

- Checks at mart and shows, including Healthy Heart screening & Blood pressure tests with Croi, information on cancer including signposts for screening, bowel and prostate cancer awareness via leaflets and handouts at our stalls.
- We also covered the risk of Lyme disease and provided tick removal cards on our 1:1 visits.
- Organised two pop up clinics for the COVID-19 vaccine in both Letterfrack and Recess.





## Final Project Report

### 4.7 Mental Health

Irish research suggests that farmers in Ireland may be at higher risk of experiencing poor mental health when compared to the general population. Issues such as long working hours, unpredictable weather conditions, financial pressures, and isolation can contribute to poor mental health outcomes for farmers. The study, conducted by the UCD School of Agriculture and Food Science and funded by the HSE National Office for Suicide Prevention in 2022, indicated that over 50pc of farmers are experiencing: “Moderate to extremely severe depression” and more worryingly that “Almost one in four farmers are considered at risk for suicide”.

Increasing the number of social interactions available within this hard-to-reach target community was a main objective of this EIP. We believe we have had a very positive outcome in this regard. Social events and training opportunities were provided to the local farming community as a whole with public events planned where people had an opportunity to interact.

Project Manager, Sinéad Grimes, completed 45 1:1 mental health sessions with the participants on the scheme. We have only scratched the surface of what needs to be done in this area. We set in motion a plan that is inclusive of the wider community and supports this isolated and hard-to-reach demographic of the solitary farmer. We are working and collaborating with the farmers themselves, Mental Health Ireland and the HSE as well as local service providers like Elm Tree and other local mental health care specialists. We are continuing this work into 2023, writing mental health articles for the Connaught Tribune and are currently attempting to set up a Mental Health Association for Connemara.

#### Summary

- We held public meetings and engagements throughout the scheme. These gave Farmers a chance to mingle and come together to discuss common goals.
- The team held 4 public meetings regarding mental health.
- The project manager has completed 45 1:1 mental health sessions with the participants on the scheme.
- We are working and collaborating with the farmers themselves, Mental Health Ireland and the HSE as well as local service providers like Elm Tree, Clann Resource Centre and other local mental health care specialists.
- We held Safe Talk courses in Letterfrack and advertised ASSIST courses which some of our participants completed alongside the Project Manager.
- We are continuing this work into 2023, writing mental health articles for the Connaught Tribune (See articles on page 19)
- Currently attempting to set up a Mental Health Association for Connemara. The first public meeting for this will be held in November 2023.
- We have written blog posts and gathered mental health support services and listed these on our website <https://www.forum-farming.com/mental-health>
- There are 18 blog posts on this site relating to mental health





# Final Project Report



*The photos above show the mental health public workshops in Oughterard and Letterfrack.*



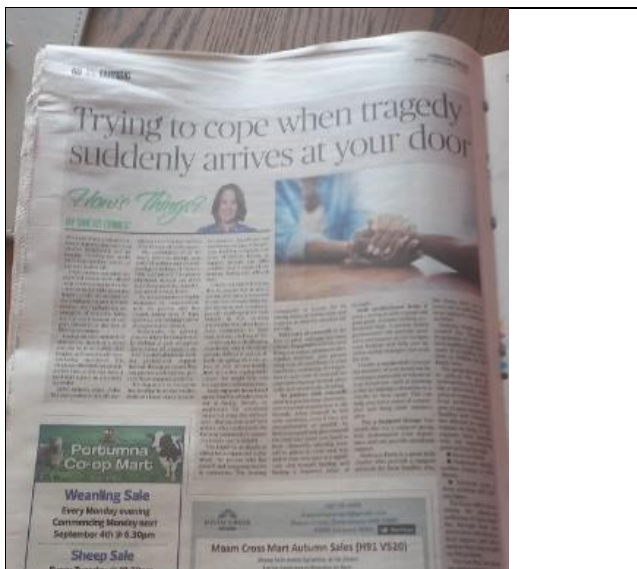
**An Roinn Talmhaíochta,  
Bia agus Mara**  
Department of Agriculture,  
Food and the Marine



**The European Agricultural Fund  
for Rural Development: Europe  
investing in rural areas**

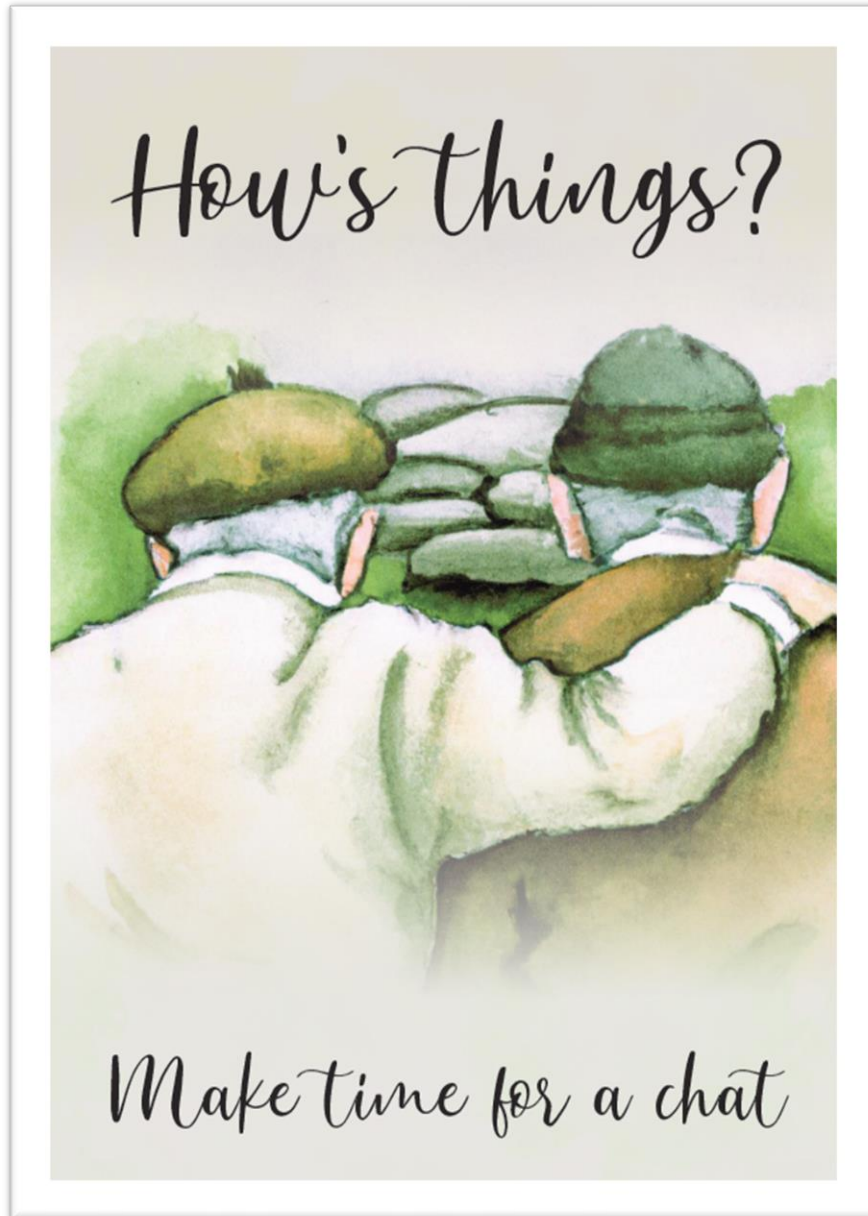


**Ireland's European Structural and  
Investment Funds Programmes  
2014-2020**  
Co-funded by the Irish Government  
and the European Union



These are examples of the 15 articles written weekly for the Connaught Tribune





- The team produced a mental health brochure in conjunction with the farmers on the scheme. The magazine is called “How’s Things” and has had excellent feedback from the general public and health professionals alike. 2,000 copies of this magazine have been distributed to shops, post offices, veterinary surgeons, hardware shops and other locations where the farming community will gather. The response has been very positive to date.



### 5 Closing Evaluation & Lessons Learned

By taking into account the following suggestions, the Department of Agriculture, Food, and the Marine can establish a work environment on Irish farms that is not only safer but also more conducive to productivity. This will ultimately prove advantageous for both the department as well as the farmers and their families throughout the country.

Implementing these recommendations will:

- Significantly reduce the risk of quad bike accidents and associated injuries. This leads to reduced medical costs and downtime due to injuries.
- Increase Efficiency: Well-trained and safe workers are more productive and efficient. They make fewer mistakes, resulting in overall improved performance and less injuries.
- Ensure Compliance with Regulations: Adhering to safety recommendations ensures compliance with legislation and regulations, potentially avoiding fines or legal issues.

#### 5.1 Main Practical Recommendations:

##### Quad Bike Safety & Tractor Safety Training:

- The foremost recommendation for enhancing farm safety is to ensure comprehensive training for all farm workers on quad bike operation.
- Training should cover not only the basics of operating a quad bike but also advanced skills and maneuvers.
- This training should be made widely available and preferably be subsidised for all quad bike users on the farm. Training must be affordable and easily accessible.
- We would especially like to see the training aimed at green cert and Ag science students in secondary schools.

##### Importance of PPE:

- Emphasise the importance of Personal Protective Equipment (PPE). Farmworkers should be encouraged to wear appropriate gear, such as gloves, eyewear, and protective clothing, to reduce the risk of injury.
- Regular inspection and maintenance of PPE should also be practiced.

##### Regular Training and Upskilling:

- Continuous improvement is key to farm safety. Encourage regular refresher courses and upskilling in operations and safety.
- New techniques and safety measures should be incorporated into these training sessions to keep farmworkers informed about the latest safety practices.
- The training modules we offered were well received and could be made part of a curriculum for farmers linked to payments nationwide.

##### Mental Health Awareness:

- Promote mental health awareness on the farm. Encourage open communication among workers and provide resources for dealing with stress, anxiety, and depression.
- Implement stress reduction programs and facilitate access to mental health support when needed.





## 5.2 Key Performance Indicators

The following tables outlines the strategic goals, key program actions and the Key Performance Indicators for what was achieved:

Strategic Goal	Key Program Actions	Key Performance Indicators
<b>Increase Knowledge</b>	<p>We completed the following Key Program actions</p> <ul style="list-style-type: none"> <li>• A Specially tailored Connemara Farming Health &amp; Safety Training Programme.               <ul style="list-style-type: none"> <li>○ First Aid with Forestry elective</li> <li>○ Abrasive Wheels</li> <li>○ Quad Bike Training</li> <li>○ Safe Pass</li> <li>○ Manual Handling</li> <li>○ Chainsaw Operation</li> <li>○ Pesticide Use</li> </ul> </li> <li>• A bi-lingual Schools Safety Pack was written by the Project Manager and delivered to 44 schools</li> <li>• Social Media Safety posts showing a max reach of 6,408 people and good post engagement.</li> <li>• We covered safety topics on our dedicated one-hour radio show for 12 weeks</li> <li>• We hosted workshops on the following:               <ul style="list-style-type: none"> <li>○ Farm Finance</li> <li>○ Farm Safety</li> <li>○ Mental Health</li> </ul> </li> </ul>	<p><i>Number of on farm Risk Assessment inspections completed= 45</i></p> <p><i>Number of Self led inspections completed= 112</i></p> <p><i>Over the 18-month duration of the program, we have provided 482 training places to approx. 250 farmers.</i></p> <p><i>13 different Training Courses / Workshops rolled out.</i></p>
<b>Increase Awareness</b>	<p>We completed the following Key Program actions</p> <ul style="list-style-type: none"> <li>• Safety Social Media posts reaching a max reach of 6,408 people and good post engagement.</li> </ul>	<p><i>Outcomes communicated through social media.</i></p> <p><i>High number of attendees at events.</i></p> <p><i>Recommendations implemented.</i></p>



# Final Project Report

	<ul style="list-style-type: none"> <li>We covered safety topics on our dedicated one-hour radio show for 12 weeks</li> <li>We hosted 10 workshops in 5 communities</li> <li>We attended 5 events / shows to engage with the public on Farm Safety</li> </ul>	<p><i>Initial safety consultation completed and safety plan in place.</i></p> <p><i>Number of targeted engagements completed.</i></p> <p><i>150 new participants signed up To WhatsApp Farming information broadcast group.</i></p>
<p><b>Share Information</b> –</p>	<p>We completed the following Key Program actions</p> <ul style="list-style-type: none"> <li>Public presence at 5 events and shows to host Health, Safety &amp; Wellbeing stalls providing information &amp; advocacy.</li> <li>Safety Social Media posts reaching a max reach of 6,408 people and good post engagement.</li> <li>We covered safety topics on our dedicated one-hour radio show for 12 weeks</li> <li>We hosted 10 workshops in 5 communities</li> <li>A Specially tailored Connemara Farming Health &amp; Safety Training Programme. For example:             <ul style="list-style-type: none"> <li>First Aid with Forestry elective</li> <li>Abrasive Wheels</li> <li>Quad Bike Training</li> <li>Safe Pass</li> <li>Manual Handling</li> </ul> </li> <li>A bi-lingual Schools Safety Pack was written by the Project Manager and delivered to 44 schools</li> <li>Schools Liaison regarding Farming Health, Safety &amp;</li> </ul>	<p><i>Website available and promoted.</i></p> <p><i>Promotional material prepared and published in National and local papers.</i>  <a href="https://connachttribune.ie/breaking-down-barriers/">https://connachttribune.ie/breaking-down-barriers/</a>  <a href="https://www.agriland.ie/farming-news/it-may-be-scenic-but-rural-life-can-be-lonely/">https://www.agriland.ie/farming-news/it-may-be-scenic-but-rural-life-can-be-lonely/</a>  <a href="https://www.coillte.ie/restoring-western-peatlands/">https://www.coillte.ie/restoring-western-peatlands/</a>  <a href="https://www.advertiser.ie/galway/article/128607/forum-connemara-welcomes-mep-chris-mcmanus-to-letterfrack">https://www.advertiser.ie/galway/article/128607/forum-connemara-welcomes-mep-chris-mcmanus-to-letterfrack</a></p> <p><i>Social and other media campaign completed.</i></p> <p><i>Awareness campaign completed</i></p> <p><i>Provided 482 training places to approx. 250 farmers.</i></p> <p><i>Training and development programs completed.</i></p> <p><i>Objectives delivered and recommendations implemented.</i></p>



	<p>Wellbeing Comic Strip competition.</p> <ul style="list-style-type: none"> <li>We hosted workshops on the following: <ul style="list-style-type: none"> <li>Farm Finance</li> <li>Farm Safety</li> <li>Mental Health</li> </ul> </li> </ul>	
<b>Improve Safety</b>	<p>We completed the following Key Program actions</p> <ul style="list-style-type: none"> <li>A Specially tailored Connemara Farming Health &amp; Safety Training Programme. <ul style="list-style-type: none"> <li>First Aid with Forestry elective</li> <li>Abrasive Wheels</li> <li>Quad Bike Training</li> <li>Safe Pass</li> <li>Manual Handling</li> </ul> </li> <li>Creation of Connemara Farm Health &amp; Safety packs, which included first aid kits and safety gear as well as checklists and safety plan templates.</li> <li>Provision of 60 Quad Bike Helmets</li> <li>Provision of Chainsaw PPE to 28 trained farmers</li> <li>Provision of 5 x PTO guards where needed</li> <li>Provision of 31 Chemical Cabinets and 17 Medical cabinets</li> <li>Completion of 157 Farm Risk Assessments</li> </ul>	<p><i>Research on Quad roll bars sent to HSA</i></p> <p><i>Safety Survey recommendations communicated and actioned.</i></p> <p><i>482 training places to approx. 250 farmers.</i></p> <p><i>PPE equipment provided</i></p>
<b>Be Innovative</b>	<p>We helped to highlight and pilot new innovations and new technology to help the Connemara farmer farm safer.</p> <ul style="list-style-type: none"> <li>We wrote our own App to do Farm Risk Assessments which</li> </ul>	<p><i>Research on Quad roll bars sent to HSA</i></p> <p><i>Safety First App for Farm Risk Assessments written</i></p> <p><i>What3Words app highlighted</i></p>

	<p>can be used in iPhone and Android and reminds farmers to action the items marked as needing attention.</p> <ul style="list-style-type: none"> <li>• 3 types of quad bike roll bars were tested and evaluated. We are sharing our findings with the HSA who are delighted to get the feedback as it is the only farmer led evaluations taking place in Ireland.</li> <li>• We trained farmers in the use of What3Words a geolocator app which can be used to communicate their whereabouts to 3m squared precision to emergency services with or without mobile coverage.</li> </ul>	
--	--	--

### Key Performance Indicators:

KPI	Target	Current	Achieved?
Farmers Signed up for results-based payment scheme	30	45	Goal Surpassed
Farmers Signed up for training-based scheme	120	250	Goal Surpassed
Farmers completed at least 2 courses / workshops	30	45	Goal Surpassed
Farmers Completed Risk Assessments	120	157	Goal Surpassed
Farmers fitted for and wearing Quad bike helmets	30	60	Goal Surpassed



## 5.3 Groups involved throughout the project.

The team have cooperated with the following groups throughout the duration of the scheme:

- HSA
- HSE
- TEAGASC
- IFA
- Irish Natura & Hill Farmers Association – INHFA
- Healthy Ireland
- GRETB
- GRD
- Galway County Council
- Mental Health Ireland
- RSA
- NRN

## 6 Financial Report

### 6.1 Financial Summary

- The contract for the 18-month duration of the EIP scheme was €246,500.
- The total spend for the implementation of the scheme, the training and the farmers payments was a total of €246,093.12
- There was a decommitment of €406.88
- Farmers payments for the training and risk assessment scheme came to €29,250
- The actions and activities costs came to €93,763.36
  - This can be further broken down as follows:

Item	Details	Cost
Training	Instructors, certifications & venue hire	€35,512
Mental Health	Meetings, venue hire, Payment for booklet, public consultations, etc.	€4,770
PPE & Equipment	PPE, Demo Gear for roll bar safety signage , chemical cabinets, etc.	€49,992.65
Meetings & Public Engagement	meeting costs including venue hire and refreshments	€1,218.71

### 6.2 Value For Money

- All purchases were done following FORUM Connemara purchasing guidelines with 3 quotes sought for all items.



# Final Project Report

- We sought to do as much of the administration and social media in-house including the Website and app development.
- The artwork for the “How’s Things” booklet was also done inhouse by the project manager.

## 7 Actions to carry forward.

In this section we list some ideas that could be carried out to enhance the work done by the project team and events or further training courses that we feel would benefit the farming community in Connemara.

Item	Action
Activities / Events	<ul style="list-style-type: none"> <li>• <i>Fire Safety Training</i></li> <li>• <i>IT skills for farmers</i></li> <li>• <i>Succession Planning Event - FORUM can help by providing access to solicitors and tax advisors who can advise aging farmers with regards to retirement income planning and tax breaks for the gradual transfer of assets; to assist with succession planning, advise on relief from capital acquisitions tax, retirement relief from capital gains tax and stamp duty exemptions on transfers of land.</i></li> <li>• <i>Mental Health Awareness training - a skills workshop on coping techniques for example.</i></li> </ul>






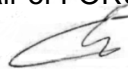
## Final Project Report

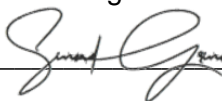
### 8 Project Closure

Please see the Project Finalisation Procedures document

### 9 Approval

Name: Karen Mannion  
Role: FORUM CEO  
Signature:   
Date: 20 / 10 / 2023

Name: Terry Keenan  
Role: Chair of FORUM Connemara  
Signature:   
Date: 20 / 10 / 2023

Name: Sinéad Grimes  
Role: Project Manager  
Signature:   
Date: 20 / 10 / 2023

By signing this document, I grant approval to formally close this project and complete the hand-over activities as described above.





# Final Project Report

## 10 APPENDIX

In this section we list all project documentation generated to date which relates to the project closure criteria specified as well as all other relevant information or correspondence.

### 10.1 Supporting Documents.

Extension of project for 6 months.

An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



#### EUROPEAN INNOVATION PARTNERSHIPS

PROJECT REF – LLOC4004

**Name of Group:** FORUM Connemara CLG  
Sláinte agus Beatha Feirmeoirí Conamara (SBFC)

**Lead Applicant:** Sinéad Grimes

**Date:** 09/12/2022

To the above Lead Applicant Sinéad Grimes,

I refer to your request for a time extension and for additional funding for your Project under the European Innovation Partnerships (EIP) initiative.

I am pleased to confirm that your request for an extension until 30/06/2023 and your request for additional funding of €61,500 have been approved.

Yours sincerely

pp. Brid Walsh

Tracy O'Donoghue  
HEO Locally Led Section  
Locally Led Division







# Final Project Report

Letter to explain Quad bike training postponement from 2022 to 2023.

---



Ms Sinead Grimes  
Grant Writer - FORUM Connemara CLG  
Ellis Hall  
Letterfrack  
Co. Galway

22<sup>nd</sup> November 2022

RE: **ATV TRAINING**

To whom it concerns,

We wish to confirm that the Lantra ATV training that was scheduled to take place on 29<sup>th</sup> Nov & 01 Dec was cancelled as the tutor was taken to hospital with a suspected heart attack.

We endeavoured to secure another trainer, but we were unable to do so at short notice. We hope to have this rescheduled for early January 2023

Should you require anything further please do not hesitate to contact us.

Yours sincerely

Colum Mc Carthy  
PLATINUM SAFETY LTD



## 10.2 Composition, expertise and experience of Operational Group

Composition, expertise and experience of Operational Group			
Name	Qualification	Experience	Time Contribution %
Brendan O Malley	Diploma in Rural Development BA in Business Enterprise and Community Development	Rural recreational officer with 30 years of experience in working with farmers in the Connemara area	20
Brendan Joyce	Farmer	INFHA rep with 20 years of experience working with farmers in the Connemara area	10
Eamonn Nee	Farmer	IFA representative from the IFA local Branch	10
Lucy Lydon	Diploma in Safety in the Workplace	Rural Social Scheme Supervisor	10
Karen Mannion	BA in Business Enterprise and Community Development	Over 20 years working in the rural development and community sector, Rural Development Officer with FORUM Connemara CLG	10
Joseph Mannion	BSC in Agriculture in Land Management	Project Manager of the NCLLAES EIP and agricultural advisor	10
Catherine Keena	Agricultural consultant and specialist on EIP process	Teagasc Countryside Management Specialist	10
Grainne O'Byrne	Facilitator for educational programmes in Connemara	GRET Community Education Facilitator	10
Mairtin Griffin	Specialist on Health and safety	Health and Safety trainer	10

The steering committee has received an update on the overall progress and has been formally disbanded, with sincere appreciation for their valuable contributions





## Final Project Report

### 10.3 Quad Bike Roll Bar Trials

#### Quad Bike Statistics

- Almost half of all work-related fatalities in agriculture involved vehicles.
- Quads accounted for 14% of all reported agri-related fatal incidents involving vehicles in the 10-year period from 2011-20.
- 75% of those who suffered fatal quad bike accidents were aged 60 years or older.
- FORUM Farm Health & Safety EIP Scheme will train 60 Farmers across Connemara in ATV use by Feb 2023.
- We also will have provided 60 quad bike safety helmets to those on the scheme.

As part of the scheme, we assessed 3 anti-roll bars.

- AIR ROPS, Spain
- Lifeguard, New Zealand
- The QuadBar, Australia

---

*NOTE: As the Quadbar was not yet available on the European market we contacted the HSA to enquire as to the legality of testing this without it having passed the strict CE European legislation safety tests.*

*The response from the HSA was "On the non-CE Marked rollover device, perhaps as long as it's not being placed on the market, i.e. sold onwards in the jurisdiction it could be trialed."*

---

The following were the observations of 3 farmers who tested the roll bars of behalf of the scheme.



### 10.3.1 AIR ROPS, Spain

**Purchased from:** MULCHRONE, Westport, Co Mayo.

**Purchase Price:** €1,750

The AIR ROPS is fitted on the quad behind the rack. So, you have the full rack free to fit a box or whatever you may need. The ball hitch is still available to tow a trailer or any other accessory.

You need a quad with double suspension on the back axel.

The design fits most ATVs with independent rear suspension using bolts on the towbar.

Because of the reduced height of the AR-Quad, the centre of gravity of the ATV is not affected. The higher a ROPS, the higher the centre of gravity of the vehicle and therefore the risk to rollover is higher also.



The ATV dealer needs to perform simple electrical and mechanical actions during installation.



## Final Project Report

It requires no scheduled maintenance and is reusable after a rollover. It just needs inspection and approval by an ATV technician, and the gas generator can be replaced to return the bar to its original condition. (Cost of €250)

### Evaluation – AirRops

Category	Marks out of 5	Notes / Comments
Ease of Assembly	1	Professional assembly required in Westport.
Ease of everyday use	5	No problems to date
Cost	2	Expensive. The cost might put people off
Space on back of quad	4	Nice compact unit
Can you use the trailer unimpeded?	5	Yes
Can you use tools like sprayer etc	4	Yes – bit tight for space
Durability	3	Moving parts – perhaps they degrade over time? You would worry that it wouldn't work
Any drawbacks	-	Loud Alarm can be annoying. Must wait for the electronics to set themselves before moving or alarm will sound & won't arm.
Any Positives	-	Fits nicely on the quad. Won't rust – doesn't get in the way of everyday use
Would you recommend to a friend	-	Yes



## 10.3.2 Lifeguard, New Zealand

**Purchased from:** Grasstec

**Purchase Price:** €1,350.00

The ATV "LifeGuard" is a flexible arc that mounts on the rear carrier of a quad bike. As it is flexible and absorbs impact, there is a lot less chance of injury being inflicted on the rider by the unit itself.

possible to push the bike off you

simply clamps to the rear carrier of your Quad, fitting most makes and models

For more information see <https://youtu.be/mXWliTSsnB8>

### Evaluation – Grasstec Lifeguard

Category	Marks out of 5	Notes / Comments
Ease of Assembly	5	Very easy to attach
Ease of everyday use	5	Wouldn't notice it
Cost	5	Reasonable
Space on back of quad	2	Takes up half the space on the back rack
Can you use the trailer unimpeded?	5	yes
Can you use tools like sprayer etc	0	no
Durability	5	
Any drawbacks	-	Takes up half the space on the back rack
Any Positives	-	Not too high – centre of gravity not an issue. It will not crush if it lands on a person as it will deform on impact.

Would you recommend to a friend	-	Yes
---------------------------------	---	-----

### 10.3.3 The QuadBar, Australia

- **Purchased from:** Shipped from QuadBar Australia
- **Purchase Price:** €700 including customs duty (\$825.00 AUD = 530 Euro)

The Quadbar is a mounted on the quad behind the rider designed to counter some of the risks associated with rollovers.

The Quadbar acts as a Crush Protection Device (CPD) as opposed to the more commonly known roll over protective structures (ROPS).

The innovative new design allows the top half to flex when needed but then 'locks' to offer protection to the rider in the same way as a traditional rollbar.

Designed to flex rearwards in inadvertent contact with overhead obstacles.

The height is adjustable when installing the Quadbar Flexi by cutting the lower structure tube to the desired length.



## Evaluation – QuadBar Australia.

Category	Marks out of 5	Notes / Comments
Ease of Assembly	4	The Tow bar must be relocated
Ease of everyday use	4.5	The tow bar being further back changes the towing capacity
Cost	4	Good value for money
Space on back of quad	5	Does not interfere in any way
Can you use the trailer unimpeded?	5	Yes
Can you use tools like sprayer etc	5	Yes
Durability	5	Sturdy
Any drawbacks	-	The tow bar position change – the quad does not fully fit in the trailer anymore.
Any Positives	-	Good protection and doesn't stop you using the quad
Would you recommend to a friend?		YES







## Final Project Report

### 10.3.4 Conclusion

During a public meeting to assess quadbike roll bars, the favoured model that received the majority of hands raised was the QuadBar from Australia, indicating a strong preference among the participants for this particular option.

This was because of the following factors:

- Price
- Ease of fitting
- It allows the user to continue to use the rack and trailer unimpeded.

At the time of writing this model is not currently available in Ireland.





## Final Project Report

### 10.4 Participant Testimonials

The following are a selection of the 45 testimonials we have had back from our farming families who participated in the scheme.

*I hope that the Health & Safety scheme will be extended. This scheme has been such a wonderful experience and great knowledge has given in a practical and easy to understand way. You have put so much effort, time and your approachable manner has really added to the experience. Best of luck in your effort to extend it would be really great if it happens."*

**Regards. Micheal Conroy, Maam**

*I want to acknowledge the benefits I and my colleagues have received from participating in this Health & Safety EIP project. The training and safety program has made us all more aware and safer on our farms.*

*Filling out our risk assessment and naming the defects on our farms has been very educational. Not only had we to identify our defects but also fix them which is most important.*

*The training has taught us how important it is to be shown the correct way to operate tools and machinery and the correct use of PPE.*

*The Good work has only begun and the secret with safety is not to take your eye of the ball and have ongoing conversations, refresher courses and farm audits.*

*Safety is forever and having the resources that we had in this program, I have no doubt that we have prevented an accident or a death. I sincerely hope that this program will continue into the future. I am available to you or the department if they wish to see the benefits I have got from this program.*

**Regards Noel Joyce, Recess**

*We are delighted to have been a part of the Health and Safety EIP. Over the last 12 months, we benefited from educational talks around financing and planning for the takeover of the farm. It was a busy year, we took part in the safe pass, first aid training, quad bike safety training, mental health talks and blood pressure checks with Croi all organised and set up through this scheme.*

*We have new up-to-date farm safety signs, quad bike safety helmets, wonderful first aid kits for the farm and have used the card for removing ticks from our skin.*

*We loved going to these events because we met old friends and learned a lot of new skills.*

*I'm 50 years farming and I had never done a first aid course before, the skills I learned were beneficial for me and my family. Many thanks to Sinead and everyone involved for all of your dedication and organising.*

**Mary Lacey and Bartley Mannion**





## Final Project Report

*A quick message Sinead to thank yourself and team for the time and consideration put into the EIP scheme this last year. I for one had not realised how much isolation and perhaps loneliness can be felt by persons in their daily lives.*

*You also opened my eyes to the many hazards on a working farm, however small that farm may be.*

*Since joining I have endeavoured to tidy up my sheds and placed your first aid kit in a prime location. The quad training was something I may not have done without the scheme and after have tidied up my quad, lights, brakes, tyres all needed attention. look forwards to our next meeting on quad roll bars and general stock welfare.*

*Thanks again for your friendly nature all through the scheme.*

**Gerard Heanue**

*I just want to thank you and the team for a great scheme. I benefitted greatly from all the courses that I attended.*

*The farmyard assessment was also a great help. I would be very interested in taking part in a similar scheme.*

**Regards Pat O'Toole**

*This year I have been taking part in the Farm Safety Scheme run by Forum in Letterfrack. I have received training in how to drive a quad safely, the safe use of abrasive wheels and the safe use and maintenance of chainsaws. I have also been given a roll bar to test on my quad and been given an excellent first aid kit and safety pack including signage for use on the farm. If I had not taken part in this scheme it is very unlikely that I would have undertaken any of this training or invested in this equipment.*

*Being involved in this scheme has raised my awareness of the importance of safety on the farm, both for myself and other people and in particular for my children. I have written up a farm safety statement and I try to take a moment to consider all risks before doing any work on the farm.*

*Before this year I had not considered mental health issues to be a risk associated with farming. I now have a better understanding of how to look after myself and have received training in suicide awareness. Attending various courses also gave me a chance to chat to other farmers which I found helpful.*

*I am very pleased to have had the chance to take part in this scheme and I would highly recommend it to other farmers.*

**Bowen Ormsby, Renvyle, Co Galway.**

*Thanks to all in the Health and Safety EIP. I went to 2 talks on financing, pensions and things I hadn't really thought about before. I have done quad bike safety training, got new up-to date farm safety signs, quad bike safety helmets, good first aid kits for the farm and a utensil for removing ticks and a good head torch too.*

*The scheme was both great financially and for developing my skills and ways of thinking.*

**Christopher Lacey.**



## 10.5 FORUM Farming - Phone Survey results

### GENERAL SECTION

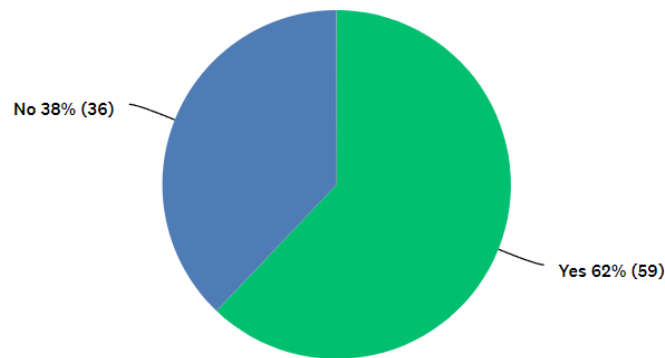
95 respondents – Carried out January 2022 (phone interview)

How long have you been farming?

Less than 5 years	7
Between 5 & 10 years	15
Between 10 and 15 years	3
Between 15 and 20 years	8
Between 20 and 25 years	10
Between 25 and 30 years	14
Between 30 and 35 years	3
Between 35 and 40 years	8
Between 40 and 45 years	2
Between 45 and 50 years	2
Over 50 years	23

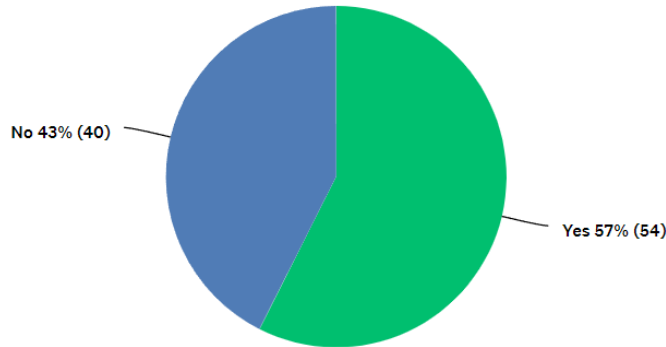
Do you have an off-farm job?

Answered: 95 Skipped: 0

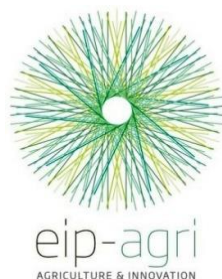
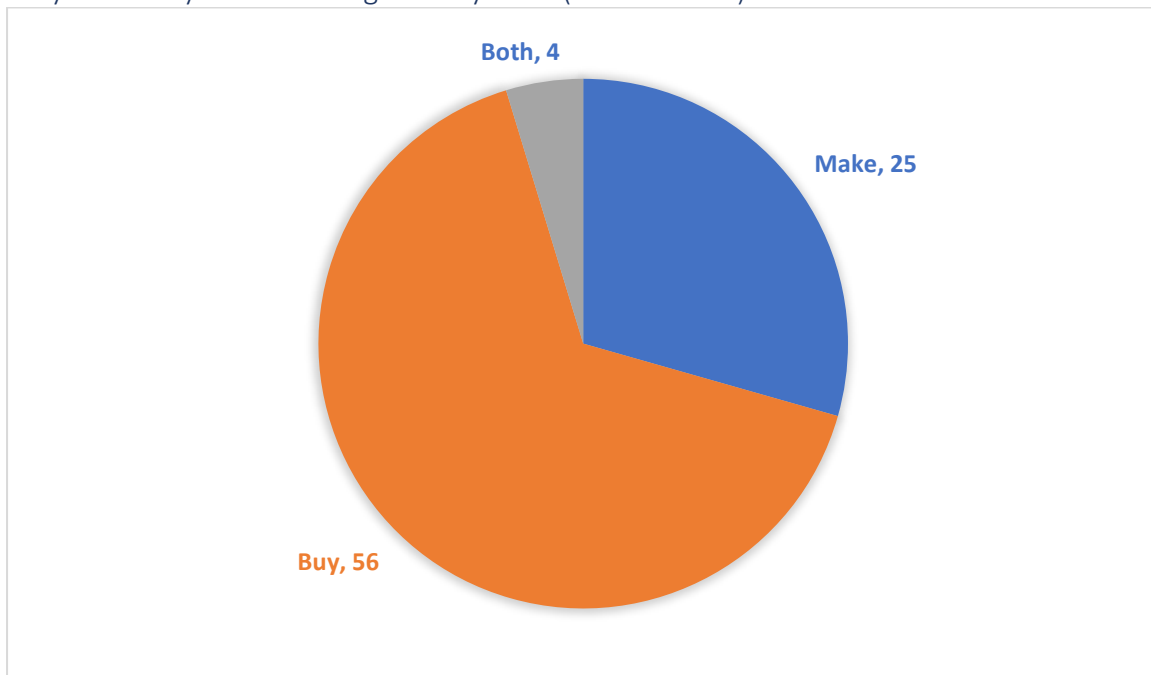


Do you buy feed stuffs in bulk?

Answered: 94 Skipped: 1

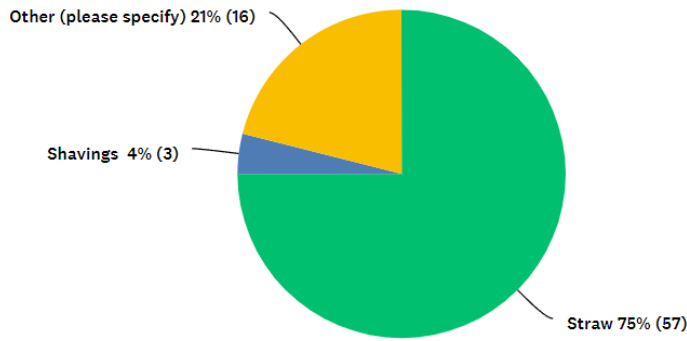


Do you make your own forage or buy it in? (85 answered)


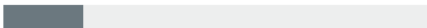
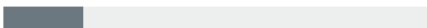


What bedding if any is used straw shavings or wood chip?



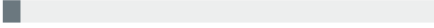
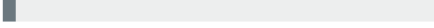
Answered: 76 Skipped: 19



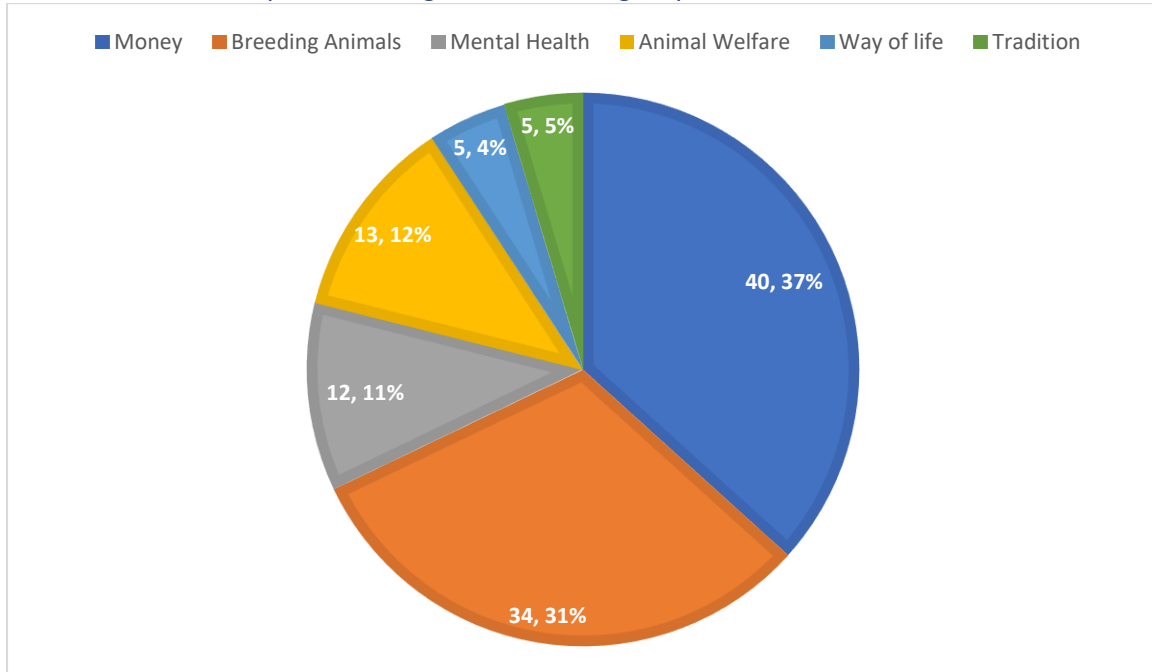
Other was

▼ none		62.50%	10
▼ straw		18.75%	3
▼ sawdust		18.75%	3

What animals are you farming?

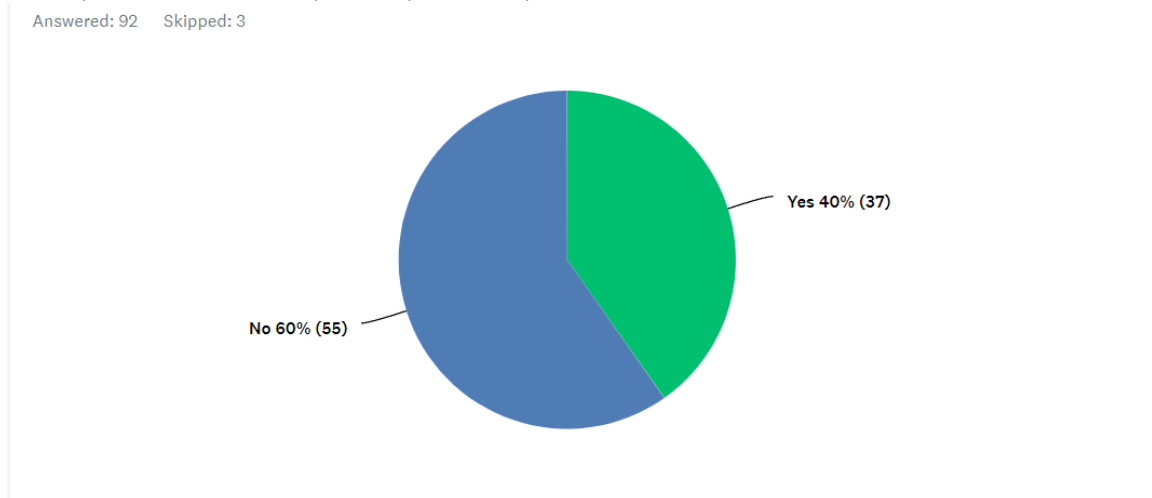
▼ sheep		88.42%	84
▼ cattle		35.79%	34
▼ ponies		4.21%	4
▼ Horse		3.16%	3

## What is the most important thing about Farming to you?



## Have you a herd health plan in place on your farm?

Answered: 92 Skipped: 3





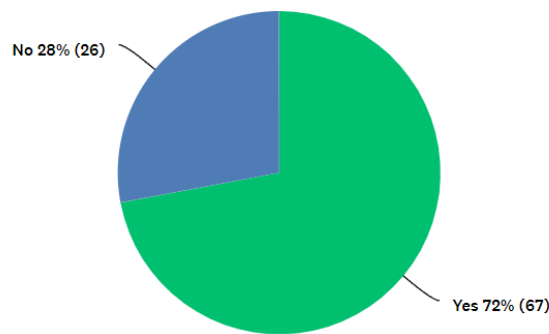
# Final Project Report

What do you see as the biggest challenge to the viability of farming in the area?

Green Party job Grants land SAC money age profile prices  
 restrictions price feedstuff materials input costs  
 Department weather costs payments

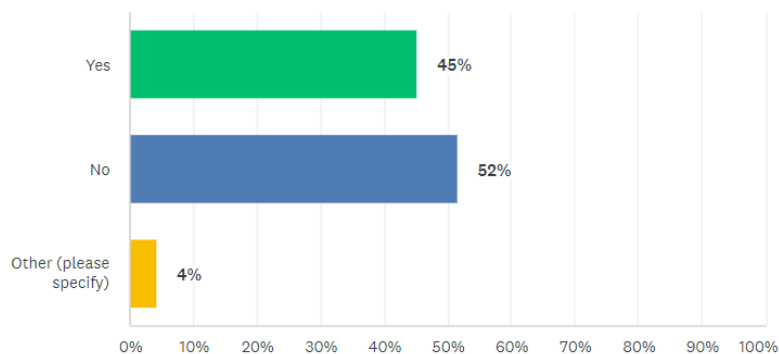
Would you watch short, relevant online videos?

Answered: 93 Skipped: 2



Is there a vermin control plan on your farm?

Answered: 95 Skipped: 0







## Final Project Report

Is there any area where you would like to receive training in?

49% said yes, they would like training in the following areas:

sheep welfare

Ag food pilot website

quad safety

grassland/Rushes management

animal husbandry

information meetings

dog trails/training

cows at calving time pros cons and dangers

sheepdog trials/working them

Environmental information

fencing

Animal Welfare

Chainsaw

faecal/feral egg sampling

Animal breeding

Farm Safety

Rhododendron

Farm Accounts / taxation

Flock register online

Comments:

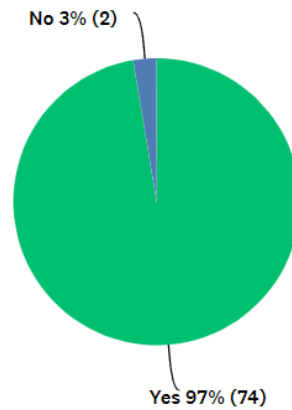
Training only on weekend



## FARM SAFETY SURVEY

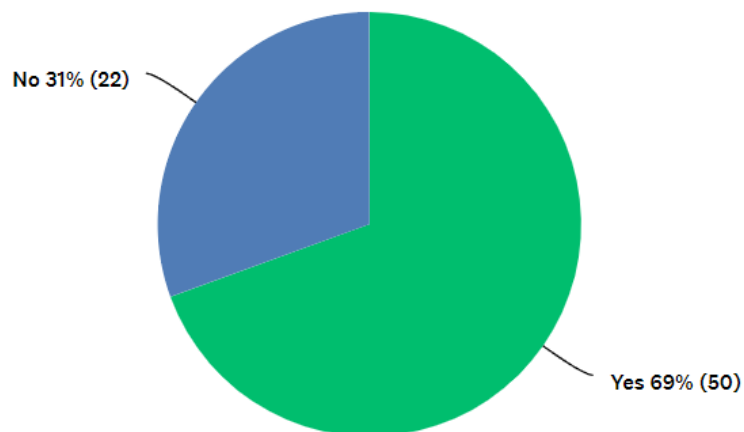
Would you be willing to join another agricultural scheme?

Answered: 76 Skipped: 19



Would you be interested in joining a Farm Health & Safety Scheme?

Answered: 72 Skipped: 23

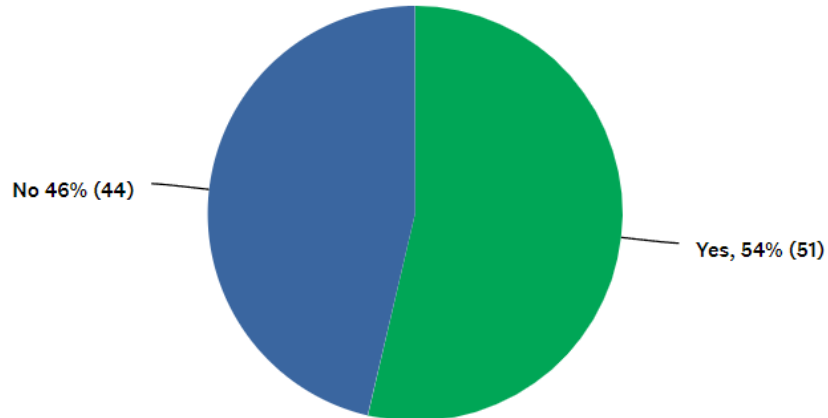




# Final Project Report

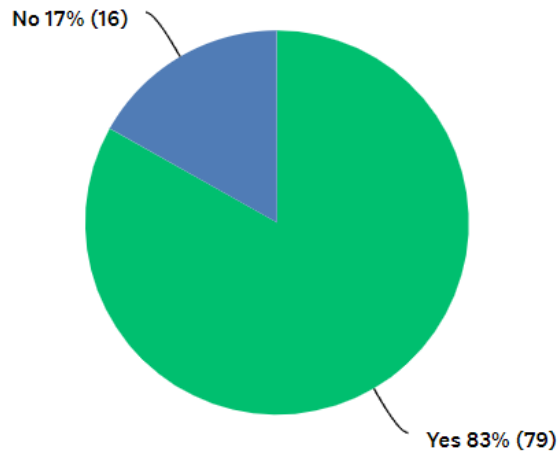
If you are aged 55+ Do you have a successor named for your farm?

Answered: 95 Skipped: 0



Do you have help on the farm at busy times of the year?

Answered: 95 Skipped: 0



Do you like attending meetings or training events?

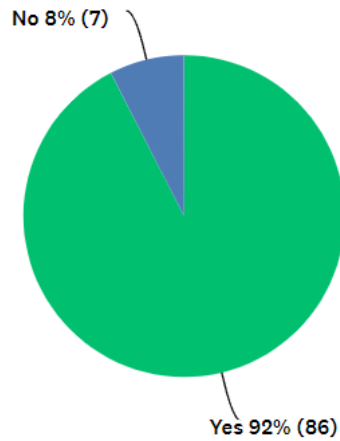
Do





# Final Project Report

Answered: 93 Skipped: 2

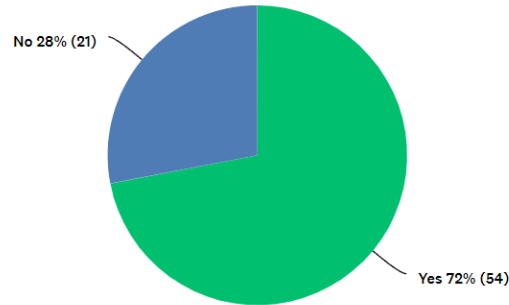




# Final Project Report

Are you interested in finding out what technology / apps are out there that maybe relevant to you?

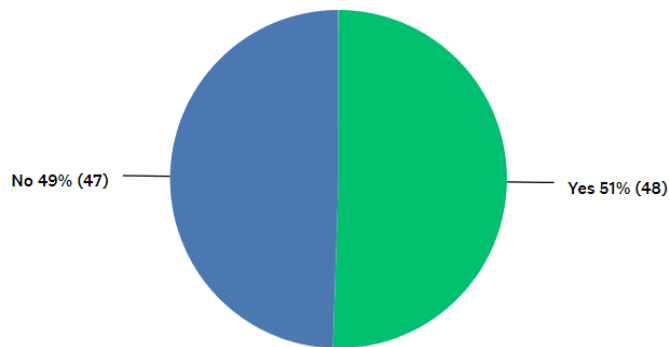
Answered: 75 Skipped: 20



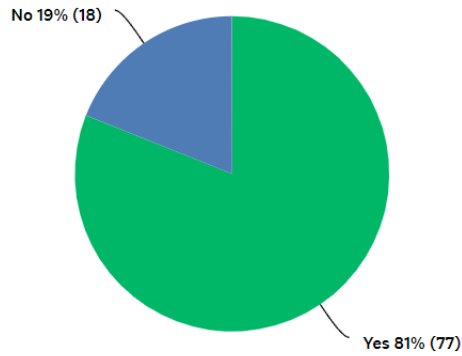
Do you use any farming apps or technology?

Do you use a Risk Assessment sheet or Safety Plan?

Answered: 95 Skipped: 0

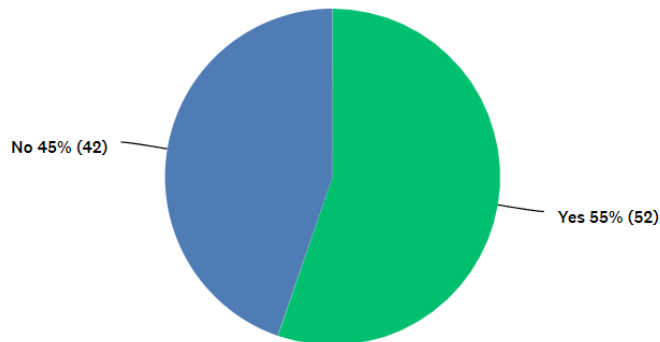


Do you have a secure lockable chemical store?

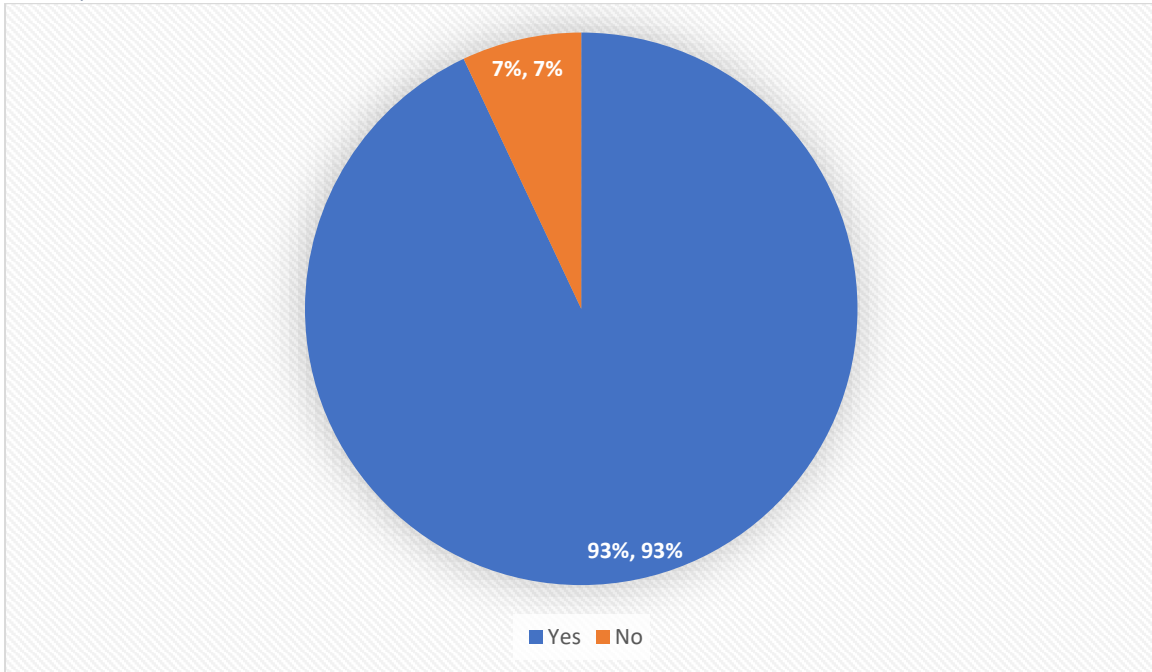


Are there young children living on or visiting the farm?

Answered: 94 Skipped: 1



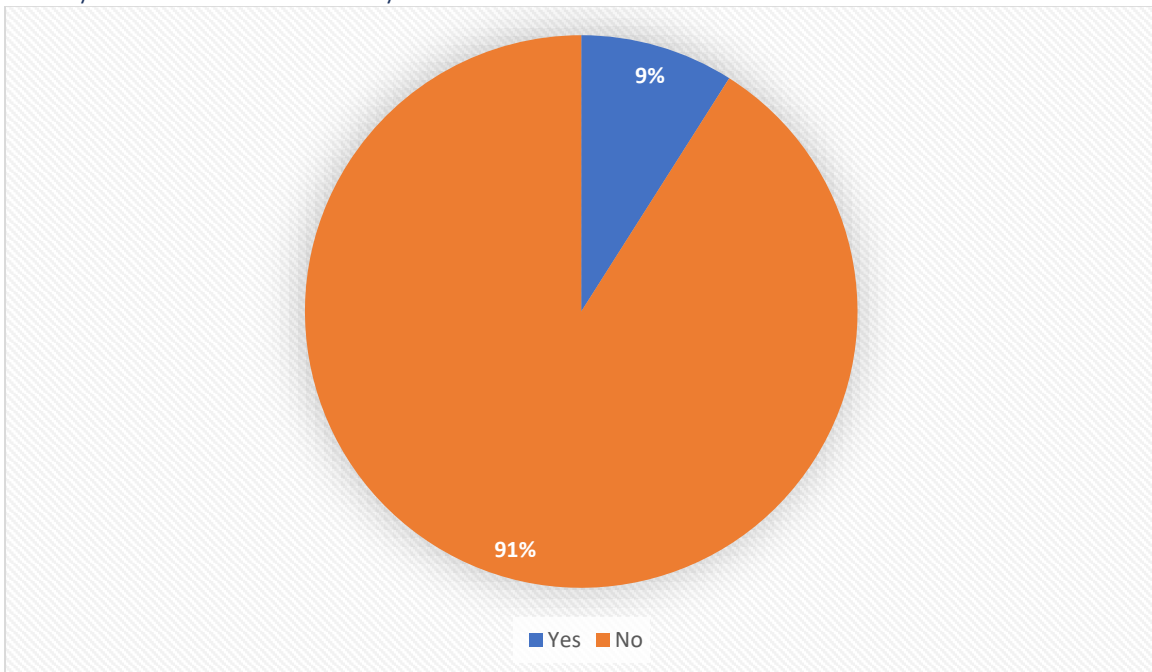
Does your farm contain hill land?



If Yes, how long does it take to see or round up animals on these areas?

Everything from 10 minutes to a week!

Have you had an accident on your farm?





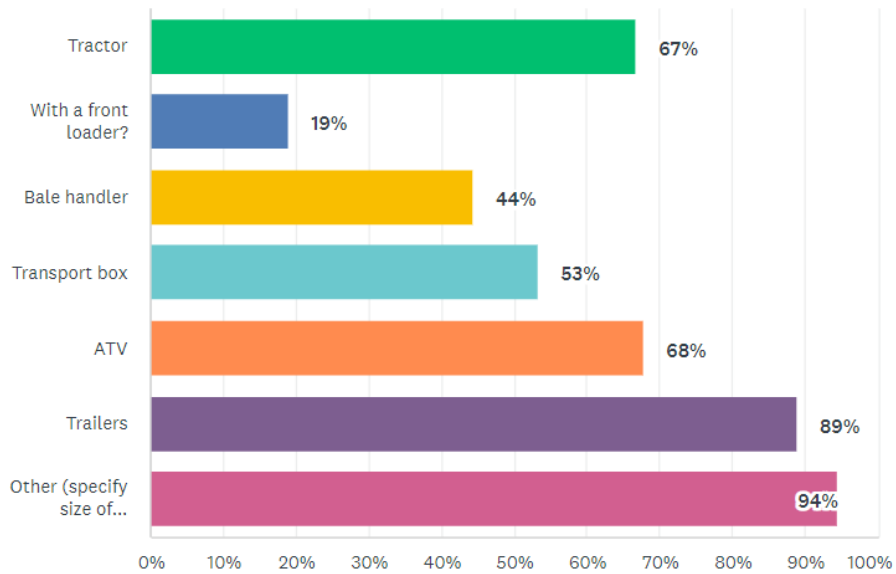
# Final Project Report

If yes (please specify)

Trips and falls nothing major	7
Broken ribs on quad	1
Lost top of finger with dog	1

What machinery do you use on the farm?

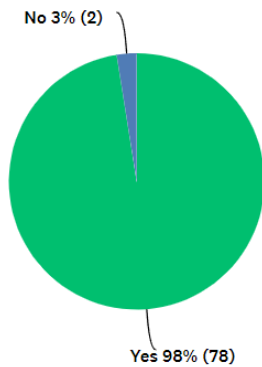
Answered: 90 Skipped: 5





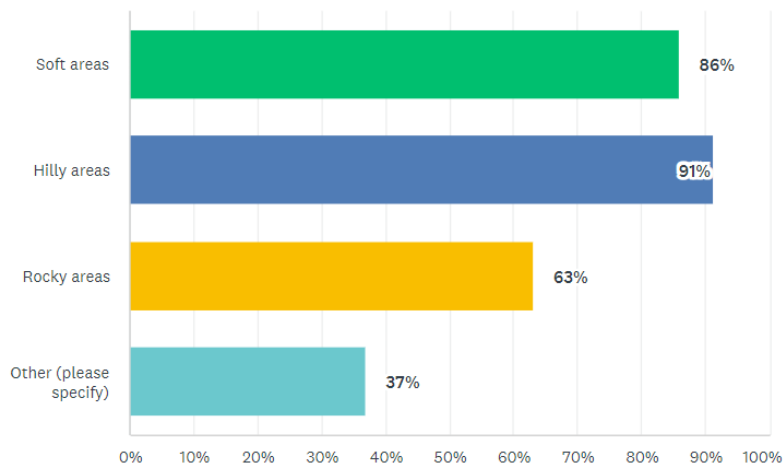
Do you complete a 5-minute check on your machinery to make sure it's safe before use?  
 Like... is the seat in good condition?

Answered: 80 Skipped: 15



What hazards are in the fields?

Answered: 92 Skipped: 3

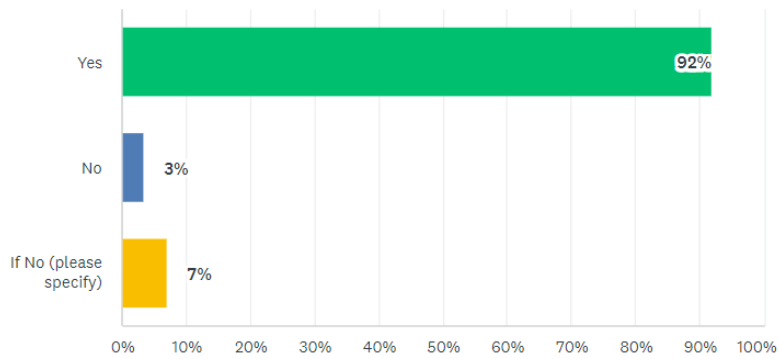




# Final Project Report

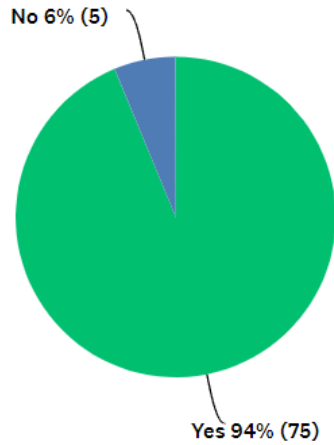
Is there safe access into your farm for ATV's and Tractor?

Answered: 86 Skipped: 9



Are lights on machinery clean and in good working order?

Answered: 80 Skipped: 15

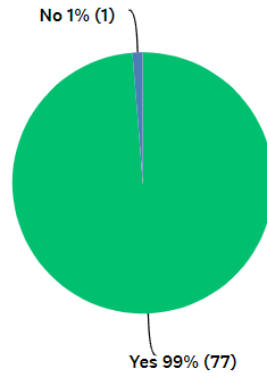




# Final Project Report

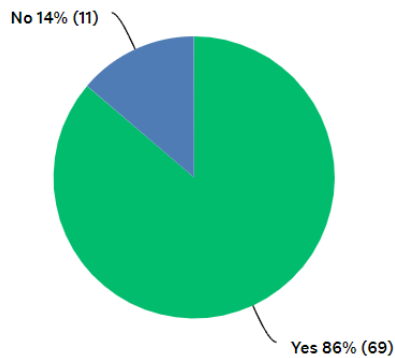
Does handbrake or parking brake work on all propelled machinery?

Answered: 78 Skipped: 17



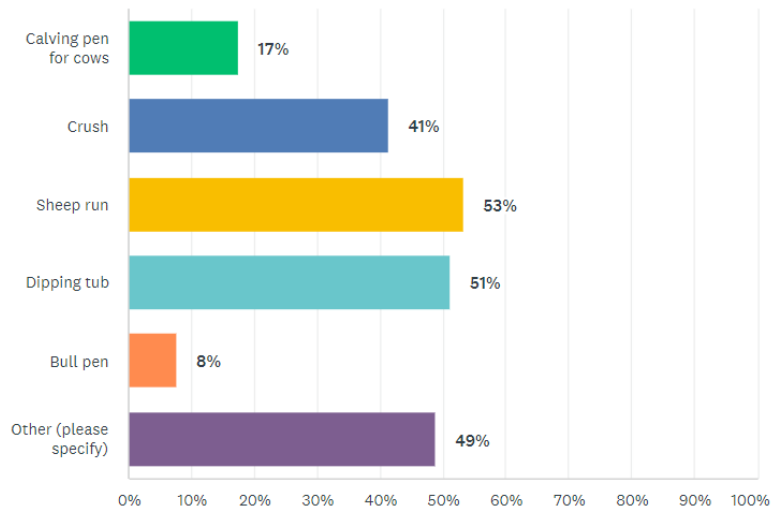
Do you remove the key when finished with your machine?

Answered: 80 Skipped: 15



## Do you have handling facilities for your animals?

Answered: 92 Skipped: 3



Other:

Pen = 19

Shed = 4

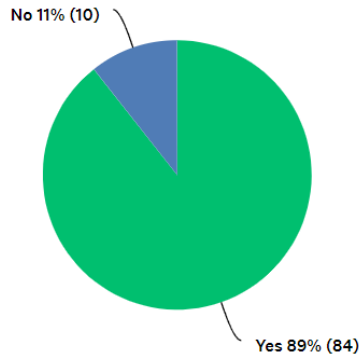
Run with gates = 7

Hurdles = 5



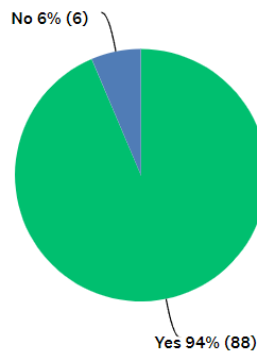
## Have you a separate storage for animal health products?

Answered: 94 Skipped: 1



## Do you always carry a mobile phone on you while working on the farm?

Answered: 94 Skipped: 1

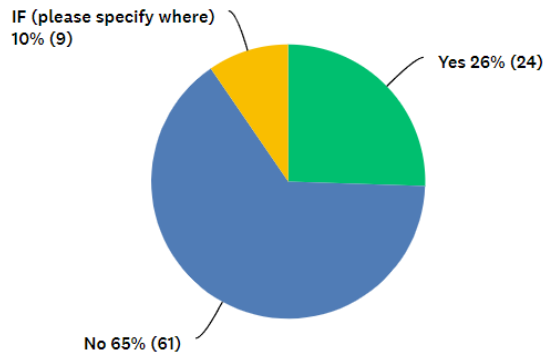




# Final Project Report

Are there mobile black spots on your land where there is no coverage?

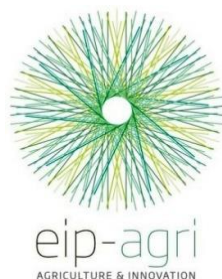
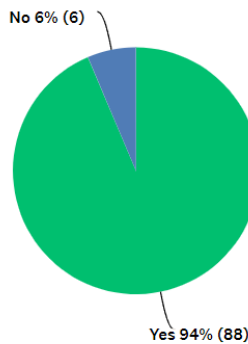
Answered: 94 Skipped: 1



Note: Most blackspots were on the hill / mountain

Do you have your vets number stored on your phone?

Answered: 94 Skipped: 1

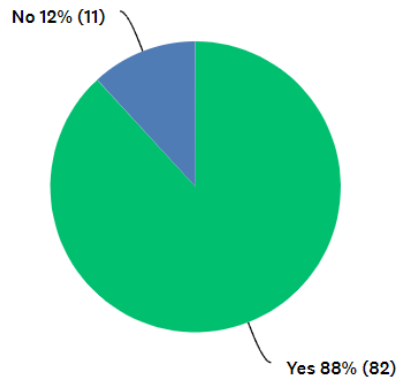




# Final Project Report

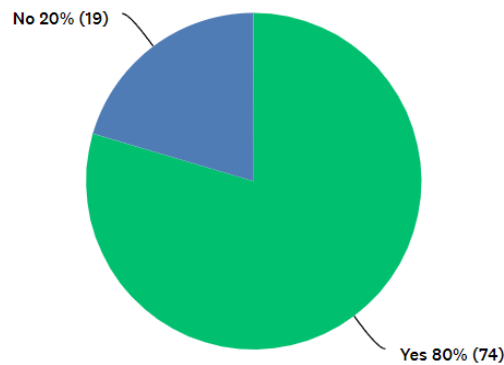
Do you have your doctors number stored on your phone in case of emergencies?

Answered: 93 Skipped: 2

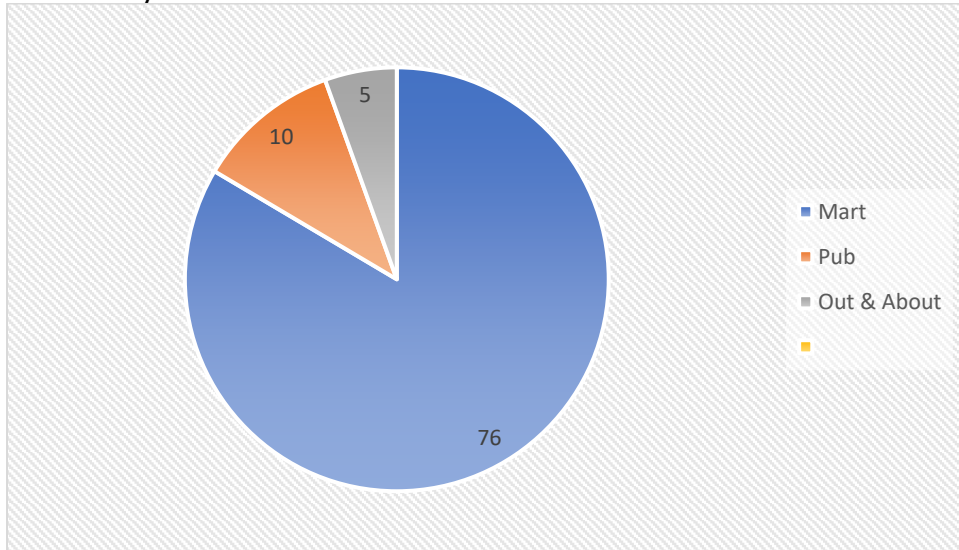


Do you get a health check with your doctor once a year?

Answered: 93 Skipped: 2

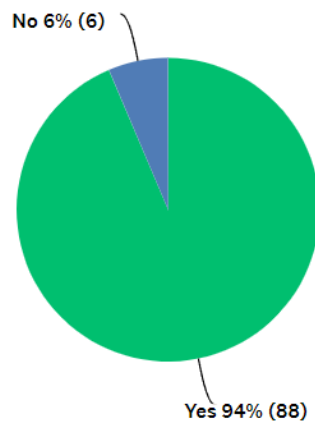


Where do you meet other farmers?



Would you meet other people outside the household more than once a week?

Answered: 94 Skipped: 1



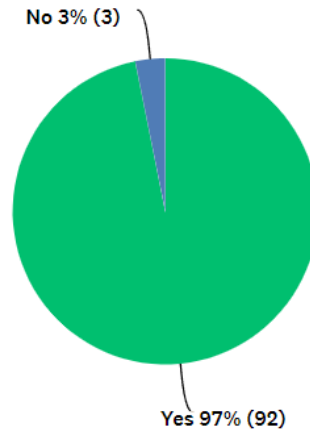




# Final Project Report

Do you enjoy attending events for farmers?

Answered: 95 Skipped: 0



Do you think that results-based payments where a farmer gets paid for completing tasks is effective?

Answered: 93 Skipped: 2

