



## Farmers4Safety – Managing Risk Together

### EIP-Agri Project

Final Project Report 2022/23





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## 1. Executive Summary

Farmers4Safety – Managing Risk Together EIP-Agri Project (F4S) <sup>1</sup> aims to highlight the essential role and value of the ‘peer-to-peer’ mentoring approach in tackling and improving the social standards around farm safety, health, and wellbeing. The project compiled a list of challenges and objectives it wished to tackle which comprised of those highlighted by the farming communities on the ground, and from previously identified findings. Additional challenges were added throughout the project which were identified by the six part-time farm mentors involved in this Farm Safety, Health, and Wellbeing EIP-Agri project through qualitative and quantitative data collection. This allowed for flexibility within the project to address concerns identified by its participants.

### 1.1. Project Objectives

Lead partner, Irish Rural Link (IRL)<sup>2</sup>, established the peer-to-peer mentoring concept as a viable and successful precedent based on results from a previous Farm Safety Mentor Programme<sup>3</sup>. This received positive acclaim and identified both challenges faced by farmers and possible solutions which could be adapted within other regions of the country. Furthermore, peer-to-peer mentoring has been recognised within the Seanad<sup>4</sup> which stated that “*researchers have discovered that when there is a facilitated peer engagement of farmers talking to farmers in a practical way focusing on an issue on an ongoing basis, it tends to lead to greater adoption of the code of practice*” (p. 169). This project aims to expand on these findings in three additional counties, Cork, Tipperary, and Wexford.

By using peer-to-peer mentoring as a core principle of the project, it will allow for effective engagement, communication and knowledge transfer throughout the farming communities identified. In addition, workshops, presentations, and talks will be hosted that are tailored to the needs identified within the focus areas. This farmer led approach has been highly valued by the participants in the previous programme and this project aims to expand upon it. Through successful delivery of this core principle, the project aims to achieve its objectives of raising awareness on farms regarding health, safety and wellbeing. In addition, the project aims to

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<sup>1</sup> F4S - Farmers4Safety – Managing Risk Together EIP-Agri Project.

<sup>2</sup> IRL – Irish Rural Link.

<sup>3</sup> Previous program – ‘Farmers Inspiring Farmers’, took place in 2013 and focused on four midlands counties. <sup>4</sup> Seanad Public Consultation Committee Report on Farm Safety (2015).



introduce the focus communities to practical ways of addressing the identified challenges and highlight the supports that are available.

## 1.2. Project Findings

Farmers and their families are aware of the challenges within their industry, but it is important they raise their base knowledge on these challenges and are mobilised in addressing them. Trained farm mentors collaborating with their peers can influence, assist and promote safer farming practices while directing their farming communities to the relevant supports and services that they may require. The peer-to-peer mentoring approach creates an environment for the farming community to feel comfortable in giving their views, opinions, and experiences to a peer, rather than an individual in a perceived position of authority. It allowed them to have that one-to-one conversation with their peer.

## 1.3. Key Learnings

Acknowledging the commitment, persistence, and passion of the mentors who participated in the project is essential, as the project could not have achieved success without their contribution. Furthermore, the willingness and high level of engagement from the participating communities cannot be understated either. Without their involvement, community led EIP projects, like F4S, simply do not succeed.

As a result of F4S engaging with the diverse intercounty farming communities, the commonalities and differences were highlighted to the project team and allowed them to adopt changes to make the farmyard a safer place to live, work and visit. A set of recommendations have been identified to enhance and address the customary beliefs and behaviours concerning safety, health, and wellness on farms, as well as to alleviate hazards and address incidence in the agricultural industry.

## 1.4. Recommendations

F4S suggests incorporating their peer-to-peer mentoring approach into the Rural Social Scheme (RSS)<sup>4</sup> as a means of addressing safety, health, and wellness issues in Irish Agriculture. The 7 key recommendations are as follows:

- A Safety Certificate specific to farm safety, health, and wellbeing should be introduced. This Certificate could be similar to and as successful as the FAS Safe Pass in the construction industry. This would include both theory and practical and should be carried out on the farm. On passing the Continuing Development Programme (CDP)<sup>5</sup>, an additional payment would be added to their Basic Income Support for Sustainability

<sup>4</sup> RSS- Rural Social Scheme.

<sup>5</sup> CDP- Continuing Development Programme.



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(BISS)<sup>6</sup>. In particular, a focus should be applied to ensuring all tractor operators aged 16+ require certification to operate farm machinery, particularly when under employment.

- Establish improved unified governance. It is crucial to collaborate, build capacity, and engage effectively with both farming communities and organisations. This entails sharing knowledge with each farm group and organisation to foster exchange and cooperation.
- Farmyard education needs to be a core method of delivery. This offers greater advantages and applicability to farmers and their families, as they respond more positively to learning within the farm space, rather than in a traditional classroom setting.
- The Code of Practice Risk Assessment Document needs revision to allow for a more hands-on tool that the farming community can utilise on a regular basis, rather than completing the document prior to inspections.
- Raise the level of awareness for farm health and safety measures at Agricultural events, promoting the health and safety guidelines issued from DAFM<sup>7</sup> and the HSA<sup>9</sup>.
- Create a network specifically for senior farmers, retired farmers, or similar.
- Provide health and safety guidance for individuals ages 12 and above.

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<sup>6</sup> BISS- Basic Income Support for Sustainability.

<sup>7</sup> Department of Agriculture Food, and the Marine.

<sup>9</sup> Health and Safety Authority.



Prepared by project co-ordinator | Niamh Nolan



## 2. Introduction

F4S project, which is part of the EIP-Agri initiative, aims to encourage a positive attitude towards farm safety by promoting behavioural changes and addressing social norms surrounding farm safety, health, and well-being. F4S utilises a peer-to-peer mentoring approach that has been successfully implemented in various sectors, including farming. IRL leads the project in partnership with the BRIDE<sup>8</sup> project, the Duncannon Blue Flag Farming & Communities Scheme, the New Futures Farming Group, and the HSA, this was focused in counties Cork, Tipperary, and Wexford, which were selected due to the high incidence rate of farm fatalities within these communities (see fig.1).

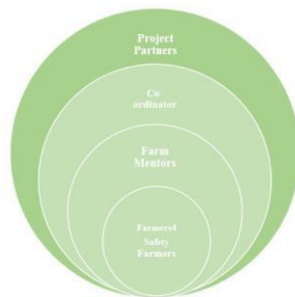


Fig.1

According to HSA figures from 2011 to 2020<sup>9</sup>, there have been 208 fatalities on Irish farms, with 45% of these fatalities involving individuals aged 65 and over, and 10% involving children. Between 2012 and 2021<sup>10</sup>, Cork, Tipperary, and Wexford experienced a combined total of 73 farm fatalities caused by triggers such as tractors and machinery, falls from heights, livestock, falling objects, and drowning. In 2022<sup>11</sup>, one agricultural fatality occurred in each of the three catchment areas involving individuals over 55 years old and caused by one of the incidents above. These figures highlight the need for a long-term approach, including the implementation of peer-to-peer mentoring on a nationwide scale, to prevent fatalities and injuries on the farm and within farming communities. This aims to establish new social norms surrounding farm safety, health, and wellbeing.

The HSA plays a significant role in promoting health and safety practices in the agricultural industry and offers a range of resources to farming enterprises to improve their knowledge, skills, and research in this area. The HSA's involvement in the F4S project has been critical and valuable.

As part of the F4S project, Farm Safety workshops and talks were conducted, which were tailored to the needs of the farming communities in the catchment areas. The mentors selected

<sup>8</sup> BRIDE – Biodiversity Regeneration In a Dairying Environment.

<sup>9</sup> [A Review of Work-Related Fatalities in Agriculture in Ireland 2011-2020 \(hsa.ie\)](#)

<sup>10</sup> [Home - Health and Safety Authority \(hsa.ie\)](#)

<sup>11</sup> [Fatal Injury - Health and Safety Authority \(hsa.ie\)](#)



from the target communities (see appendices 18) devised a specific outreach programme for each of the three counties and established a peer-to-peer buddy system providing one-to-one meetings with farmers to assess their needs and their available resources for implementing farm safety measures.

This process helped to determine the existing farming culture and social norms within the three counties with identifying the strengths, weaknesses, and deficits in tackling the increasing numbers of farm incidents. Additionally, the project team engaged with stakeholders, including technological companies such as Corballis Consulting Limited to research farm safety applications, evaluate the standards of current Safety Statements<sup>12</sup>, Code of Practice Risk Assessment Documents<sup>15</sup>, and Ireland's Farm Safety Interventions. This was done for the purpose of evaluating the implementation of the standards based on the current documents. The team also held discussions with former mentors who participated in the previous 'Farmers Inspiring Farmers' programme in 2013 and completed a 2-day Trainer Skills Programme focused on farm safety with F4S.

The project team undertook training from the HSA to ensure they had the up-to-date information for dissemination on farm safety measures and the repercussions of noncompliance with health and safety law. They were also educated on the crucial role of Farm Safety Statements and Code of Practice Risk Assessment Documents on farms and how to complete them. The team also arranged training from Gun Safety, Getting Citizens Online, Farm Relief Services (FRS)<sup>16</sup> Mental Health Ireland, and AgriKids. This was done to provide a more comprehensive understanding of the challenges faced and provide the mentors with the necessary tools to deliver a comprehensive mentorship service.

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<sup>12</sup> [Farm Safety Code of Practice - Risk Assessment Document - Health and Safety Authority \(hsa.ie\)](#) <sup>15</sup> [Safety Statement and Risk Assessment - Health and Safety Authority \(hsa.ie\)](#) <sup>16</sup> FRS - Farm Relief Services.





Fig. 2

### 3. Project Methodology

F4S aims to improve farm safety in Ireland by adopting a peer-to-peer mentoring approach based on implementations focused in three counties. The project is led by IRL in partnership with other organisations and institutions, and it focuses on three catchment areas with a high incidence of farm fatalities in the country. Teddlie and Tashakkori<sup>13</sup> presented statistics from the HSA regarding farm fatalities in Ireland, which highlight the need for a long-term approach to prevent the number of fatalities and injuries occurring on farms.

The methodology undertaken was a mixed method approach based on both quantitative and qualitative data analysis for the purposes of gaining a better insight into the current practices, concerns, needs and challenges farmers and farm families face when addressing farm safety, health and wellbeing.

This was achieved by:

- Establishing a network.
- Training farm mentors in the three counties.
- Forming a farm safety monitoring group.
- Developing practical instruments (see appendices 15 and 16) to make it easy for farmers to complete their farm safety statements. □ Creating a buddy system for farmers.

The project also researched farm safety applications with technical companies to identify how technology and innovations, such as remote surveillance and app development, can be used to address farm safety and record keeping.

<sup>13</sup> Teddlie and Tashakkori (2011) Mixed Methods Research, p. 285.



The F4S project team conducted qualitative data gathering by interacting with farmers and farm families, partners, and service providers in their own settings.

This was achieved by:

- Attending agricultural shows and events.
- Participating in discussion groups. □ Conducting talks and workshops.
- Having one-on-one conversations.

Through these activities, the project team were able to build relationships with the farming communities and acquire an understanding of the obstacles, concerns, and needs encountered when establishing or improving farm safety, health, and wellbeing practices.

The engagement process with the farming communities included a variety of approaches such as descriptive, storytelling, opinion, structural and contrast questions<sup>14</sup>. This variety of approaches highlighted the multiple kinds of data, insights, and advantages that this project was able to generate.

The quantitative data was carried out at the beginning of the project in three phases to help identify the farming community's attitudes and behaviours towards farm safety, health and wellbeing.

The F4S project team also carried out Post-Evaluation and Attitudinal Survey (see appendices 11) for farmers towards the latter end of the project for the purposes of assessing any changes in perspective and/or behaviour since becoming involved in the project. This was compared to the Pre-Evaluation Survey (see appendices 4) referenced to below.

These surveys measured the attitudes and behaviours of participants towards farm safety, health, and wellbeing, recording any positive or negative changes resulting from participation in the project to be put forward for recommendations.

To highlight the value of farmer-led bottom-up approaches in altering farming communities' attitudes and behaviours towards farm safety, health and wellbeing, Blokland and Gouet highlight how peer-to-peer approaches '*brings colleagues together in a way that reflects the principles of popular education and can be better to understood as intervision, rather than formal one-way advice.*'<sup>15</sup> This indicates the importance of the farming communities collaborating, exchanging ideas and experiences with their peers. It also highlights the impact of creating a colearning environment among the focus communities to gain greater insight and mobilise innovative ideas in addressing farm safety, health and wellbeing.

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<sup>14</sup> Dunn, K. (2016) Interviewing. in Hay, I. (ed) Qualitative research methods in human geography. Fourth Edition, pp. 149-188.

<sup>15</sup> Blokland, K., Gouet, C. (2007) 'Peer-to-peer farmer support for economic development.' (p. 73).



### 3.1. Baseline Data

This research method highlights the opportunities and challenges encountered by participating farming communities in addressing farm safety, health, and wellbeing. It provides a thorough analysis of the existing best practices, difficulties faced, and opportunities for improvement that farmers and their families encounter while implementing safe farm practices. F4S utilised a **twofold** process to gather all relevant research.

1. The research involved carrying out desk-based research on the farming communities in the catchment areas which included:
  - The number of farm fatalities/injuries in the counties.
  - The previous farm safety mentoring project in 2013, and its impact and value.
  - Identify the potential 6-part time farm mentors to roll out this project in the catchment areas.

The desk-based research highlighted that:

- Agriculture in Ireland has an ageing workforce with the average age of an Irish farmer now standing at fifty-seven.
- It also identified that farmers are seven times more likely to suffer a workplace fatal injury than those working in the general working population.
- A large proportion of fatal workplace accidents occur in Agriculture, even though a small proportion of the workforce are employed in farming.
- The age profile of those killed is of serious concern.
- The old and the young are particularly vulnerable to death and serious injury on Irish farms.

This highlights the need and demand for a long-term peer-to-peer mentor approach to be up scaled to address farm safety, health and wellbeing while reducing the number of fatalities/injuries on our farms.

2. The second phase was the pre-evaluation and attitudinal survey, which was carried out by all stakeholders. These surveys evaluated the attitudes and behaviours of all who visit, reside, and work on the farm, for the purposes of gaining a better understanding of the existing approaches towards farm safety, health, and wellbeing.

The pre-evaluation and attitudinal survey received **152** responses from the participating farming communities. In addition, a further **28** attitudinal responses were received from service providers and **52** attitudinal responses from partners. These Attitudinal Surveys acted as a benchmark for the project to gauge the long-term effects of the initiative.



### 3.2. Case Studies

The project team have highlighted the following case studies to demonstrate the practical impact of peer-to-peer mentor approaches in improving farm safety, health, and wellbeing. These case studies showcase the value of creating a co-learning environment among the focus communities.

#### *Case Study 1: The impact of F4S on a farm family.*

There was a family with young children who participated in the survey who really struggled to juggle family time and farm work. The family had not taken a meaningful holiday in several years. After realising this because of engaging with the F4S they made a big effort to have a proper family holiday this year and succeeded.

#### *Case Study 2: Importance of creating a co-learning environment.*

The F4S team coordinated a farm safety inspector demonstration on a farmyard. The participants on the day were divided into four groups each given four different themes to focus on while out on the farm. While engaging with different groups many farmers were learning from each other of the diverse ways they could be safer on the farm. One farmer in particular was going to copy what the farmer had done in relation to making his animal handling section safer for him and his family when dosing the stock. The farmer who had the demonstration on his farm also became more knowledgeable of the grant available to him for his dairy parlour as the system he had in place was a high risk. The Farm Safety Inspector disseminated the information to the farmer on how he could avail of the financial supports from the provider in order to alter the parlour to a safer working manner.

#### *Case Study 3: The influence of F4S on the mentors.*

Two of the mentors involved in the F4S have expressed interest in expanding their knowledge in relation to farm safety, health and wellbeing. One of the mentors is particularly interested in Mental Health Training, e.g. WRAP<sup>16</sup>, and another mentor is keenly interested in expanding their knowledge on farm safety. The mentor is hoping to complete a Health and Safety degree. Both have been engaging and communicating with relevant stakeholders who they have engaged with throughout the F4S training.

### 3.3. Data Collection/Analysis

The surveys contained a combination of open and closed-ended questions, multiple choice answers, and an option for respondents to comment<sup>17</sup>. The diverse wording of the questions allowed for subjective views and experiences faced by respondents when changing cultural norms around farm safety, health, and wellbeing. The post-evaluation and attitudinal surveys were designed based on the results of the pre-evaluation process which determined if there were any modifications in opinions and/or behaviours towards farm safety, health, and wellbeing during the entire duration of the Farm Safety, Health, and Wellbeing EIP-Agri Project.

<sup>16</sup> WRAP- Wellness Recovery Action Plan.

<sup>17</sup> 'the door for respondents to interpret and answer the questions in different ways' (Dillman et al., 2014, p. 167).



The quantitative data was collected and analysed through Survey Monkey and Google Forms. The responses from the surveys were categorised and discussed with the project team, the Farm Safety Network, and other stakeholders, to help identify diverse ways to address the challenges that farmers and farm families faced. The results and analysis of the surveys were shared through county specific WhatsApp groups, social media platforms, and hard copies that were circulated by the farm mentors. The farm mentors achieved this through visits and follow-ups, attending events, talks, workshops, and shows. Analysing and clarifying the data helped the project team identify the commonalities and differences between the farming communities between each county when addressing farm safety, health, and wellbeing. All GDPR rules and guidelines were adhered to during the survey process.

The qualitative and quantitative data collected throughout the project allowed participants to use their own words and vernacular<sup>18</sup> to describe their experiences and perceptions when improving social norms around farm safety, health, and wellbeing. This approach allowed for a better understanding of the population and their experiences working in the agricultural sector.

### **3.4. Training**

To implement the F4S project in the catchment areas a training needs analysis was conducted. Based on the results of the analysis, the project defined training standards and provided the six mentors with suitable skills necessary to carry out their roles. Each of the mentors come from diverse farming backgrounds and this training added to the abundant amount of knowledge and experience they brought to the project.

The project coordinator was a valuable source of support for the mentors throughout their work, and identified further trainings they would benefit from when needed. The project team has held in excess of 20 meetings with the mentors, both as a group and individually over a variety of communication channels. These meetings addressed any queries, concerns, or questions they had regarding the project. During the group meetings, the project team discussed the project's goals, objectives, and outcomes, as well as the mentors' roles and responsibilities.

As part of the mentors training delivery, they interacted with farmers and farm families throughout the project. One key mechanism used was a buddy system. This buddy system was designed to evaluate the needs and resources available to farmers and their families for the implementation of farm safety measures. Both mentors and participants received inductions in this peer-to-peer programme.

All of the above training and supports added to the mentor's previous experiences and allowed them to gain the adequate information to carry out this project on the ground and to make a

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<sup>18</sup> Definition: 'the language or vocabulary peculiar to a class or profession.'



difference to the lives of their farming communities, by highlighting the diverse ways to enhance farm safety and the importance of looking after one's own emotional wellbeing.

### 3.4. Key Performance Indicators (KPI's)

The F4S project recruited six part-time farm mentors from diverse farming backgrounds to implement the project in the focus areas. These mentors were selected based on their high level of industry knowledge and experience and were provided with suitable training to acquire the necessary skills for carrying out the project.

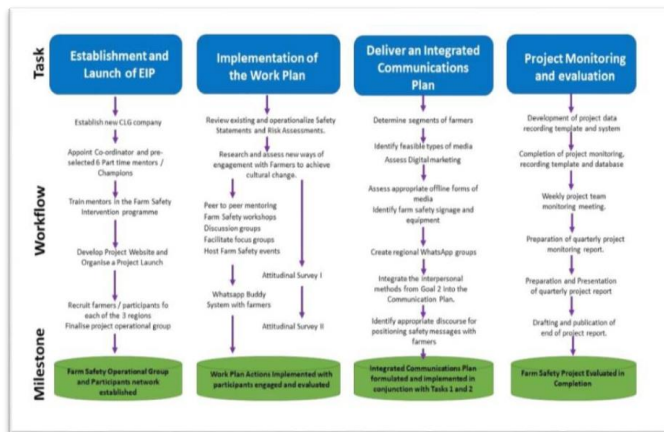


Fig. 3

The project coordinator provided valuable support to the mentors throughout their work, additionally, the mentors identified other training opportunities of interest to the participants. The project management held meetings with the mentors, both as a group and individually, to address any concerns or questions they had regarding the project, and to relay in-depth feedback from the participants. The project team also interacted with farmers and farm families through events, workshops, and the buddy system designed to evaluate the needs and highlight the resources available relating to farm safety.

All these sessions added to the mentors' previous experiences and provided them with advantageous information to make a difference in the farming communities. Examples included highlighting diverse ways to enhance farm safety and raising awareness on the importance of emotional wellbeing.

The F4S project set out to deliver on launching the project: execute work plans, implement an integrated communications plan, and establish a monitoring and evaluation framework. Tools used to assist delivery were as follows:

- Statements/code of practice risk assessment documents.
- Exploring novel methods of engaging with farming communities.
- Conducting Attitudinal Surveys, I and II.





The F4S project team also attended and participated in 8 agricultural shows and events, and 7 presentations to expand the network on the ground in the catchment areas while raising awareness of farm safety, health and wellbeing.

F4S featured in 12 articles on local and national newspapers and participated on 8 radio interviews. These articles and interviews targeted farming communities who lived in hard-to-reach areas, or those who did not engage online.

The project increased its online profile through a project website and by actively engaging on social media platforms such as Facebook, Twitter and Instagram. Utilising these online platforms allowed for the expansion of the network on the ground along with updating the wider community on the findings from the project.

F4S have reached:

Facebook	-	472 followers. 89, 864 page reaches.
Twitter	-	221 followers. 19, 406 profile visits. 213 mentions, 57, 643 impressions.
Instagram	-	128 followers.
F4S Website	-	1,585 users, 2, 837 views.
WhatsApp	-	116 participants involved in the chat.

This Farm Safety Network, which primarily used the peer-to-peer programme (Buddy System), allowed the farm mentors and network to share information and signpost each other to relevant organisations and support available. They also assisted each other completing jobs on the farm during busy working periods.

The findings from the F4S project were published and circulated as both hard copies and through all online platforms (Project Website, Twitter, Facebook and Instagram). The hard copies were distributed throughout the project network and at agricultural events. The F4S project team also circulated the findings on the projects regional WhatsApp groups along with other discussion groups. All of the findings from the Attitudinal surveys I and II were analysed and categorised, and copies of the publications can be found in the appendices section (see appendices 13 and 14) and on the projects website [www.farmers4safety.ie](http://www.farmers4safety.ie).

The knowledge gained from interacting with the farming communities in the catchment areas was disseminated to the Operational and Steering Group from the project via Google Drive. Additionally, it was presented to the Farm Health and Safety Module in the BSc (Hons) Sustainable Farm Management and Agribusiness program at South East Technological University, Wexford. This collaboration allowed the students to gain valuable insights into the limitations and potential opportunities the farming community face when tackling and improving the social norms around farm safety, health and wellbeing.





#### 4.1. Mentor Team

The team of mentors were central to implementing this Farm Safety, Health and Wellbeing EIP-Agri project in the catchment areas.

The role of the mentors involved in F4S included:

- Visiting farmers at their place of work, exchanging knowledge.
- Assisting farmers to complete the Code of Practice Risk Assessment Document.
- Signposting the focus communities to the relevant supports and services.
- Hosting farm safety, health and wellbeing events.
- Creating a regional WhatsApp group allowing famers to ask for assistance when completing high risk jobs (Buddy System).

The mentors also collaborated with the farming communities in the project areas to better understand the challenges faced on the ground when addressing farm safety, health and wellbeing.

All of the information and findings gathered under the initial step mentioned above, forms the basis for all of the work produced by this project.

#### Project Mentors:



##### **Cork Mentor, Ned Kearney.**

Ned's background is in dairy farming and he is currently relief milking 160 cows in Dungarvan, Co. Waterford. He was a dairy and beef farmer in Cork. The farm was also in the REPS Scheme and in 1996 he won the Waterford Foods Milk Quality Award. He then took up a position with Blackwater LEADER

Development as their Rural Social Scheme Officer in 2005. He now owns a small farm in Dungarvan where he keeps Broodmares for thoroughbred breeding.



##### **Wexford Mentor, Paddy O'Brien.**

Paddy was brought up on a farm and is currently farming Calf to beef, a bit of tillage (barley) catch crop and hogget's. He has been involved in farming most of his life as it was his father's. Paddy has a lot of experience in changes in farming over the years.



**Tipperary Mentor, Tommy Tierney.**

Tommy is based in South Tipperary and has been farming the family farm for over twenty years in partnership with his parents. He is also a qualified plumber and works part time in the family plumbing business. Tommy specialises in Regenerative Farming and Arable Farming. He has a keen interest in moving away from pesticides towards a regenerative approach to farming.



**Tipperary Mentor, Mary Oakley.**

Mary has fond memories of growing up on a farm where neighbours helped each other, family and friends just rambled in to visit. This sense of community and love of farming and country life stayed with her. She has always been involved in farming in one way or another while she worked for a large agricultural organisation to later working on a dairy farm while raising her three children.



**Cork Mentor, John Murphy.**

John lived abroad for many years but came home in 2013 to take over the family dairy farm when his parents retired. He still runs a small Friesian dairy herd with his family. They diversified the farm activities to generate more income. Now they run Kildinan Preschool on the farm, as well as hosting paid placements through Social Farming Ireland, and the farm is also involved in the Bride Project agri-environment scheme. He also partners with another local farmer to offer a bale silage contracting service in his local area.



**Wexford Mentor, Bernie Keane.**

Our second Wexford mentor was brought up on a farm with a lifetime's exposure to beef, dairy and tillage and now farms part-time following degreelevel and Green Cert studies over the years. Also worked full-time in industry

for 20 years. Also has a keen interest in agri-diversification.

#### 4.2. Delivered Elements

- A network of trained farm mentors in three counties that comprised of individuals involved in farming on a part-time or full-time basis.



- Formed a network that established a farm safety monitoring group in each county which reached participant farming communities directly through farm safety forums, knowledge transfer discussion groups, and rural and farm organisations.
- Developed practical instruments that made it easy for farmers to complete their farm safety statements and ensured that they are sustained as an active priority in the overall farm plan.
- Developed and delivered a farm safety communication plans.
- Utilised existing organisations and networks to maximize the reach of the project and further aid project dissemination.
- Researched farm safety applications with tech companies to identify how technology can be used to address farm safety and record keeping.
- Created a buddy system for farmers visiting each other, identified improvements and solutions and also assisted each other when safety critical work is being done.
- Researched the sustainability of the project for long term and replicable for other areas.
- Achieved attitudinal change within farmers and farm families that participated in the project.

By utilising the peer-to-peer approach, it effectively engaged with farmer's and their families on the ground and has proven to be the potential to act as a catalyst tackling social norms surrounding farm safety, health, and wellbeing. This approach is the most cost-effective method in addressing and improving farm safety, health and wellbeing in the catchment areas along with running low-cost training and sharing knowledge with farming communities. This peer-to-peer model has also been recognised for its value in addressing farm safety, health and wellbeing by other farming organisations, such as: Health and Safety Authority, Teagasc, AgriKids, Mental Health Ireland, Embrace Farm etc.

### 4.3. Publications

The F4S project collaborated with Alma Jordan from AgriKids and carried out a Farm Safety Sticker Competition. The competition helped raise awareness of farm safety, health and wellbeing and its importance when working, living and visiting farms.



Fig. 6



The Stick2Safety #FarmSafety Competition received over 200 entries along with the sticker F4S and AgriKids received inspirational write ups from the entrants about what farm safety, health and wellbeing mean to them. This competition was also nominated for the Rural Inspirational Awards. Click [here](#) for further details on the competition.

F4S project also collaborated with Development Officer Finola Colgan from Mental Health Ireland publishing three leaflets which included tips to maintaining your wellbeing along with highlighting the supports and services available to the farming communities. These publications can be seen in the appendices (see appendices 8 and 10) or can be viewed on our project website [www.farmers4safety.ie](http://www.farmers4safety.ie).

The project was also involved in Farm Safety Week, which ran from the 18<sup>th</sup> to the 22<sup>nd</sup> of July, 2022. The F4S project highlighted messages, reminders, advice, tips and information about the project which related with each daily theme. More information about this collaboration can be viewed [here](#).

F4S also teamed up with the HSA to create and design checklists for farmer's and their families to become more compliant with farm safety. The checklists can be accessed [here](#) or in the appendices section (see appendices 15 and 16).

#### 4.4. Events in the Project Areas

The F4S project team organised events covering topics that were identified by the mentors and their farm safety network based on the needs of the community. The mentors used the buddy system and regional WhatsApp groups to communicate with their network and determine the most relevant topics for discussion.



Fig. 7 Fig. 8

The first organised event was in Gurteen Agricultural College. The event included speakers Michael Cogavin, Health and Safety Lecturer from Gurteen Agricultural College and Declan Troy from the Fire service/Medical Ambulance Service in Cloughjordan. There were over 20 in attendance on the day. The event tailored to the farming communities needs involved in the project within the Tipperary region.



Fig. 9.

F4S's second event took place in Ballynoe in County Cork. This event included a talk from a Community Nurse about mental health and wellbeing issues that are associated with the Agricultural sector along with identifying the supports and services available to them. It was then followed by a talk from AgriGuardian who gave a presentation on an app which was specifically designed to help raise awareness on the different hazards within the farm. The app also included a feature which would sound an alarm when entering a risk zone on the farm. The event concluded with a Health and Safety Inspector conducting focus group discussions dividing the attendees into groups which focused on different themes on the farmyard, such as: animal handling facilities, buildings, and machinery. There were over 20 in attendance on the day.

Our third event took place in Wellingtonbridge, County Wexford. This talk began with a First Aid instructor highlighting the importance of having an adequate farm specific first aid kit. He outlined what to do if an incident was to occur on the farm and how to use first-aid equipment correctly in such an event. This talk was then followed by a Health and Safety presentation which highlighted statistics and facts in relation to farm incidents. All the events in the catchment areas were tailored to the needs and concerns identified by the six mentors and their networks when addressing farm safety, health and wellbeing.

The project coordinator and the six mentors were given the opportunity to meet with Martin Heydon, Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at DAFM. This successful meeting was used to discuss their findings from effective engagement with the farming communities, to tackling and improving the social norms around farm safety, health and wellbeing.

F4S project also attended and participated in a workshop on Gender Equalities in rural areas workshop in Andolsheim, France. The workshop concentrated on the vital role gender equalities play in rural communities and Agriculture.

The project coordinator and one of the farm mentors also participated in the EIP-Agri Conference sharing their 'On the Ground Experiences' from the project and what worked well in the catchment areas in addressing farm safety, health and wellbeing focusing on the value and impact of adopting a peer-to-peer mentor approach.



#### 4.5. Farmers4Safety - End of Project Conference

The F4S project team coordinated the 'End of Project' conference on Thursday the 2<sup>nd</sup> of March in the Talbot Hotel, Clonmel to showcase and disseminate the results gained through implementing their peer-to-peer mentor approach. The conference began by launching a farm safety song 'When You're Working on the Farm.'



Fig 10

#### Rosegreen National School

The song was created by the F4S project team to encourage and raise awareness of farm safety, health and wellbeing and was delivered by Rosegreen National School on the day. It is hoped that relevant organisations will utilise the song in the future to bring attention to the dangers linked with farming. The recording of the song can be found [here](#).



The conference was officially opened by Martin Heydon, Minister of State with responsibility for Research and Development, Farm Safety, and New Market Development. He indicated the value of peer-to-peer mentoring approaches in addressing farm safety, health and wellbeing. He also emphasised the biggest asset on the farm are the farmers themselves. He thanked the F4S project team for all of their work and findings from engaging with the farming communities in counties Cork, Tipperary and Wexford.



Fig 11

The F4S project co-ordinator, Niamh Nolan followed with a presentation on the project, its findings and learnings from engaging with the focus communities in the catchment areas. All of the results which were disseminated throughout the project along with the survey responses were showcased through infographics and can be seen in the appendices section (see appendices 17) or by clicking [here](#).



Fig 14





Following on from the project co-ordinator, the conference held two panel discussions. The first panel included the five mentors. The mentors discussed the value of adopting the peer-to-peer mentor approach while also sharing their experiences and insights from engaging with the farming communities in the catchment regions. They also highlighted the innovative ideas that the project carried out, the challenges they experienced along with the lessons learned.



Fig 13

The second panel chaired by Seamus Boland, CEO of IRL, highlighted the importance of collaboration and capacity building among relevant organisations and communities. The panel included Pat Griffin, Senior Inspector for Agriculture, Forestry and Fishing from the HSA, Finola Colgan, Development Officer for Mental Health Ireland and John Canny, agricultural inspector from DAFM. This panel discussed the influence of F4S, its findings and learnings and how these can impact their organisations and other relevant stakeholders.



Fig 14





The conference was then closed by Seamus Boland, who passionately spoke about the importance of peer-to-peer mentoring and its value in tackling and improving the social norms around farm safety, health and wellbeing. He went on further to talk about this project and how it has become a seminal piece in addressing these challenges faced, and hoped it would establish a precedent for future similar projects.

For more information on the Conference and the Farm Safety Song click [here](#).



Fig 15

## 5. Findings

The F4S project, which is part of the EIP-Agri programme, has conducted an assessment of farmers and farm families' attitudes and behaviours towards farm safety, health, and wellbeing. The assessment also identified gaps in service provision in relation to these areas and examined the current mechanisms that exist within the sector.



The project team recognises the need for a collaborative and governance approach to address the specific needs and concerns of farming communities. To achieve this, they have engaged and collaborated with these diverse communities and other farming organisations to ensure that what is rolled out on the ground is relevant to the farming community itself and meets their needs and concerns.

The team assisted, supported, and signposted farmers and farm families by tailoring workshops and events to their specific needs and concerns, while changing the culture in terms of safer working practices. This project exchanged knowledge and mobilised innovation among farming communities in the project areas, farming organisations, farming communities in other counties, and those in professional bodies. Evidence of this is mentioned by O'Connor<sup>19</sup> emphasised the value of peer-to-peer learning and how it has positive effects on work-related safety and health behaviours in isolated and high-risk occupations, such as farming.

The project team has also designed a range of publications, such as: project newsletters, leaflets, survey analyses, Five Ways to Wellbeing and the Mind, Body, Safety Matters Leaflets with Mental Health Ireland, Daily and Monthly Checklists with the Health and Safety Authority, and the Stick2Safety #FarmSafety Sticker Competition with AgriKids. These publications were shared and distributed to relevant stakeholders, including farmers and farm families through all platforms. All these publications can be found in the appendices section or on [www.farmers4safety.ie](http://www.farmers4safety.ie).

## 5.1. Project Impact

The project team conducted 330 surveys across the catchment areas and identified challenges and possibilities that farmers and farm families face when addressing and enhancing social norms related to farm safety, health, and wellbeing. Infographics that illustrate the most significant survey responses can be found in the appendices section (see appendices 17) or by clicking [here](#). Attitudinal Survey I involved 56 responses from Cork, 38 from Wexford, and 58 from Tipperary. The survey participants' age bracket included:

- 5 respondents - 18-24
- 22 respondents - 25-39
- 75 respondents - 40-60
- 50 respondents - 60+

Their farming enterprises included 55 from dry stock, 13 from sucklers, 49 from dairy, 24 from tillage, 3 from sheep, 2 from equine, 2 from forestry, and 4 from horses/horse breeding.

The pre-evaluation and attitudinal survey for farmers and farm families showed that 54% regularly take time off from the farm, 40% rarely take time off, and 6% never take time off from the farm.

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<sup>19</sup> O'Connor et al. (2022) 'Safer tomorrow: Irish dairy farmers' self-perception of their farm safety Practices,' (p. 451).

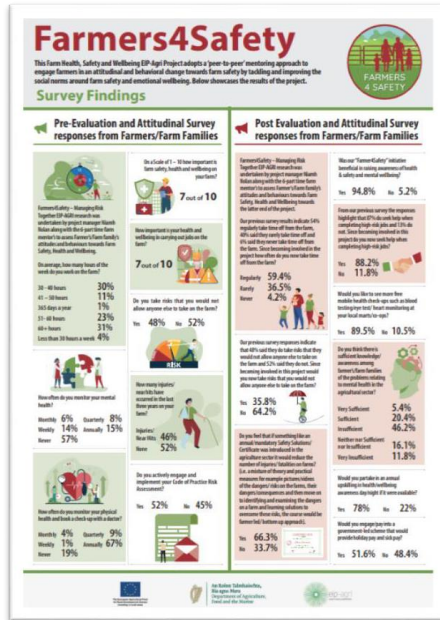


Fig. 16

In the post-evaluation and attitudinal survey, this increased to 59.4% who said they regularly take time off. Notably, the number of those who said they never take time off dropped to 4.2%. This indicates a shift in the mindset of participants involved.

The pre-evaluation and attitudinal survey also showed that 48% of farmers and farm families take risks that they would not allow anyone else to take on the farm. In the second survey, this had dropped to 35.8%. This indicates a change in attitudes and behaviours towards taking risks on the farm with a drop of 12.2% after peer-to-peer mentoring.

The survey highlighted that 87% of farmers and farm families seek help when completing highrisk jobs. In the post-evaluation and attitudinal survey, this number increased slightly to 88.2%.

Over half of the participants that took part in the survey (51.6%) said they would engage or pay into a government-led scheme which provide holiday pay and sick pay to them when/if required. This identifies a need within the Agricultural sector, and it is important for farmers and farm families to have the same support services available to them as workers found in other sectors.

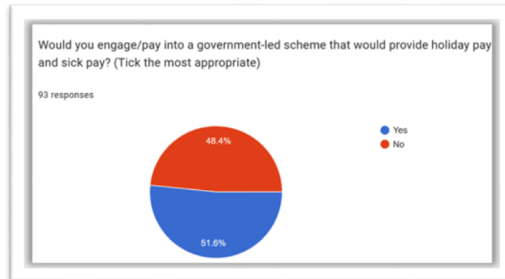


Fig. 17

Regarding the question of whether an annual training should be directly linked to receipt of direct payments, 41.3% of participants responded positively. This indicates a need for a structured approach to addressing farm safety, health, and wellbeing, linked or added as an additional payment within the BISS scheme.

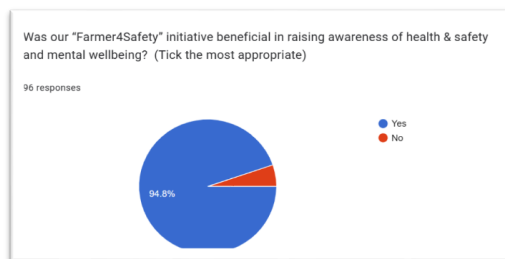


Fig. 18

The post-evaluation and attitudinal survey showed that 94.8% of participants found the "Farmer4Safety" initiative beneficial in raising awareness of health & safety and mental wellbeing.

The team also discovered that 89.5% of farmers and their families would like to see more free mobile health check-ups, such as blood testing, eye test, heart monitoring, at their local marts or co-ops, highlighting the need for more accessible healthcare options.

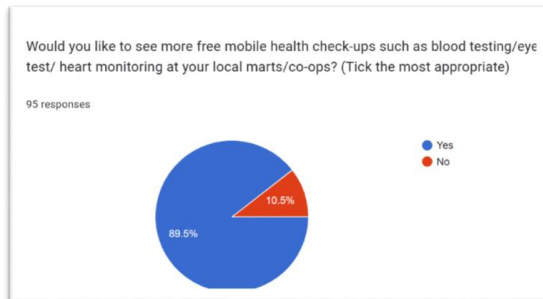


Fig. 19

Participants were asked if they thought there was sufficient knowledge on mental health which they overwhelmingly responded no. This shows that there is a significant demand for upskilling and improving awareness of mental health issues within the agricultural sector.

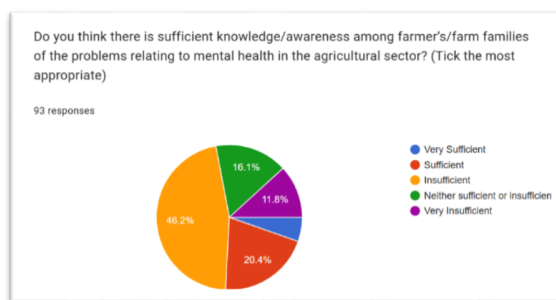


Fig. 20

### Summary

In summary, the project team conducted 330 surveys in project areas and identified the challenges and opportunities for farmers and farm families to address and enhance social norms related to farm safety, health, and wellbeing. The survey results showed a shift in mindset towards taking time off from the farm, taking less risks, seeking help during high-risk jobs, and the need for government-led schemes such as holiday and sick pay supports.

Additionally, the survey results highlighted the importance of linking farm safety, health, and wellbeing training to direct payments, offering free mobile health check-ups, and providing more awareness of mental health issues within the agricultural sector. The positive response to the "Farmer4Safety" project emphasises the benefits of projects like this, and the high demand for upskilling and improving awareness of mental health issues among farmers and farm families. Finally, an interesting finding from the surveys showed that 71% of participants stated that they would be willing to participate in a farm safety, health, and wellbeing mentorship program. This



indicates a desire for continued learning and support in these areas among farmers and farm families, as well as a desire to be a part of the change.

### 5.1.1 Attitudinal Responses from Partners

This report presents the findings from an Attitudinal Survey of farmer's partners in three Irish counties, Wexford, Tipperary, and Cork. The survey was designed to gather insights on the challenges faced by farmer's/farm families, particularly when it comes to taking time off and balancing work with personal life. A total of 52 questions were asked, and responses were collected from 52 participants.

Key Findings: □ The majority of participating partners work on the farm (59%).

- Incidents on the farm, such as animal deaths or machinery breakdowns, can lead to pressures and anxieties within the household (14% strongly agreed, 49% agreed, 17% neither agreed nor disagreed, and 20% disagreed).
- Finding adequate help is a significant challenge when farmer's take time off, with 51% of respondents finding it difficult to trust others to perform farm work.
- 35% of respondents knowingly take risks on the farm.
- 55% of participants find it difficult to spend quality time with their partner and their farm family when they are constantly working and thinking about the farm, while 45% do not.



Fig. 21

#### Implications:

These findings suggest that farmers face numerous challenges in managing their work and personal lives. The impact of incidents on the farm can be significant, and finding adequate help when taking time off is a major challenge. Furthermore, the difficulty in spending quality time with family can affect generational renewal and succession and impact the farm family itself. These implications warrant further research and attention to support farmers in addressing these challenges.

The survey results also indicate that 51% of the partners find it challenging to trust others to perform farm work while they take time off, revealing the difficulty faced by farmers in finding



adequate help during their absence. In addition, 35% of the respondents admitted to knowingly taking risks on the farm, suggesting a need for more safety measures and risk management practices in the agricultural sector.

Another significant finding from the survey is that 55% of the partners find it difficult to spend quality time with their partner and their family when they are constantly working and thinking about the farm, while 45% do not face this challenge. This highlights the importance of worklife balance in the agricultural sector, which may impact generational renewal and succession and have implications for the wellbeing of farm families.

### 5.1.2 Attitudinal Survey Responses from Service Providers

This report presents the findings from Attitudinal Survey responses from service providers in the selected catchment areas. The survey gained insights on the challenges faced by farmers and their families, particularly when addressing farm safety, health and wellbeing.

The service providers that participated in this Farm Safety, Health and Wellbeing EIP-Agri project include: electricians, machinery contractors, farm concrete services, vets, advisors and scanners. The F4S project team collected 28 responses from service providers in the catchment areas.



Fig. 22

#### Key Findings:

- 67% of the service providers who participated in the survey do not think farmers plan for safety, health and wellbeing on their farm on a regular basis.
- 79% of the respondents indicate that farmers knowingly take risks with animals and machinery.
- 58% feel pressure from the farmer to carry out the task set out for them to do when on the farm.
- 50% of the service providers who participated in the survey think farmers never monitor their overall mental health (0% responded weekly, 4% responded monthly, 13% responded quarterly and 33% responded annually).



### Summary:

In summary, all of these findings emphasize the need for more training available to the focus communities regarding farm safety, mental health and wellbeing. By training farmers, it would prevent any mental health and wellbeing issues arising within the sector, increase their knowledge around farm safety, health and wellbeing and how they are all interconnected along with raising awareness of the diverse supports available to the farming communities.

All of results gathered throughout the F4S project indicate the need to adopt this peer-to-peer mentor approach nationwide in order to improve and tackle the social norms around farm safety, health and wellbeing. As Blokland and Gouet<sup>20</sup> highlight the value of “*peer-to-peer contact*’ as it *‘is an important piece of the development puzzle that allows information exchange regarding technology, markets and other experiences.’*” The F4S team have effectively engaged with the focus communities in the catchment areas by adopting this peer-to-peer mentor approach which has proven to be a success in identifying, accessing and tailoring to the needs of the Agricultural sector when addressing farm safety, health and wellbeing.

Overall, the survey results provide valuable insights into the challenges faced by farmers in Ireland. The findings suggest the need for further research to explore the underlying factors contributing to these challenges and to identify potential solutions to address them.

## 5.2. A more focused perspective on improving farm safety, health, and wellbeing

The

F4S project has been carried out in three intensive farming counties in Ireland - Cork, Tipperary, and Wexford. The project aimed to evaluate the attitudes and behaviours of farmers and farm families towards farm safety, health, and well-being at the beginning of the project, and these findings were used as the baseline data for the project. The approach taken in this project was farmer-to-farmer, which mobilised farming communities in the catchment areas to become innovative in generating safer working practices for their peers by effectively engaging with them. The importance of farmers communicating with each other for innovation can be seen as an optimal way to use the available knowledge, expertise, and skills from a farmer’s community<sup>21</sup>.

The peer-to-peer mentor approach adopted in this project was a success as farmers and farm families were able to expand their networks on the ground and use the buddy system to bring about a shift in culture towards safer work practices on farms. The farmers and farm families were open to conversing with the mentors because they were fellow farmers, making it easier for them to connect, listen, communicate, and engage with each other, thus creating a collaborative learning environment. The mentors were also able to alleviate the issue of jargon and make it more accessible. As Blokland and Gouet<sup>26</sup> highlighted, there are many advantages from peer-

<sup>20</sup> Blokland, K., Gouet, C. (2007) ‘Peer-to-peer farmer support for economic development.’ (p. 72-86).

<sup>21</sup> Blokland, K., Gouet, C. (2007) ‘Peer-to-peer farmer support for economic development.’ (p. 72-86).<sup>26</sup>

Blokland, K., Gouet, C. (2007) ‘Peer-to-peer farmer support for economic development.’ (p.86).





to peer approaches within the agricultural sector as farmers speak the same language, are faced with similar problems and constraints, and adopting a farmer-led approach can help to address these problems, such as farm safety, health, and wellbeing.

The six part-time mentors involved in the Farm Safety, Health, and Wellbeing EIP-Agri Project played a vital role in:

- Signposting farmers and farm families to appropriate support and services.
- Sharing current information on farm safety, health, and wellbeing.
- Collaborating with them on-site.
- Addressing issues of social isolation.
- Gathering their findings to explore innovative ways to tackle concerns faced by farming communities in the catchment areas.

The mentors involved in this project were resourced to carry out this work and, in turn, were more motivated and driven for results.

Looking back on the previous Farm Safety Mentoring Project 'Farmers Inspiring Farmers,' and focused on farm safety within the Midlands region, it has proven that peer-to-peer mentoring approaches have been effective and successful for both intensive and progressive farms, highlighting the need to implement this approach on a national level to save lives on our farms.

The Minister for State at the Department of Agriculture, Food, and the Marine with responsibility for Research & Development, Farm Safety and New Market Development, Martin Heydon, stated at our project launch that *'We do need to see a culture change on farms, one that has safety embedded in everything we do. And if we think back to the aim and objective of this project – to act as a catalyst to change social norms around farm safety, health, and wellbeing – then these changes may start as conscious thoughts, a concerted effort to improve safety, but over time, as they are practiced repeatedly, they should become habit, and if we create those habits on one farm and replicate them across a number of farms, then we can start to change social norms'*<sup>22</sup>.

This report provides an overview of the work completed by the F4S project team in 2022/2023, including the findings of surveys, workshops, discussion groups, events, and agricultural shows. F4S established and launched the project, implemented the work plan, delivered an integrated communications plan, and monitored and evaluated the project.

### **5.3. Collaboration and Capacity Building**

This project has recognised the need for improved co-operation and skill development among farming communities and organisations in order to address the evolving needs and

<sup>22</sup> Heydon. M. (2022) Farmers4Safety- Managing Risk Together EIP-Agri Project Launch.



requirements of farmers and their families in relation to farm safety, health, and wellbeing. Collaboration is essential to prevent duplication of efforts and ensure that all acquired knowledge and findings are disseminated among relevant stakeholders. Horlings<sup>23</sup> indicates that networking and collaborating between different bodies, organisations and communities “*generates new knowledge across communities, strengthens the network's internal structures, brings in new supporters and stimulates the sharing of network ideas and the evolution of innovation*”, therefore advancing communities towards a safer future.

The project team collaborated with diverse farming organisations to expand its network, share findings with relevant stakeholders, and carry out initiatives identified within the farm safety network in the catchment areas. By adopting meaningful collaboration with farming organisations and communities, it helps to build sustainable infrastructure to tackle and improve social norms around farm safety, health, and wellbeing<sup>24</sup>.

It is necessary to implement a peer-to-peer mentorship program for a longer duration as the mentors in the catchment areas have established and extended a network on the ground. They have directed farmers and their families towards appropriate support and services, guided and aided them in filling out the Code of Practice Risk Assessment Document, and participated in various agricultural shows, events, discussion groups, and focus groups. Furthermore, they have organised events in their regions that cater to the needs of their farm safety network.

Building rapport with their farm safety network is important to nurture the on-the-ground experience, as the project team's farm safety network has an abundant amount of information, experience, and skill to bring to the agricultural sector itself, not just within the farm safety, health, and wellbeing remit. Peer-to-peer approaches “*bring colleagues together in a way that reflects the principles of popular education and can be better understood as inter-vision, rather than formal one-way advice*”<sup>25</sup>. This highlights the value and impact of peer-to-peer bottom-up approaches and the importance of involving farm communities in consultations as they have knowledge, experience, and expertise about the sector, working on the farm on a daily basis, and are aware of the limitations and opportunities that exist within the industry itself.

The learnings outlined above indicate a change in communities’ attitudes and behaviours towards farm safety, health, and wellbeing. They also highlight the impact of collaboration and governance when tackling and improving social norms around farm safety, health, and wellbeing. It is important to empower them to take responsibility and learn from each other as they have the skills and knowledge to tackle the challenges faced.

#### **5.4. Existing approaches regarding safety, health, and wellbeing on farms**

The Farm Safety, Health, and Wellbeing mechanisms currently in place include:

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<sup>23</sup> Horlings. L.G., Roep. D., Wellbrock. W. (2018) ‘The role of leadership in placed-based development and building institutional arrangements’. (p. 245-346).

<sup>24</sup> Knotek. S.E. (2003) ‘Making Sense of Jargon During Consultation: Understanding Consultees’ Social Language to Effect Change in Student Study Teams’. (p. 181-207).

<sup>25</sup> Blokland. K., Gouet. C. (2007) ‘Peer-to-peer farmer support for economic development.’ (p. 72-86).



- Code of Practice Risk Assessment Document.
- Farm Safety training under TAMS<sup>26</sup>.
- FETAC level 6 Farm Safety Course.

Although these available resources are sufficient, however, the project team has noticed that the existing methods lack responsiveness and active participation.

After analysing the collected survey data and engaging with farmers and farm families, it has become apparent that only 52% actively engage with the Code of Practice Risk Assessment Document. Additionally, only 25% of the service providers which responded actively engage with the document. This highlights the need to improve the current mechanisms regarding farm safety, health, and wellbeing, as a one-size-fits-all approach, which currently is not working.

Upon engaging with the HSA, it has become clear that there is a need for more hands-on and in-person training sessions to complement the BISS scheme. In a post-evaluation and attitudinal survey for farmers and farm families, they were asked about their opinions regarding the inclusion of a Safety Certificate. This certificate would consist of a mix of theory and practical measures, including pictures and/or videos of the risks and dangers on farms, identifying and examining dangers on a farm, and learning solutions to overcome these risks. The course would be farmer-led, using a bottom-up approach. 66.3% of the respondents were in favour of the peer-to-peer led Safety Certificate.

One survey participant highlighted that "*safety courses are generally very boring, and the same generic stuff shown every year. If farmers were able to discuss their own near misses and what they learned from it, it would be much better.*" This indicates the importance of peer-to-peer mentoring and farmers talking to each other in addressing farm safety, health, and wellbeing.

Another survey participant suggested that the Safety Certificate should be voluntary and provided free of charge, rather than mandatory. This highlights some of the views and perspectives of farmers and farm families regarding the inclusion of a Safety Certificate, and some challenges which remain to be overcome.

### **5.5. Scaling up the Farmers4Safety project**

It is essential to implement this peer-to-peer mentoring approach nationwide, as it is the most cost-effective method to achieve a cultural shift towards safer working practices within farming communities. This "farmer-to-farmer" approach facilitates the transfer of knowledge, which accelerates behavioural change since farmers are more likely to accept the views of their peers than authoritative bodies. Adding this peer-to-peer mentoring approach to the RSS would enhance the overall skills, expertise, and knowledge of farmers, fishermen and women who are unable to earn a sufficient income and work within the RSS.

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<sup>26</sup> TAMS- Targeted Agricultural Modernisation Schemes.



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To change farmers' attitudes and behaviours regarding farm safety, health, and well-being, a long-term peer-to-peer mentor approach needs to be implemented to save lives and address the current challenges faced by the sector and rural communities, such as an aging population, health problems associated with the agricultural sector, and the rising costs of maintaining the business and rural communities in the future while meeting the needs and demands of community members and the wider public. This peer-to-peer mentor approach would also alleviate the issue of social isolation and loneliness among farming and rural communities. Sutherland and Marchand<sup>27</sup> emphasise that the "*AKIS concept recognised that farmers do not primarily learn in isolation or in linear relationships with extension agents*"; hence, the best way to learn is from their peers.

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<sup>27</sup> Sutherland, L.A., Marchand, F. (2021) 'On-farm demonstration: enabling peer-to-peer learning'. (p.573-590).



## 5.6. Value for Money

The F4S was given a limited timeframe to implement this project, this in turn constrained its scope for expansion and innovation. However, the project was able to leverage the mentors who were resourced and already actively engaged with the farming communities in the selected catchment areas. The mentors had a deep understanding of the challenges and limitations faced by farmers when addressing farm safety, health, and wellbeing. By resourcing the mentors to carry out the work in their regions, they were motivated and empowered to assess the attitudes and behaviours towards these issues. The F4S project team mobilised innovative solutions to address the concerns faced by the focus communities.

This peer-to-peer mentor approach is the most cost effective method in tackling and improving the social norms around farm safety, health and wellbeing and saving lives on our farms. Peerto-peer approaches are proven to be value for money in fostering best practices in farm safety, health and wellbeing and are recognised by other organisations. This bottom up mentor approach of implementation and endogenous development has shown to be essential in addressing rural issues throughout the EU<sup>28</sup>.

F4S has proven to be Value for Money (VFM)<sup>34</sup> as it:

- Effectively engaged with farmers in the catchment areas.
- Created a Farm Safety Network keeping farmers up to date in relation to all farm safety, health and wellbeing matters.
- Assisted farmers during busy working periods (buddy system).
- Complete Code of Practice Risk Assessment Documents.
- Signposted farmers to supports and services that they may require.

The project team also attended Agricultural shows within the catchment areas to expand their network on the ground and organised workshops within the regions that tailored to the needs of the farming communities.

**There is no ‘value for money’ when it comes to saving lives on our farms.** It is important that Farm Safety, Health and Wellbeing EIP-Agri projects are valued, utilised and mobilised for their findings and learnings as they have the farmers on the ground and are aware of the challenges, concerns and opportunities within their community more than those in authoritative positions. It is important that all of the outcomes from these endogenous approaches are used and incorporated in policy making as the best way to engage and identify problems, concerns and issues in any sector is from those who actively work on the ground within the community itself.

## 5.7. Financial Report

The F4S project was completed under budget. The project invested resources in providing merchandise and mentors, which proved to be a cost-effective way of building rapport and trust with the network on the ground. The mentors were motivated to identify and address the issues

<sup>28</sup> Marsden, T., Ploeg, J.D. (2008) ‘Unfolding webs: the dynamics of regional rural development’.

<sup>34</sup> VFM – Value for Money.



and concerns raised by the Farm Safety Network on the ground and were able to come up with innovative ideas to tackle them.

However, in order to implement these innovative approaches, additional funds are required within the budget. The mentors possess a wealth of knowledge about the challenges faced by farmers and farm families in relation to farm safety, health and wellbeing, and have proposed several innovative opportunities. Unfortunately, due to the limited timeframe of the project and the lack of budgetary scope, these innovative ideas could not be implemented.

**EIP EXPENDITURE SUMMARY**

Formatted Table

<b>Project Name:</b>	FARMERS 4 SAFETY MANAGING RISKS TOGETHER
<b>Project Number:</b>	LLOC4006
<b>Period:</b>	November 2021 - March 2023

<b>Funding Granted</b>	<b>Funding Amount Granted</b>	€195,779.00
	Additional Funding Granted	€19,000.00
	<b>Total Expenditure to date</b>	€212,776.27

<b>Expenditure</b>	<b>Total</b>
Personnel Costs	114,180.65
Travel	14,765.32
Other Direct Costs	20,812.39
Administration Costs	39,122
Implementation Costs	23,895.91
<b>Total 2,044.41 not drawn down</b>	<b>212,776.27</b>

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Fig. 23

## 6. Lessons Learned

Peer-to-peer mentor approach needs to be carried forward as it has been proven to be a success over the past year with this Farm Safety, Health and Wellbeing EIP-Agri Project and in 2013 when 'Farmers Inspiring Farmers' was rolled out. It can be seen as the most cost effective method going forward in addressing issues such as farm safety, health and wellbeing as it successfully engages and communicates with the farming communities while also identifying the limitations and opportunities that exist within the Agricultural sector.

Engaging with farming communities in the catchment areas, the F4S project team has emphasized the significance of conducting farm safety events in-person at farms to ensure relevance to the farmer, as it is on the farm where incidents can occur. These actions will create opportunities for more knowledge transfer between farmers and those in authoritative positions. By adopting a peer-to-peer bottom up approach it will build the gap between research and practice and allow for innovation to take place among the farming industry. The F4S team have identified case



studies from participants involved in the project along with the recommendations which are highlighted below.

### **6.1. Recommendation | Safety Certificate**

A Safety Certificate explicit to Farm Safety, Health and Wellbeing should be introduced in the agricultural sector. The CDP would gain insight into the lay knowledge of the farming communities, increase awareness and exchange information between focus communities and organisations. The continuing development programme should consist of theory and practical and should be implemented on a farm and/or farmyard. It should be applied throughout the year focusing on various topics such as Farm Safety, the importance of health and wellbeing, tractor driving skills etc.

By carrying out these continuing development programmes, it would enhance the farming communities existing practices along with identifying safer working manners in relation to farm safety, health and wellbeing. The farmers who partake and participate in the programme should be rewarded by including an additional payment to their Basic Income Support for Sustainability (BISS). This would incentivise the farming community to engage in the programme, transfer knowledge and improve their overall safety on their farm. It offers a practical approach to addressing farm safety, health and wellbeing.

The post evaluation and attitudinal survey responses asked farmers about the inclusion of a safety certificate and the responses highlight that 66% agreed with this approach and over 33% did not. A pragmatic approach needs to be introduced in the Agricultural sector to help reduce the number of fatalities and injuries on Irish farms.

### **6.2. Recommendation | Peer-to-Peer Mentoring**

A long-term peer-to-peer mentoring approach should be implemented to address farmers' attitudes and behaviours towards farm safety, health, and wellbeing. This approach should be introduced to the RSS as it may assist with the current challenges that the farming sector and rural communities face such as an ageing profile, the health problems that co-side with the agricultural sector and the growing costs of maintaining the enterprise and communities for the future.

It would also assist with the issue of social isolation and loneliness that exists among farming and rural communities. By adopting this peer-to-peer mentor approach it would tailor to the needs and demands of the farming and rural communities.

### **6.3. Additional Recommendations**

- Altering the Code of Practice Risk Assessment Document to a more interactive and participatory tool. The pre-evaluation and attitudinal survey for farmer's highlights that 52% actively engage with the document and 45% do not. Also, within the attitudinal





survey responses from service providers it indicates that 75% do not actively engage with the document. An alternative approach needs to be taken to make this document a living and working one.

- Collaboration and capacity building among relevant stakeholders is crucial to enable mutual learning and the sharing of findings. By effectively collaborating and consulting with relevant stakeholders it would help identify gaps in service provision within the agricultural sector regarding farm safety, health, and wellbeing along with assessing the effectiveness of the current mechanisms that exist within the industry.
- Increase the level of health and safety measures at Agricultural shows. From attending 8 Agricultural events throughout the project, there has been concerns in relation to the safety measures that is in place such as the need for a helmet when driving a quad, the number of people on a quad and younger age cohorts driving an operator.
- Time management plays a crucial role on the mental health and wellbeing of farmers. As a result, there are growing concerns among farm families regarding the safety, health, and wellbeing of those working on the farm. This has been highlighted through our attitudinal survey responses from partners as 55% of the respondents indicated that they find it difficult to spend time with their partner when he/she is constantly working and thinking of the farm. This is a concern for the quality of life for the farmer and their family. To address this issue, it is essential to provide adequate support for the farmer and their family. As part of our efforts, F4S have partnered with Mental Health Ireland to develop a leaflet that outlines available supports and services that is available to the farming communities along with a quality of life index (see appendices 10 and 19). Furthermore, there should be a farm relief fund accessible to farmers and their families to enable them to take time away from the farm.
- Tailored training services are crucial to upskill focus communities and help them adapt to new technologies. Many services and grant opportunities in the agricultural industry have shifted to online platforms. However, many farmers are not proficient in using computers and struggle to keep up with the changes in the sector. The F4S team suggests implementing a long-term bottom-up collaborative approach to meet the changing needs and demands of farming communities and ensure adequate support is available when needed.



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## 7. Conclusion

The F4S project has demonstrated the effectiveness of the peer-to-peer mentoring approach in addressing the social standards around farm safety, health, and wellbeing. The project was designed to tackle the challenges and objectives identified by the farming communities in Cork, Tipperary, and Wexford, with additional challenges identified by the six farm mentors involved in the project through qualitative and quantitative data collection. This approach allowed for flexibility in addressing the concerns of the participants and tailoring the project to their needs.

The lead partner, IRL, had previously established the viability and success of the peer-to-peer mentoring concept in a previous Farm Safety Mentor Programme. This approach was recognised by the Seanad, which found that facilitated peer engagement of farmers talking to farmers in a practical way resulted in greater adoption of the code of practice. The F4S project aimed to expand on these findings and deliver effective engagement, communication, and knowledge transfer throughout the farming communities identified.

By using peer-to-peer mentoring as a core principle of the project, F4S established a co-learning environment that allowed farmers to transfer knowledge and engage with their peers. This approach proved to be successful within the Farm Safety, Health, and Wellbeing EIP-Agri Project as it created a comfortable environment for farmers to share their views, opinions, and experiences with their peers. The project team established and launched the project, implemented the work plan, delivered an integrated communications plan, and monitored and evaluated the project, surpassing the targets outlined in the project brief.

The F4S project identified the importance of having more one-to-one and practical on-farm events when addressing farm safety, health, and wellbeing. These in-person events would allow farmers to relate to their own lifestyles and daily routines, while feeling more comfortable within their place of work. Through successful delivery of this core principle, the project achieved its objectives of raising awareness on farms regarding health, safety, and wellbeing. In addition, the project highlighted the supports that are available and introduced the focus communities to practical ways of addressing the identified challenges.

This project offers valuable insights into the challenges and opportunities faced by farmers and their families in improving farm safety, health, and wellbeing. The project report provides several recommendations, and it is hoped that the findings and lessons learned will inspire the development of more innovative approaches to address these critical issues.

From attending and participating in agricultural events, discussion groups/presentations, the National Ploughing Championships, WhatsApp groups, and hosting three events in the catchment areas, the project team has identified the need for in-person events that allow farmers to relate to their own lifestyles and daily routines while feeling more comfortable within their place of work. The findings and lessons learned from the F4S project indicate the needs and concerns among



farmers and farm families in the catchment areas and their perspectives on improving farm safety, health, and wellbeing.

In conclusion, the F4S project has exceeded the targets outlined in the project brief by successfully implementing a peer-to-peer mentoring approach to tackle and improve social standards around farm safety, health, and wellbeing. The project has provided valuable insights into the challenges and opportunities faced by farmers and their families, and the project report offers several recommendations for addressing these critical issues. By adopting a farmer-led approach and effectively engaging with farming communities, the F4S project has demonstrated the significance of peer-to-peer mentor approaches and their impact on innovation in addressing critical issues in the agricultural industry.







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Figure 7 Farm Safety, Health and Wellbeing Event in Gurteen Agricultural College, County Tipperary.

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Figure 11 Minister Martin Heydon speaking at the F4S EIP-Agri 'End of Project' Conference.

Figure 12 Niamh Nolan, project co-ordinator presenting projects findings and lessons learned.

Figure 13 The power of peer-to-peer mentoring panel discussion.

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Figure 16 Infographics of the Survey Findings

Figure 17 Survey responses from Farmers

Figure 18 Survey responses from Farmers

Figure 19 Survey responses from Farmers

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21 Survey responses from Partners

Figure 22 Survey responses from Service Providers

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## 9. Appendices

### Appendices 1

#### OUR VISION

To establish a significant behavioral change towards the active management of farm safety and wellbeing measures among farmers, farm workers and all who live and work on farms, driven by trusted farm mentors.

#### MANAGING RISK TOGETHER

This project adopts a 'peer-to-peer' mentoring and champion approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing.

This is a piloted project, targeting the counties with significant fatal incident rates, Cork, Tipperary, and Wexford.

#### WE HOPE TO ACHIEVE

- A reduction in the number of work related injuries on participant farms.
- Permanent farmer based safety network.
- New social norms.

## FARMERS 4 SAFETY

### MANAGING RISK TOGETHER

- Attitudinal change metrics.
- Level of safety in work plans.
- Number of farmers using peer to peer / buddy system.
- Number of farmers attending training sessions / farm walks etc.
- Cultural change in terms of farm work practice.



#### BACKGROUND

Based on HSA data, the majority of recent fatalities occurred in counties Cork, Tipperary and Wexford where some of the largest and most intensive farms in the country are based. Farm injuries/fatalities are highest in May, June, July and August (particularly on dairy farms), during the busiest period of the year for farmers. To tackle this issue of farm safety, a change to the existing range of interventions is required.

On farms, it should mean that safety should have the same priority as any other activity covered by the farm payments scheme. Equally, there is a need to change behavior, and attitudes towards farm safety and emotional wellbeing.

#### USEFUL RESOURCES

Code of Practice Risk Assessment:  
[www.farmsafety.com](http://www.farmsafety.com)

Department of Agriculture, Food and the Marine:  
<https://www.gov.ie/en/collection/73aea-schemes-and-services-agriculture-food-and-the-marine/>

Emergency Services:  
999 or 112

Farm Jobs and Farm Work in Ireland:  
FRS Farm Relief Services:  
<https://frsfarmreliefservices.ie/careers/>

Getting Citizens Online:  
<https://www.irishruralink.ie/getting-citizens-online/>

GROW:  
[www.grow.ie](http://www.grow.ie)  
Tel: 1890 474 474

Health and Safety Authority:  
[www.hsa.ie/eng/Workplace\\_Health/Workplace\\_Stress/Overview/](http://www.hsa.ie/eng/Workplace_Health/Workplace_Stress/Overview/) hsa.ie

IFA- Farm Family Resources:  
[www.ifa.ie/cross-sectors/farm-family/mental-health/](http://www.ifa.ie/cross-sectors/farm-family/mental-health/)

Mental Health Ireland:  
[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)  
01 284 1166

Stress Control:  
[info@stresscontrol.org](mailto:info@stresscontrol.org)  
<http://stresscontrol.org/home>

Teagasc educational courses:  
[www.teagasc.ie/education/courses/](http://www.teagasc.ie/education/courses/)

#### PROJECT PARTNERS

Irish Rural Link (IRL), in partnership with the BRIDE (Biodiversity Regeneration in a Dairying Environment) project, the Duncannon Blue Flag Farming & Communities Scheme, the New Futures Farming Group, and the Health and Safety Authority are carrying out this project in their catchment areas.



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



EIP-AGRI



An Rialtas Talmhaíochta, Éis agus Mara (Department of Agriculture, Food and the Marine)



Department of Agriculture, Food and the Marine

#### GET IN TOUCH

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Website: [www.Farmers4Safety.ie](http://www.Farmers4Safety.ie)

Farmers4Safety Managing Risk Together

@Farmers4Safety





Appendices –

2 First Newsletter (Farmers4Safety-Managing-Risk-Together-EIP-AGRI-Project-

Newsletter.pdf)



Farmers4 Safety Managing Risk Together

About Farmers4Safety – Managing Risk Together EIP AGRI Project

Welcome to Farmers4Safety – Managing Risk Together EIP AGRI Project first Newsletter. This Farm Safety EIP AGRI Project adopts a 'peer-to-peer' mentoring and champion approach to engage farmers in an attitudinal and behavioural change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. By adopting this approach, it is hoped that this will mitigate a change in farmer's attitudes towards farm safety and their behaviour by adopting actions that can prevent injury, ill health, and loss of life. The project offers a business up initiative that is tailored to each region to ensure it will capture a change in farmer's attitudes and behaviour.

Irish Rural Link (IRL) in partnership with the BREDU (Biodiversity Resilience and Dealing with Environment) project, the Donegal Blue Flag Farming & Communities Scheme, the New Farmers Farming Group, and the Health and Safety Authority, are carrying out the piloted project in their catchment areas.

The majority of farm fatalities/injuries on farms are avoidable and this project will highlight the importance of farm safety, health and wellbeing on family farms. Extreme pressures within the agriculture sector has led to farmers experiencing stress, anxiety, fatigue and financial pressures and this in turn can lead to an accident/incident occurring. This Farm Safety EIP AGRI project indicates the importance of farmers looking after their own health and wellbeing and ensuring they are not risking their safety to carrying out jobs on the farm.

Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at the Department of Agriculture, Food and the Marine, Martin Heydon said: "It is the aim and objective of this project - so not as a courtesy to change social norms around farm safety, health and wellbeing - but their change may save an innocent thought, a cerebral effort to improve safety, but over time as they are practiced over and over again, they should become habits."



- Facts and Figures to-date
139 Farmers/ Farm Families directly engaged with us-date
53 Pre-Evaluation and Attitudinal Survey Responses from Farmers/Farm Families
11 Attitudinal Survey Responses from Service Providers
23 Attitudinal Survey Responses from Partners

Farmers4Safety – Managing Risk Together EIP AGRI Project in the Media
Our Project Coordinator was featured on C101's Farm Talk with John O'Connor on April 9th to speak about Farmers4Safety – Managing Risk Together EIP AGRI Project. Click here to listen to the feature.

AgriIreland
AgriIreland have also written two comprehensive articles on the launch of Farmers4Safety – Managing Risk Together EIP AGRI Project, which features quotes from our project coordinator Niamh Nolan. The CEO of Irish Rural Link Seamus Boland and Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at the Department of Agriculture, Food and the Marine, Martin Heydon. Click here to read the article.

EchoLive Cork
EchoLive Cork have also written a comprehensive article on Farmers4Safety – Managing Risk Together EIP AGRI Project Launch and the Launch of the Project Website. Click here to read the article.



- What we hope to achieve:
- Reduction in the number of work related injuries on participant farms
- Permanent farmer based safety network
- Attitudinal change metrics
- Increase the level of safety in work places
- Increase the number of farmers using peer to peer buddy system
- Increase the number of farmers attending training sessions / farm walks etc.
- Cultural change in terms of farm work practice
- New social norms
- Discourage usage
- Farms peer to peer attraction topics



Meet Our Farm Mentors

Our 4 Farm Mentors have been active in the project since January and have completed the adequate courses. We will continue with their roles and activities and will be providing support and guidance to the mentees. They will be highlighting the importance of farm safety, health and wellbeing, and the importance of looking after their own safety and wellbeing.



Our 4 Farm Mentors have been active in the project since January and have completed the adequate courses. We will continue with their roles and activities and will be providing support and guidance to the mentees. They will be highlighting the importance of farm safety, health and wellbeing, and the importance of looking after their own safety and wellbeing.

Project Coordinator of Farmers4Safety – Managing Risk Together, Niamh Nolan said:

"The farm mentors offer a fresh pair of eyes on a farmyard as they may notice a risk that a farmer or farm family may not notice themselves. CEO of Irish Rural Link, Seamus Boland said: "Because of the mentors' more farming background, farmers will feel more comfortable talking to them and more inclined to listen and take advice on improving the safety of their farms from a peer rather than an expert."

Project and Project Website Launch

Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at the Department of Agriculture, Food and the Marine, Martin Heydon officially launched Farmers4Safety – Managing Risk Together EIP AGRI Project and Project Website on Monday the 11th of April on the Murphy Family Farm in Kilmara, County Cork. There were over 40 people in attendance at the event. The launch was followed by refreshments and a Farm walk on the Murphy Family Farm. Pictures from the launch can be found on our project website: www.farmers4safety.ie



The Farm Safety EIP AGRI project adopts a 'peer to peer' mentoring approach that encourages farmers and farm families to change their attitudes towards farm safety, health and wellbeing and change the social norms surrounding farm safety, health and wellbeing.

Project Update

To date, the project coordinator has met with the mentees/mentees 13 times as a group and multiple times individually over the phone or in person if they had any queries, concerns or questions about the project. The group meetings with the mentees/mentees discussed the project aims, objectives, outcomes and their role and responsibilities on the ground. The meetings also got the mentees/mentees to discuss their own experiences and perspectives about the project and participated in an attitudinal survey that will be carried out on farmers, farm families, partners, vets, advisors, all who visit the farm. The attitudinal survey, peer-to-peer evaluation survey will highlight any changes in the attitudes and behaviours of the farming communities in relation to their farm safety, health and wellbeing.

The coordinator also met with the mentees individually on their farms to establish a relationship with the mentees, learn about their thoughts and perspectives about the project and become more knowledgeable of their farming background by getting to know them individually. The project coordinator also distributed a starter pack/booklet to the mentees which included the survey, further points about the project, booklet from the Health and Safety Authority, Mental Health Ireland, Irish Rural Link and Farmers4Safety – Managing Risk Together EIP AGRI Project booklet.

All of these meetings equip the mentees with the relevant skills, expertise and knowledge to carry out this Farm Safety EIP AGRI project on the ground. All mentees raised by the 4 Farm Mentors on the ground were addressed by organizing a peer-to-peer meeting and concerns being raised by the farming community.



Our Project Coordinator was also featured on Shannon HIDE on April 19th to speak about Farmers4Safety – Managing Risk Together EIP AGRI Project and the hope for the project to be carried out across the county. Click here to listen back to the interview.

Upcoming Events
Farmers4Safety – Managing Risk Together EIP AGRI Project will be meeting with Aine Jordan from AgriIreland, a farm safety educational platform for children, to find out more information about her organisation and the importance of Child Safety on Farms.

Stay up-to-date with Farmers4Safety – Managing Risk Together EIP AGRI Project
Want to find out more about Farmers4Safety – Managing Risk Together EIP AGRI Project? Find us online and follow us on our social media platforms for regular updates.

www.farmers4safety.ie

@farmers4safety

@farmers4safety





Appendices –

**3 Farmers/Farm Families Weekly Template**

**Template for Mentors to fill out on a weekly basis**

1. Total number of farmers you engaged with this week?
  
2. How many farms did you visit this week?
  
3. Where did you engage with the Farmers and Farm Families about the Farm Safety EIP Project Farmers4Safety Managing Risk Together?  
Mart      Show      Co-op      Vets      Shop      Pub  
Other (please specify)
  
4. What subject did you talk about?  
Machinery    Equipment    Animals  
Other (please specify)
  
5. Did you ask the farmer/ farm family about their Farm Safety Statement and/or Risk Assessment?
  
6. If so, did you review their Farm Safety Statements and/or Risk Assessment?
  
7. Have you agreed to follow up with them?
  
8. If farmers were reluctant to join the project, why?





Appendices –

4 Pre-Evaluation and Attitudinal Survey for Farmers/Farm Families

[https://www.surveymonkey.com/r/?sm=inI\\_2FpoRBUCLEWExOqvn179gz\\_2FvphbjhcXe\\_U7hB6ACCGg\\_3D](https://www.surveymonkey.com/r/?sm=inI_2FpoRBUCLEWExOqvn179gz_2FvphbjhcXe_U7hB6ACCGg_3D)

**Pre-Evaluation and Attitudinal Survey - Farmers**

Farmers4Safety – Managing Risk Together EIP AGRI Project examines the current practices undertaken by farmers and farm families when carrying out tasks on the farm. It engages farmers and farm families in an attitudinal and behavioural change towards farm safety by tackling and improving the social norms around safety on farms and emotional wellbeing. The survey will only take 10 to 15 minutes and will only be used for research purposes. We would be extremely grateful if you would consider completing this survey.

1. Profile:

**Regional Location: (Tick the most appropriate)**

Cork  Waterford  Wexford  Tipperary

2. Age: (Tick the most appropriate)

Under 18 years  25-39   
18-24  40-60   
60 plus

3. What type of farm enterprise are you involved in? (Tick the most appropriate)

Dry stock  Suckling  Dairy  Tillage  Sheep   
Other (please specify)

\_\_\_\_\_

4. Employment Type: (Tick the most appropriate)

Part-time Farmer   
Full-time Farmer



5. On average, how many hours of the week do you work on the farm? (Tick the most appropriate)

30-40 hours  41-50 hours  51-60 hours  60 + hours

Please comment.

**6. Assessing Farmers Safety, Health and Wellbeing**

Do you plan for safety, health and wellbeing on your farm on a regular basis? (Tick the most appropriate)

Yes  No

Please comment.

7. How often do you look up information about farm safety, health and wellbeing? (Tick the most appropriate)

1-2 months  3-6 months  7-8 months  9-12 months   
Never

Please comment.





12. In your opinion, what are the biggest risks on your farm? (Tick the most appropriate)

Slurry  Falls  Animals  Equipment  Machinery   
Other (Please specify)

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13. Do you take risks that you would not allow anyone else to take on the farm? (Tick the most appropriate)

Yes  No

Please comment.

14. Do you feel that if a Safe Pass was introduced in the agriculture sector it would reduce the number of fatalities/injuries on farms?

Yes  No

Please comment

15. When making your farm more safety aware it creates extra costs that farmers and farm families cannot afford. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
Strongly Agree  Agree



16. Do you take the time to ensure your machinery is safe and serviced prior to the busy working periods? (Tick the most appropriate)

Yes  No

Please comment.

17. Do you consider an animal's temperament when future breeding? (Tick the most appropriate)

Yes  No

Please comment.

18. Do you consider safety, health and wellbeing when people (e.g. vets, advisors, partners) are on the farm? (Tick the most appropriate)

Yes  No

Please comment.

19. How many injuries and/or near hits have occurred in the last three years on your farm? (Please comment)



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20. Do you seek help when completing high-risk jobs? (Tick the most appropriate)

Yes  No

Please comment.

21. Are you seeking additional farm labour? (Tick the most appropriate)

Yes  No

Please comment.

22. Do you go for long hours without eating, especially when living alone or when your partner is out working?

Yes  No

Please comment.

23. How do you balance work and personal life? (Please comment)

24. How often do you take time off from the farm? (Tick the most appropriate)

Rarely  Regularly  Never





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29. The lack of sleep, concentration, overworking, and financial stresses can impact farm safety negatively. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
Strongly Agree  Agree

30. Comment Box

31. Idea's Box (What we can do to fix the issues?)





## Appendices 5 – Attitudinal Survey from Partners

[https://www.surveymonkey.com/r/?sm=z1rv2t4j0qiQamGZVL0be\\_2BtHdwG0L33rKYcNaz\\_Ya2sU\\_3D](https://www.surveymonkey.com/r/?sm=z1rv2t4j0qiQamGZVL0be_2BtHdwG0L33rKYcNaz_Ya2sU_3D)

### Attitudinal Survey - Partners

Farmers4Safety – Managing Risk Together EIP AGRI Project examines the current practices undertaken by farmers and farm families when carrying out tasks on the farm. It engages farmers in an attitudinal and behavioural change towards farm safety by tackling and improving the social norms around safety on farms and emotional wellbeing. The survey will only take 10 minutes and will only be used for research purposes. We would be extremely grateful if you would consider completing this survey.

1. Profile:

**Regional Location: (Tick the most appropriate)**

Cork     Waterford     Wexford     Tipperary

2. Age: (Tick the most appropriate)

Under 18 years     25-39

18-24     40-60

60 plus

3. Do you work on the farm? (Tick the most appropriate)

Yes     No

4. What type of farm enterprise are you involved in? (Tick the most appropriate)

Dry stock     Suckling     Dairy     Tillage     Sheep

Other (please specify)

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**5. Assessing Farmers Safety, Health and Wellbeing**

Does your partner plan for safety, health and wellbeing on the farm on a daily basis?  
(Tick the most appropriate)

Yes  No

Please comment.

**6. Does your partner knowingly take risks on the farm? (Tick the most appropriate)**

Yes  No

Please comment.

**7. In your opinion, what are the biggest risks on farms? (Tick the most appropriate)**

Slurry  Machinery  Animals  Equipment  Falls

Other (Please specify)

**8. Do you feel that if a Safe Pass was introduced in the agriculture sector it would reduce the number of fatalities/injuries on farms?**

Yes  No

Please comment



9. On average, how many hours of the week does your partner work? (Tick the most appropriate)

30-40 hours  41-50 hours  51-60 hours  60 + hours

Please comment.

10. Do you find it is difficult to spend time with your partner when he/she is constantly working and thinking of the farm? (Tick the most appropriate)

Yes  No

Please comment.

11. Do you feel there is not enough time in the day for your partner to get their work completed? (Tick the most appropriate)

Yes  No

Please comment.



12. If something happens on the farm such as the death of an animal, machinery breaking down it can lead to pressures and anxieties in the household. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
Strongly Agree  Agree

Please comment.

13. Risk Assessments are important on farms to help prevent injuries and fatalities. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
Strongly Agree  Agree

14. The lack of sleep, concentration, overworking, and financial stresses can impact farm safety negatively. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
Strongly Agree  Agree

15. Does your partner find it very difficult to trust people to do the farming for him/her when taking time off? (Tick the most appropriate)

Yes  No

Please comment.



16. How often does your partner take time off from the farm? (Tick the most appropriate)

Weekly  Monthly  Quarterly   
Annually  Never

Please comment.

17. Do you feel your partner goes for long hours without eating, especially when you are out working?

Yes  No

Please comment.

18. How often does your partner monitor his/her physical health and book a check-up with a doctor? (Tick the most appropriate)

Weekly  Monthly  Quarterly  Annually   
Never

Please comment.



19. How often does your partner monitor his/her mental health? (Tick the most appropriate)

Weekly  Monthly  Quarterly  Annually   
Never

Please comment.

20. Farmers are in a routine of their own on their farms and it is going to be very difficult to change their patterns in terms of applying safe farm working practices. (Tick the most appropriate)

Disagree  Strongly Disagree  Neither Agree nor Disagree   
 Strongly Agree  Agree

21. Comment Box

22. Idea's Box (What we can do to fix the issues?)



## Appendices 6 – Attitudinal Surveys for Service Providers

[https://www.surveymonkey.com/r/?sm=DxqPWGLvVn\\_2Baou4U6SMVQkRY\\_2FaOGfumQ1q6TcmX1G8Q\\_3D](https://www.surveymonkey.com/r/?sm=DxqPWGLvVn_2Baou4U6SMVQkRY_2FaOGfumQ1q6TcmX1G8Q_3D)

### Attitudinal Survey – Service Providers (e.g. Vets, Scanners, AI Technicians, Advisors)

Farmers4Safety – Managing Risk Together EIP AGRI Project examines the current practices undertaken by farmers and farm families when carrying out tasks on the farm. It engages farmers and farm families in an attitudinal and behavioural change towards farm safety by tackling and improving the social norms around safety on farms and emotional wellbeing. The survey will only take 10 minutes and will only be used for research purposes. We would be extremely grateful if you would consider completing this survey.

#### 1. Profile:

##### Regional Location: (Tick the most appropriate)

Cork  Waterford  Wexford  Tipperary

#### 2. Age: (Tick the most appropriate)

Under 18 years  25-39   
18-24  40-60   
60 plus

#### 3. Assessing Farmers Safety, Health and Wellbeing

Do you think farmers and farm families plan for safety, health and wellbeing on their farm on a regular basis? (Tick the most appropriate)

Yes  No

Please comment.







8. Do you and the farmer consider farm safety, health and wellbeing when on the farm?  
(Tick the most appropriate)

Yes  No

Please comment.

9. In your opinion, what are the biggest risks on farms? (Tick the most appropriate)

Slurry  Falls  Animals  Equipment  Machinery

Other (Please specify)

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10. Do you think farmers and farm families knowingly take risks with animals/  
machinery? (Tick the most appropriate)

Yes  No

Please comment.

11. Do you feel that if a Safe Pass was introduced in the agriculture sector it would reduce  
the number of fatalities/injuries on farms?

Yes  No

Please comment



12. When visiting a farm and a task is too dangerous for you to complete do you? (Tick the most appropriate)

Leave it  Take a chance  Ask for help

Other (please comment)

13. Do you feel there is pressure from the farmer and farm family to carry out the task set out for you to do when on the farm? (Tick the most appropriate)

Yes  No

Please comment.

14. When making a farm more safety aware it creates extra costs that farmers and farm families cannot afford. (Tick the most appropriate)

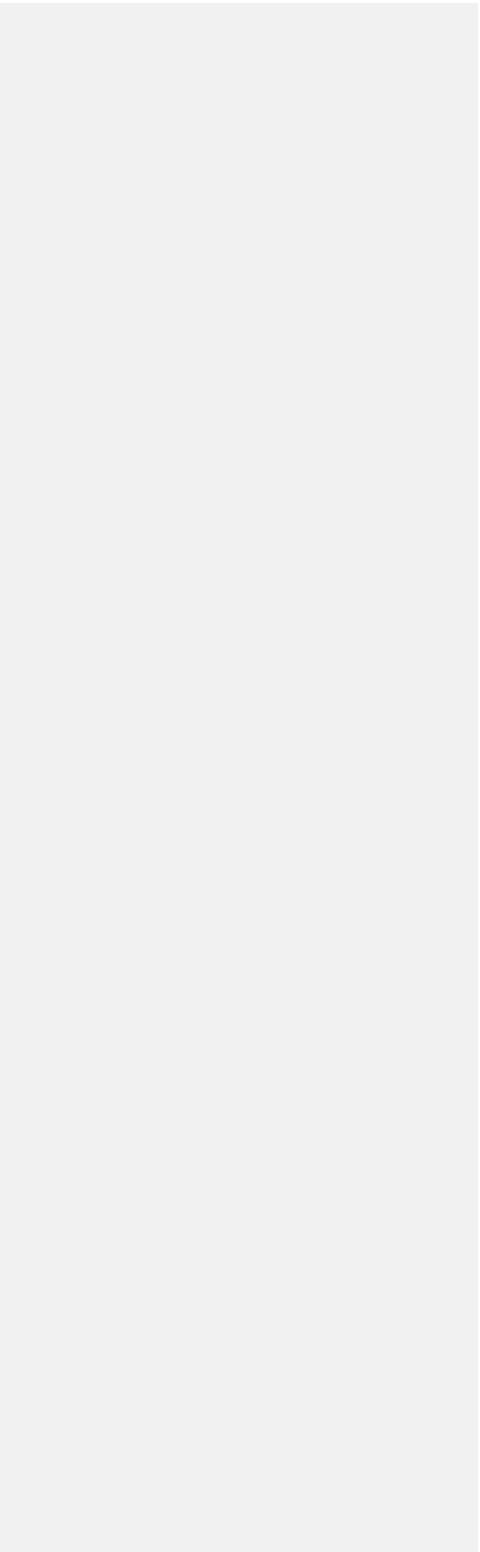
Disagree  Strongly Disagree  Neither Agree nor Disagree   
 Strongly Agree  Agree

15. Do you feel farmers and farm families consider safety, health and wellbeing when people (e.g. vets, advisors, partners) are on the farm? (Tick the most appropriate)

Yes  No

Please comment.







21. On a scale of 1-10 how do you think farmers manage balancing their work and personal lives? (Select the most appropriate level)

1	5	10
Poor	Average	Excellent

Please comment.

22. The lack of sleep, concentration, overworking, and financial stresses can impact farm safety negatively. (Tick the most appropriate)

Disagree	<input type="checkbox"/>	Strongly Disagree	<input type="checkbox"/>	Neither Agree nor Disagree	<input type="checkbox"/>
Strongly Agree	<input type="checkbox"/>	Agree	<input type="checkbox"/>		

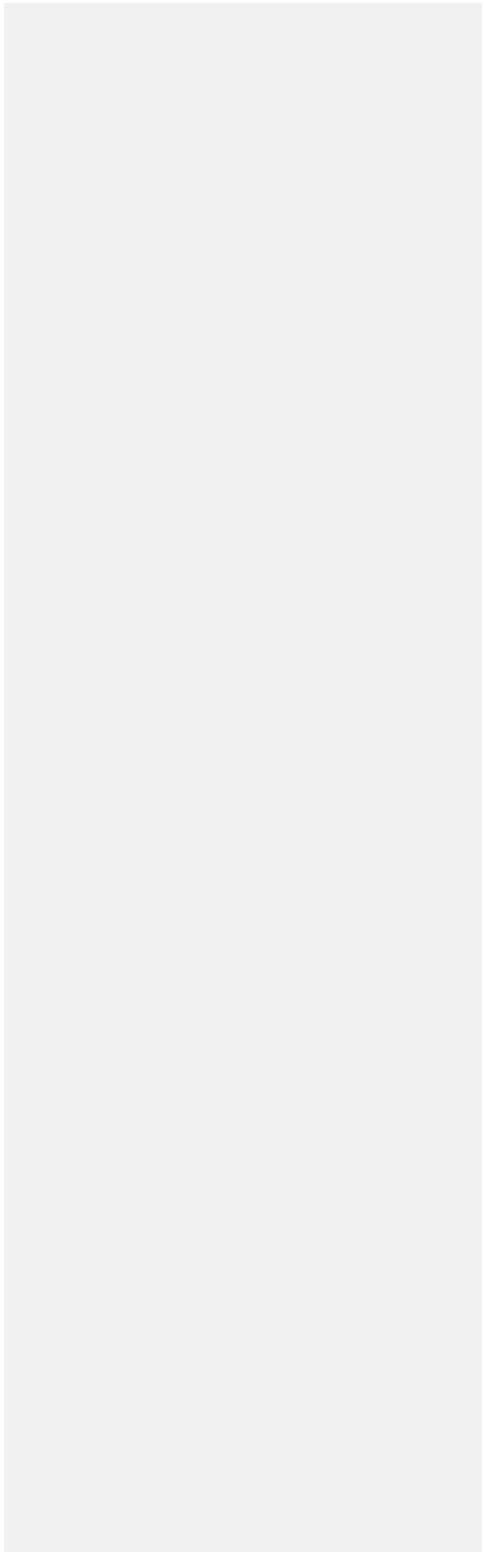
23. **Advisors Only**

Do you think farmers and farm families have an up-to-date farm Risk Assessment Document or Farm Safety Statement completed on their farms? (Tick the most appropriate)

Yes  No

24. **Comment Box**

25. **Idea's Box (What we can do to fix the issues?)**





Appendices 7 – Stick2Safety #FarmSafety Sticker Competition with AgriKids

**Calling all Communities!**

**This Summer  
Farmers4Safety**

**and**

**AgriKids**

**are teaming up to bring you**

**A farm safety sticker competition,  
*'Stick 2 Safety'***



Abstract

Open to all ages.

The objective of this competition is to create a range of safety themed stickers for vehicles, machinery and your home to help raise awareness of farm safety, health and wellbeing.



**About Us**

Farmers4Safety – Managing Risk Together EIP AGRI Project adopts a ‘peer-to-peer’ mentoring and champion approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. The project offers a bottom up initiative that is tailored to each region to ensure it will capture a change in farmer’s attitudes and behaviors.

AgriKids was founded with the ethos that we positively engage, educate and empower our children to become Farm Safety Ambassadors. Alma believes her engaging approach to farm safety education will serve to continually empower children to be safer farmers in the future. The approach also requires and includes the input of parents, guardians, thus sharing the learning outcome with all.

In partnership with







### The Competition - 'Stick 2 Safety'

Farmers4Safety and AgriKids are calling on Ireland's Communities (Schools, Farmers, Community Groups etc.) to get 'stuck in' and help create a safer future on our farms by designing a window sticker that will be printed and promoted nationwide.

#### How to enter:

In the template below design a sticker on any farm safety theme. The theme is up to you! Maybe you want to remind farmers about tractor safety or the dangers with freshly calved cows. It could be about quads, PTO's, slurry, animals, vehicles or the importance of farmer's/farm families looking after their mental and physical health. With the design we want to give you the freedom to think outside the box and come up with innovative ideas and create a picture that highlights farm safety, health and wellbeing.

Along with the design we want you to write a short note (*150 words max.*) about why you chose to partake in the competition and the importance of Safety, Health and Wellbeing on Farms and what it means to you.

The sticker can be put on farm machinery, cars, vehicles and around the farm or home to shine a light and create greater awareness on the essential role safety and emotional wellbeing play in carrying out jobs on farms.

#### The Prize:

The winning stickers will be circulated to the various Farming Organisations, Communities and Networks and will win a Prize (trophy, activity pack/voucher).

The aim of this competition is to highlight and raise awareness of Farm Safety, Health and Wellbeing from all skill sets. This gives the opportunity for everyone to get creative and highlight what Farm Safety, Health and Wellbeing means to you all. We hope that by getting different age groups within National Schools and our Communities involved we will achieve a greater reach for farm safety, health and wellbeing.

We will endeavour to put all of your entries on our website.

***The deadline for the competition is July 8<sup>th</sup> and the entry/entries can be emailed to [niamh@farmers4safety.ie](mailto:niamh@farmers4safety.ie) (sent as a JPEG, Scanned or in a PDF format)***

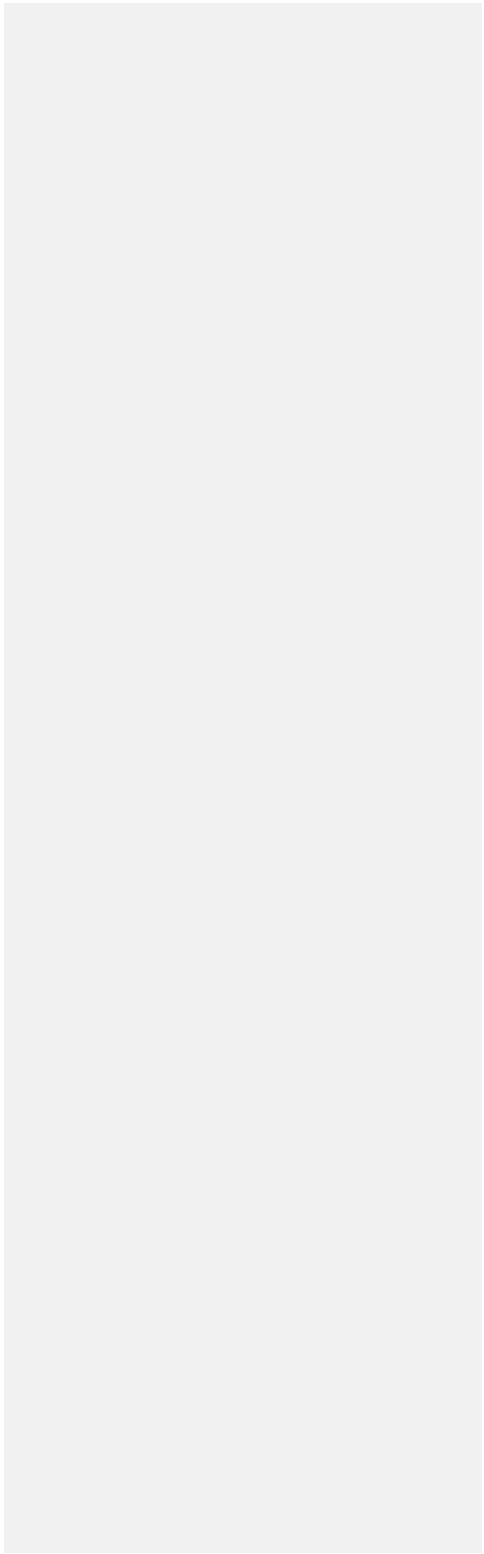
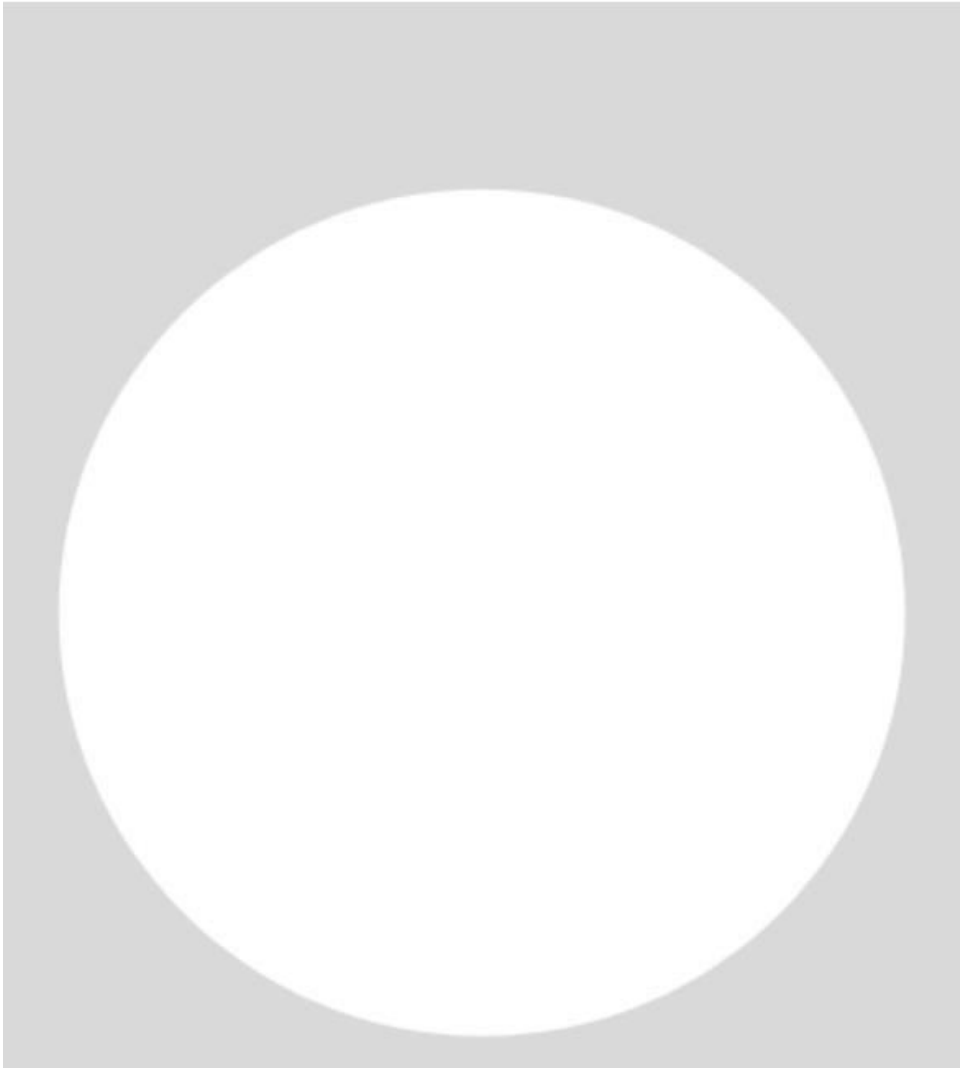
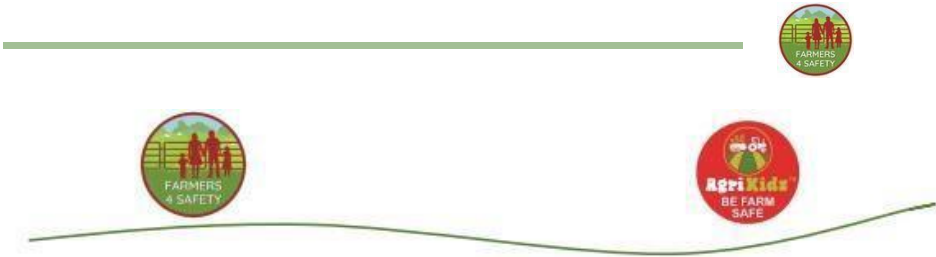
If you want to find out more details about the competition visit our websites [www.farmers4safety.ie](http://www.farmers4safety.ie) or [www.agrikids.ie](http://www.agrikids.ie) or call us on 090 – 6482744.



### Template for the Sticker Competition

The requirements to enter the competition are as follows:

1. Print template on A4 page.
2. Picture must fit inside the white circular shape.
3. **Optional:** Incorporate the name of the competition into it 'Stick 2 Safety'
4. Entries can be solo or as a group with no limit in size.
5. For printing purposes, please send the entries as a JPEG, Scan or PDF format in order for the image to be of high quality.





### Submission Form

Please complete this form and attach a copy with each entry.

**(Please fill in on Microsoft Word or print and use block capitals)**

*(Fill in details that relate to you and your entry. For example, if you are a solo entrant, leave the school information blank.)*

Entry Name \_\_\_\_\_  
 School Name: \_\_\_\_\_  
 School Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Entry Address: \_\_\_\_\_  
 \_\_\_\_\_  
 School Phone Number: \_\_\_\_\_ School Email Address: \_\_\_\_\_  
 Entry Phone Number: \_\_\_\_\_ Entry Email Address: \_\_\_\_\_  
 County: \_\_\_\_\_

Name of the Student(s) submitting the entry/entries. Entries can consist of an individual, a student or a group of students/ individuals.

1. \_\_\_\_\_ 3. \_\_\_\_\_  
 2. \_\_\_\_\_ 4. \_\_\_\_\_

Entrant's Age(s) \_\_\_\_\_ Class \_\_\_\_\_

#### Checklist:

- 1. Completed Picture
- 2. Completed Short Note about Farm Safety, Health and Wellbeing
- 3. Completed Submission Form
- 4. Saved all Documents as JPEG, Scanned or PDF Format
- 5. Sent entry/entries to [niamh@farmers4safety.ie](mailto:niamh@farmers4safety.ie)

**A short note about what Farm Safety, Health and Wellbeing means to you (150 words max.)**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Submit your entry to [niamh@farmers4safety.ie](mailto:niamh@farmers4safety.ie)**

If you have any questions, please do not hesitate to get in touch with us.

**Deadline is July 8<sup>th</sup>**



## Appendices 8 – Five Ways to Wellbeing with Mental Health Ireland

# FIVE WAYS TO WELLBEING

#FARMSAFETYWEEK2022

The Five Ways to Wellbeing are evidence-based steps that everyone can take to maintain and or improve mental health and wellbeing. Undoubtedly it is most important to maintain safe farming practices to reduce the risk of injury and untimely loss of life. Equally it is most important to maintain wellbeing practices to reduce the risk of mental health challenges or mental illness. The two go hand in hand and for once it is probably ok to disagree with the adage that “a bird in the hand is worth two in the bush”. I think we are all better off if we keep both farm safety and/or mental health and wellbeing together in the one hand.



[www.mentalhelathireland.ie](http://www.mentalhelathireland.ie)

### CONNECT

Social interaction and feeling valued by other people are fundamental human needs. Combined they contribute to wellbeing and are a cushion against loneliness and isolation. Research shows that people with strong social connections are happier and healthier. Because of the nature of farming, its long hours, demanding situations and unexpected events, it can be difficult to form regular social connections. It is good self care to create off farm opportunities to get out and about to socialise that best suits your needs.



### BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety. It promotes both physical and mental health well-being.

It is well established that planned exercise releases endorphins that can help a person feel more alert, more energised and better able to cope with challenges. Undoubtedly, this increased energy improves your awareness which is beneficial in terms of reducing farm accidents that may occur due to lack of concentration.

Consider using your off farm time to undertake an activity that you enjoy and doing at your own pace. The message really is, to make physical activity a regular habit, as it can be a game changer in lifting your mood from a low spot to a better place.



[finola@mentalhealthireland.ie](mailto:finola@mentalhealthireland.ie)



[niamh@irishrurallink.ie](mailto:niamh@irishrurallink.ie)





# FIVE WAYS TO WELLBEING

#FARMSAFETYWEEK2022



## TAKE NOTICE

It goes without saying that farming is a very demanding way of life . When a person is busy there is a risk of physical and mental overload. The body can become physically exhausted and and the mind vulnerable to being cluttered. Unfortunately, and sadly farm accidents regularly happen because of being in a hurry to get something done. Is it worth the risk?

The most practical thing to do is stop, pause, collect your thoughts by being aware of the generous nature around you - taking a few random minutes of self care can help you feel calm and in control. It can also reduce the risk of incurring an accident.



## KEEP LEARNING

There is no evidence to show that "you cannot teach an old dog new tricks" - quite the opposite! The more we keep our brains stimulated the more we thrive no matter the age!

Being interested about all sorts of matters on and off the farm is good for the mind. Learning about new ways of farming keeps while at times it maybe challenging, it can also be motivating. !

It is important for self esteem to embrace new opportunities and experiences. Local ETBs provide excellent adult Education Programmes - participating in one that is of interest also provides the opportunity to develop new friends and to socialise.



## GIVE

Give and giving while important are beneficial and can make you feel better. It very satisfying when your time, words and deeds benefit others and gratitude expressed. It is like an emotional endorphin that creates positive feelings and energises you. Giving can be connecting with a neighbour that is struggling, listening and offering the hand of friendship.

However, once again take a moment out, pause to think about your own needs and be kind to your self. It is not a selfish thing to do.

## YOUR HEALTH IS YOUR WEALTH

Embracing The Five Ways can make difference to your quality of life and most importantly contribute to safe farming practices. They are five keys that you can unlock every day in small meaningful ways that will benefit you and the people in your life. By embracing them you can feel connected with others, pay attention to being active, taking notice of how you and others are feeling, and learning about opportunities around you to feel calm and relaxed, give regularly to others and yourself. These Five Ways are in your hands.

### Further Information

1. Survivor Stories Real Farmers Real Accidents
2. Farmers Health and Wellbeing
3. Mental Health Ireland – Farming Resilience
4. Farmers4Safety Managing Risk Together
5. Teagasc - Working Towards Positive Mental Health





# Appendices 9 – Second Newsletter - (Second-Newsletter-Farmers4Safety-EIP-AGRI-Project-Copy-2.pdf)

## Farmers4 Safety

Managing Risk Together

### Stick2Safety #FarmSafety Sticker Competition with AgriKids

Farmers4Safety and AgriKids during the Summer teamed up to bring a farm safety sticker competition, 'Stick 2 Safety'. The competition was launched on Thursday the 19th of May. It called on Ireland's...

Along with the design the participants write a short note about why they chose to participate in the competition and the importance of Safety, Health and Wellbeing on Farms and what it means to them.

The sticker can be put on farm machinery, cars, vehicles and around the farm or home to show a light and create greater awareness on the essential role safety

and emotional wellbeing play in carrying out jobs on farms. Farmers4Safety and AgriKids hoped that by getting different age groups within Communities involved it would achieve a greater reach for farm safety, health and wellbeing. The Stick2Safety #FarmSafety Sticker Competition received over 200 entries.

### Agricultural Shows and Events

The project team of Farmers4Safety - Managing Risk Together EIP-AGRI Project also have attended 9 agricultural shows and events over the Summer months in order to help raise awareness of farm safety, health and wellbeing while expanding its networks on the ground. The shows and events were effective for the roll out of the project as it gave the project manager and the firm members the opportunity to engage with others in the catchment areas, identify their needs/concerns and supporting them to the relevant supports/services that they required.

Pictures from the agricultural shows/events can be found on our project website: [www.farmers4safety.ie](http://www.farmers4safety.ie)

### Attitudinal Survey Responses from Farmers, Partners, Service Providers

Farmers4Safety - Managing Risk Together have effectively carried out 132 survey responses from farmers, 28 responses from service providers and 52 responses from partners. The responses below highlight the answers given by farmers when asked if they take risks that they would not allow anyone else to take. 48% said they do and 52% said they do not.

The survey also asked how many injuries/near hits have occurred in the last three years on your farm. 46% said they had an injury/near hit and 52% said they did not.

with AgriKids for the Stick2Safety #FarmSafety Sticker Competition, day three they launched their survivor video story, day four the project highlighted links to the Health and Safety Authority website for Personal protective equipment (PPE), and finally on day five Farmers4Safety highlighted the importance of their WhatsApp chats and the overall aim of having them in a farm safety network within the catchment areas.

### Project Update

To date, the project coordinator has met with the mentors/champions 24 times as a group and multiple times individually over the phone or zoom if they had any queries, concerns or questions about the project. The group meetings with the mentors/champions discussed the projects aims, objectives, outcomes and their role and responsibilities on the ground. The meetings also got the mentors/champions

opinions and perspectives about the attitudinal surveys from farmers, farm families, partners and service providers. The meetings also involved the mentors' opinions/perspectives about what talks/workshops they would like to see being done in order to address farm safety, health and wellbeing.

The project to date has had meetings/workshops with Niall Heenan from Train the Trainer Course, Mental Health Ireland, the Health and Safety Authority, IFA Countrywide, AgriKids, Farm Relief Services, and Getting Citizens Online. All of these workshops talks refer to the mentors needs/concerns about what they would like to find more information about and equip them with the knowledge to carry out this Farm Safety, Health and Wellbeing EIP-AGRI Project on the ground.

### Five Ways to Wellbeing #FarmSafety

Farmers4Safety - Managing Risk Together EIP-AGRI Project also teamed up with Mental Health Ireland to launch a Five Ways to Wellbeing Leaflet tailored to Farm Safety. The leaflet highlights the diverse ways to look after your overall health and wellbeing while being safe on the farm.



Along with the farmer's survey Farmers4Safety - Managing Risk Together EIP-AGRI Project carried out attitudinal surveys for partners. The response below highlights the reply from partners when asked if they find it difficult to spend time with their partner when he/she is constantly working and thinking of the farm. 57% said they find it difficult to spend time with their partner and 43% said they do not.

The below survey responses from the service providers highlight that 58% feel there is pressure from the farmer/farm family to carry out the task set out for them to do on the farm. 42% and they do not feel there is pressure from the farmer/farm family to carry out the task set out for them to do.

The analysis to the surveys can also be found on our project website under Survey Analysis.

### Facts and Figures to-date

- 886 Farmers or Farm Families directly engaged with to-date
- 152 Pre-Evaluation and Attitudinal Survey Responses from Farmers/Farm Families
- 28 Attitudinal Survey Responses from Service Providers
- 52 Attitudinal Survey Responses from Partners

### Farm Safety Week 2022

Farmers4Safety - Managing Risk Together EIP-AGRI Project also took part in Farm Safety Week this year. Each day had a relevant theme to farm safety. The below image highlights the different themes for this year's Farm Safety Week.



### Regional WhatsApp Groups

This innovative element of this Farm Safety EIP-AGRI project aims to enhance the internet peer-to-peer communication among the participant farmers to indicate its potential as a viable action in a national farm safety strategy.

The potential safety benefits of a WhatsApp group among

- To share information (e.g. application can send PDF)
- To notify / remind events and activities.
- For emotional wellbeing support used in tandem with 999 or 112.
- For general social and recreational use.

To date Farmers4Safety have three regional Farmers4Sa that has 106 participating in the chats.

### Farmers4Safety - Managing Risk Together in the Media

Our Project Coordinator was featured on Galway Talks with Keith Finnegan to speak about Farmers4Safety.

Also featured on Country Life a Farmers4Safety - Managing Risk Together EIP-AGRI project.

Stay up-to-date with Farmers4Safety. Want to find out more about Farmers4Safety - Managing Risk Together EIP-AGRI Project? Visit us online and follow us on our social media platforms for regular updates.

The Irish Farmers Journal also wrote an article on Farmers4Safety - Managing Risk Together EIP-AGRI Project which highlighted its progress to date on the ground engaging with the farming communities in the catchment areas.

That's Farming have also written three comprehensive articles on Farmers4Safety - Managing Risk Together EIP-AGRI Project, which features quotes from our project coordinator Niamh Nolan, the CEO of Irish Rural Link Seamus Boland and Minister of State with special responsibility for Research and Development, Farm Safety and New Market Development at the Department of Agriculture, Food and the Marine, Martin Hayden. Click here to read the article.

Upcoming Events Farmers4Safety - Managing Risk Together EIP-AGRI Project will be organising events/workshops in the catchment areas to help raise awareness of farm safety, health and wellbeing. The themes/topics that will be discussed will correspond to the needs/concerns that the farming communities on the ground would like to find out more information on in relation to farm safety, health and wellbeing. To find out more about upcoming events/workshops visit our website [www.farmers4safety.ie](http://www.farmers4safety.ie).





Appendices 10 – Mind, Body and Safety Matter Leaflet/Sign with Mental Health Ireland

# Mind, Body, Safety Matters



Mental Health Ireland



## Mental Overload

This can lead to exhaustion. Take a rest.  
"A field that has rested gives a bountiful crop!"



## Planned Exercise

Exercise can help you feel more alert, energised and better able to cope with challenges.



## Available Supports

If you are struggling or feel the need to talk to someone, Call **999** or **112** or Text **50808**. Samaritans: **116 123**  
Please insert your Postal Code here



### **More Info**

Scan the QR Code for a list of organisations that can help you

*Make your safety, mental health and wellbeing your number one priority*



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





# Available Supports



**If you are struggling, here are organisations that can help you:  
Make your Family Doctor your first point of contact. If you have private medical insurance, it is possible to do an online consultation.**

**Emergency Services: 999 or 112**

**Samaritans** provides 24/7 support to people in emotional distress or at risk of suicide.

**Text About It 50808** is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support - [www.text50808.ie](http://www.text50808.ie)

**Your Mental Health - 1800 111 888** - provides information on support services within your county (24/7) - [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**Pieta - 1800 247 247** or Text 'Help' to **51444** (24/7) is a crisis helpline if you or someone you know is in crisis experiencing suicidal ideation, engaging in self-harm, or have been bereaved by suicide. To make an appointment call **0818 111 126**, no referral needed

**EMBRACE Farm: 085 770 9966**

**Seniorline: 1800 80 45 91**

**Bereavement Support: 01 4732110**

**ESB: 1800 372 999**

**Succession Ireland: 086 601 3365**

## Financial Concerns Support and Advice

MABS the Money Advice and Budgeting Service Helpline **0818 07 2000** available **Mon-Fri 9am-8pm**

IFA Confidential debt support helpline to assist farmers with financial difficulties. **1890 924 853**

**Link to the Code of Practice Risk Assessment Document:**  
[https://www.farmsafely.com/farmers/00\\_login.htm](https://www.farmsafely.com/farmers/00_login.htm)

The Farm Risk Assessments included are for Dairy, Beef, Sheep, Deer, Tillage and Mixed Farming. To prepare additional risk assessments or for those more specific to Poultry Farms, Equestrian Centres and other Agribusiness go to [www.BeSmart.ie](http://www.BeSmart.ie).



[www.farmers4safety.ie](http://www.farmers4safety.ie)



Mental Health Ireland

[www.mentalhealthireland.ie/your-mental-health/farming-resilience/](http://www.mentalhealthireland.ie/your-mental-health/farming-resilience/)

*Make your safety, mental health and wellbeing your number one priority*



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



## Appendices 11 – Post Evaluation for Farmers/Farm Families

### Post-Evaluation and Attitudinal Survey - Farmers

Farmers4Safety – Managing Risk Together EIP-AGRI Projects concluding survey seeks to understand the current work practices carried out by farmers and their farm families when undertaking jobs on the farm. This project adopts a 'farmer to farmer' mentoring approach to engage with farmers to rethink farm safety by tackling and improving the complacency around safety on farms and emotional wellbeing of farmers. The survey will only take 10 to 15 minutes and will only be used for research purposes. We would be extremely grateful if you would consider completing this survey.

#### Profile:

Regional Location: (Tick the most appropriate)

Cork  Waterford  Wexford  Tipperary

Gender

Male  Female  Prefer not to say

Age: (Tick the most appropriate)

Under 18 years  25-39   
18-24  40-60   
60 plus

What type of farm enterprise are you involved in? (Tick the most appropriate)

Dry stock  Suckling  Dairy  Tillage  Sheep

Other (please specify)

---

---

Employment Type: (Tick the most appropriate)

Part-time Farmer

Full-time Farmer



---

### Assessing Farmers Safety, Health and Wellbeing

1. Our previous survey responses highlight that 70% said their farm safety, health and wellbeing is important. Do you feel you are more aware and proactive on farm safety, health and wellbeing since becoming involved in this project? (Please comment)

2. From our previous survey results the average score rating on the importance of farm safety, health on wellbeing on their farms was 60%. On the Scale of 0%-100% how important is farm safety, health and wellbeing now on your farm? (Select the most appropriate level)

---

0%	50%	100%
Not Important	Important	Extremely Important

3. From our previous survey responses 45% said that they do not actively engage and implement their Farm Safety Statement or Code of Practice Risk Assessment Document and 52% said they do engage and implement the documents. How can we get farmers to proactively use this document to manage safety on their farm? (Please comment)

4. Our previous survey responses indicate that 48% said they do take risks that they would not allow anyone else to take on the farm and 52% said they do not. Since becoming involved in this project would you now take risks that you would not allow anyone else to take on the farm? (Tick the most appropriate)

Yes  No

Please comment.



5. Do you feel that the current health and safety training/advice is sufficient for the running of your farm? (Tick the most appropriate)

Yes  No  Not sure

Please comment

6. Do you feel that if something like an annual/mandatory Safety Solutions/ Certificate was introduced in the agriculture sector it would reduce the number of injuries/ fatalities on farms? (i.e. a mixture of theory and practical measures for example pictures/videos of the dangers/ risks on the farms, their dangers/consequences and then move on to identifying and examining the dangers on a farm and learning solutions to overcome these risks, the course would be farmer led/ bottom up approach) (Tick the most appropriate)

Yes  No

Please comment

7. What do you feel would help reduce the number of fatalities/ injuries on farms and make it a safer place where people can live, work and visit? (Tick in order of importance starting at 1 as most appropriate)

Farmers mentoring each other	<input type="checkbox"/>	Guidelines and checklists	<input type="checkbox"/>
Online courses/ Training	<input type="checkbox"/>	Open Days	<input type="checkbox"/>
Increase tractor licence age to 18 years	<input type="checkbox"/>	Farm Safety Mentor visits	<input type="checkbox"/>
More grant supports to purchase farm safety equipment	<input type="checkbox"/>		
Regular Farm Safety Messages/ Reminder sent to our phones			<input type="checkbox"/>
Other (please specify)	<input type="checkbox"/>		



---

Please comment.

8. Was our "Farmer4Safety" initiative beneficial in raising awareness of health & safety and mental wellbeing? (Tick the most appropriate)

Yes  No

Please comment.

9. What could be done better and more beneficial to our project? (Please comment)

10. Would you partake in an annual upskilling in health/wellbeing awareness day/night if it were available? (Tick the most appropriate)

Yes  No

Please comment



---

11. Are you concerned about more regulation that may be introduced in the farm safety sector to help reduce the number of fatalities/injuries on farms? (Tick the most appropriate)

Yes  No

Please comment

12. Do you believe that an annual farm safety, health and wellbeing training should be directly linked to receipt of direct payments? (Tick the most appropriate)

Yes  No

13. Our previous survey responses indicate that 46% has had an injury and/or near hit in the last three years and 52% highlighted that they had none. How many injuries and/or near hits have occurred in the last three months on your farm? (Please comment)

14. From our previous survey the responses highlight that 87% do seek help when completing high-risk jobs and 13% do not. Since becoming involved in this project do you now seek help when completing high-risk jobs? (Tick the most appropriate)

Yes  No

Please comment.



15. Since becoming involved in this project do you now balance work and personal life?  
(Please comment)

16. Our previous survey results indicate 54% regularly take time off from the farm, 40% said they rarely take time off and 6% said they never take time off from the farm. Since becoming involved in the project how often do you now take time off from the farm? (Tick the most appropriate)

Rarely  Regularly  Never

Please comment.

17. The previous survey results indicate the 4% monitor their physical health and book a check-up with a doctor on a monthly basis, 1% said weekly, 19% said never, 9% said quarterly, 67% said annually. How often do you now monitor your physical health and book a check-up with a doctor? (Tick the most appropriate)

Weekly  Monthly  Quarterly  Annually   
Never

Please comment.

18. Would you like to see more free mobile health check-ups such as blood testing/eye test/ heart monitoring at your local marts/co-ops? (Tick the most appropriate)

Yes  No

Please comment





19. In your opinion, what are the main factors that can lead to issues of mental health in the agricultural sector? (Tick in order of importance starting at 1 as most appropriate)

- Workload                       Isolation       Weather   
Uncertainty of the agriculture industry       Input Costs   
Market Prices       Financial Worries   
Farm Succession

Please comment.

20. How would you rate your mental health? (Tick the most appropriate)

- Excellent                       Very Good                       Good   
Fair                       Poor

21. How often has your mental health interfered with your ability to get work/ jobs done? (Tick the most appropriate)

- Extremely Often                       Often                       Not Often at all

Please comment.

22. Is your mental health as important as your physical health? (Tick the most appropriate)

- Yes                       No                       Not sure

Please comment.





23. Are you aware of services available and what action to take to improve your mental health? (Tick the most appropriate)

Yes  No

Please comment.

24. If you were feeling mentally unwell would you reach out for help or confide in someone? (Tick the most appropriate)

Reach out for help  Confide in someone   
No one to confide in  Would not reach out for support

Please comment

25. Do you think there is sufficient knowledge/awareness among farmer's/farm families of the problems relating to mental health in the agricultural sector? (Tick the most appropriate)

Very Sufficient  Sufficient  Insufficient   
Neither sufficient nor insufficient  Very Insufficient

Please comment.

26. Have you heard of any mental health training/supports that is available for farmer's/farm families? (Tick the most appropriate)

Yes  No



---

27. Would you engage/pay into a government-led scheme that would provide holiday pay and sick pay? (Tick the most appropriate)

Yes  No

Please comment.

28. How do you believe farm safety for those approaching in their retirement years should be addressed by Farming organisations/bodies? (Please comment)

29. Comment Box for the Overall Survey

30. Idea's Box (What we can do to fix the issues/ help with farm safety, health and wellbeing?)



Appendices –

12 Posters for Events in the Catchment Areas

**FARMERS 4 SAFETY**

**MANAGING RISK TOGETHER**

**WHERE:** Tir na Nóg, Wellington Bridge, Y35 XPBX

**WHEN:** Thursday 27th of October

**TIME:** 7.30pm

Refreshments available  
All Welcome

**FARMERS 4 SAFETY**

**MANAGING RISK TOGETHER**

**GUIDE TO FARM SAFETY AND WELLBEING**

**WHERE:** Ballynoe Co Cork, Eircode: P51 DX08

**WHEN:** Tuesday September 27th

**TIME:** 11am to 1pm

Refreshments available on the day  
All Welcome

**FARMERS 4 SAFETY**

**MANAGING RISK TOGETHER**

**A FARM SAFETY, HEALTH AND WELLBEING EVENT**

**WHERE:** Gurteen Agricultural College (E53 TP93)

**WHEN:** Friday 9th September

**TIME:** 10.30am - 12 noon

Refreshments available on the day  
All Welcome

Appendices 13 – Survey Analysis One ([Farmers4Safety-EIPAGRI-Overall-Survey-Analysis.pdf](#))

Appendices 14 – Survey Analysis Two ([Post-Evaluation-and-Attitudinal-Survey-Analysis.pdf](#) ([farmers4safety.ie](http://farmers4safety.ie)))



Appendices –

15 Daily Checklists



### Checklist for Farm Safety on your Farm

Preparation for safe farm work practices

Tick if ready

DAILY BASIS	M	T	W	T	F	S	S
Tractor/Quad/Vehicles/Machinery Pre-start checks done before use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Livestock handling facilities checked, in good order and gates hanging properly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yard checked for risks, eg. manhole covers, plastic tidied up, slip/trip hazards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work planned for the day with priorities and break/rest times set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help arranged with buddy for difficult or risky tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Risks identified and plans set to manage the risks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All minor injuries & near misses looked at and fixed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Appendices –

16 Monthly Checklist



Checklist for Farm Safety on your Farm

Preparation for safe farm work practices

Tick if ready

MONTHLY BASIS	J	F	M	A	M	J	J	A	S	O	N	D
Yard in good condition, machinery and materials safely parked/stacked/stored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exit/entry points to & from farm, out-farm, fields in safe condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Risk Assessment document reviewed for appropriate pages this month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adequate lighting in yard & sheds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Repair and maintenance work planned & risks involved managed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chemicals & animal medicines stored and locked away safely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PPE available for use, e.g. during maintenance work, work with chemicals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety signs in place - in yard, on buildings and on approach roads where necessary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First Aid Kit and Emergency Phone Numbers checked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Appendices –  
17 Infographics

# Farmers4Safety

This Farm Health, Safety and Wellbeing EIP-Agri Project adopts a 'peer-to-peer' mentoring approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. Below showcases the results of the project.

## Survey Findings



### Pre-Evaluation and Attitudinal Survey responses from Farmers/Farm Families

**Farmers4Safety – Managing Risk**  
Together EIP-AGRI research was undertaken by project manager Niamh Nolan along with the 6-part time farm mentor's to assess Farmer's/Farm family's attitudes and behaviours towards Farm Safety, Health and Wellbeing.

On average, how many hours of the week do you work on the farm?

30 - 40 hours	30%
41 - 50 hours	11%
365 days a year	1%
51 - 60 hours	23%
60+ hours	31%
Less than 30 hours a week	4%

On a Scale of 1 – 10 how important is farm safety, health and wellbeing on your farm?

**7 out of 10**

How important is your health and wellbeing in carrying out jobs on the farm?

**7 out of 10**

Do you take risks that you would not allow anyone else to take on the farm?

Yes **48%** No **52%**

**RISK**

How often do you monitor your mental health?

Monthly	6%	Quarterly	8%
Weekly	14%	Annually	15%
Never	57%		

How many injuries/near hits have occurred in the last three years on your farm?

Injuries/Near Hits **46%**  
None **52%**

How often do you monitor your physical health and book a check-up with a doctor?

Monthly	4%	Quarterly	9%
Weekly	1%	Annually	67%
Never	19%		

Do you actively engage and implement your Code of Practice Risk Assessment?

Yes **52%** No **45%**

### Post Evaluation and Attitudinal Survey responses from Farmers/Farm Families

**Farmers4Safety – Managing Risk**  
Together EIP-AGRI research was undertaken by project manager Niamh Nolan along with the 6-part time farm mentor's to assess Farmer's/Farm family's attitudes and behaviours towards Farm Safety, Health and Wellbeing towards the latter end of the project.

Our previous survey results indicate 54% regularly take time off from the farm, 40% said they rarely take time off and 6% said they never take time off from the farm. Since becoming involved in the project how often do you now take time off from the farm?

Regularly	59.4%
Rarely	36.5%
Never	4.2%

Was our 'Farmers4Safety' initiative beneficial in raising awareness of health & safety and mental wellbeing?

Yes **94.8%** No **5.2%**

From our previous survey the responses highlight that 67% do seek help when completing high-risk jobs and 13% do not. Since becoming involved in this project do you now seek help when completing high-risk jobs?

Yes **88.2%**  
No **11.8%**

Our previous survey responses indicate that 46% said they do take risks that they would not allow anyone else to take on the farm and 52% said they do not. Since becoming involved in this project would you now take risks that you would not allow anyone else to take on the farm?

Yes **35.8%**  
No **64.2%**

Would you like to see more free mobile health check-ups such as blood testing/eye test/ heart monitoring at your local marts/co-ops?

Yes **89.5%** No **10.5%**

Do you think there is sufficient knowledge/awareness among farmer's/farm families of the problems relating to mental health in the agricultural sector?

Very Sufficient	5.4%
Sufficient	20.4%
Insufficient	46.2%
Neither nor Sufficient nor Insufficient	16.1%
Very insufficient	11.8%

Do you feel that if something like an annual mandatory Safety Solutions/ Certificate was introduced in the agriculture sector it would reduce the number of injuries/ fatalities on farms? (i.e. a mixture of theory and practical measures for example pictures/videos of the dangers/risks on the farms, move on to identifying and examining the dangers on a farm and learning solutions to overcome these risks, the course would be farmer led/ bottom up approach).

Yes **66.3%**  
No **33.7%**

Would you partake in an annual upskilling in health/wellbeing awareness day/night if it were available?

Yes **78%** No **22%**

Would you engage/pay into a government-led scheme that would provide holiday pay and sick pay?

Yes **51.6%** No **48.4%**



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# Farmers4Safety

This Farm Health, Safety and Wellbeing EIP-Agri Project adopts a 'peer-to-peer' mentoring approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. Below showcases the results of the project.



## Project Outreach



### FACEBOOK

Followers **472**  
Page Reach **89,864**



### TWITTER

Followers **221**  
Profile Visits **19,406**  
Mentions **213**  
Impressions **57,643**



### INSTAGRAM

Followers **128**



### WHATSAPP

**116** participating  
in our regional  
WhatsApp Groups



### WEBSITE

Website Users **1,585**  
Website Views **2,837**  
Press Releases **19**  
Leaflets/Newsletters  
published **8**



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# Farmers4Safety

This Farm Health, Safety and Wellbeing EIP-Agri Project adopts a 'peer-to-peer' mentoring approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. Below showcases the results of the project.



## Survey Responses

### Attitudinal Survey responses from Partners

**Farmers4Safety – Managing Risk**  
Together EIP-AGRI research was undertaken by project manager Niamh Nolan along with the 6-part time farm mentor's to assess Farmer's Farm family's attitudes and behaviours towards Farm Safety, Health and Wellbeing by engaging with their partners to gain a greater insight into the current attitudes and behaviours towards Farm Safety, Health and Wellbeing.

Do you work on the farm?

Yes **59%**  
No **41%**

If something happens on the farm such as the death of an animal, machinery breaking down it can lead to pressures and anxieties in the household.

Strongly Agree **14%**  
Agree **49%**  
Neither Agree nor Disagree **17%**  
Disagree **20%**

Does your partner find it very difficult to trust people to do the farming for him/her when taking time off?

Yes **51%**  
No **49%**

Does your partner knowingly take risks on the farm?

Yes **35%**  
No **65%**

How often does your partner monitor his/her physical health and book a check-up with a doctor?

Weekly **0%**  
Monthly **8%**  
Annually **60%**  
Quarterly **10%**  
Never **22%**

Do you find it difficult to spend time with your partner when he/she is constantly working and thinking of the farm?

Yes **55%**  
No **45%**

How often does your partner monitor his/her mental health?

Weekly **8%**  
Monthly **4%**  
Annually **12%**  
Quarterly **8%**  
Never **68%**

### Attitudinal Survey Responses from Service Providers

**Farmers4Safety – Managing Risk**  
Together EIP-AGRI research was undertaken by project manager Niamh Nolan along with the 6-part time farm mentor's to assess Farmer's Farm family's attitudes and behaviours towards Farm Safety, Health and Wellbeing by engaging with Service Providers to gain a greater insight into the current attitudes and behaviours towards Farm Safety, Health and Wellbeing.

Do you think farmer's/farm families plan for safety, health and wellbeing on their farm on a regular basis?

Yes **33%**  
No **67%**

Do you and the farmer consider farm safety, health and wellbeing when on the farm?

Yes **87%**  
No **75%**  
**13**

Do you think farmer's/farm families knowingly take risks with animals/machinery?

Yes **79%**  
No **21%**

Do you feel there is pressure from the farmer/farm family to carry out the task set out for you to do when on the farm?

Yes **58%**  
No **42%**

On a Scale of 1 – 10 how important is farm safety, health and wellbeing on farms for farmers and farm families?

**6 out of 10**

How often do you think farmer's/farm families monitor their overall mental health?

Weekly **0%**  
Monthly **4%**  
Annually **13%**  
Quarterly **33%**  
Never **50%**

Do you think farmer's/farm families actively engage and implement their Code of Practice Risk Assessment Document?

Yes **25%**  
No **75%**

How often do you think farmer's/farm families monitor their overall physical health and book a check-up with a doctor?

Weekly **0%**  
Monthly **4%**  
Annually **0%**  
Quarterly **25%**  
Never **71%**



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# Farmers4Safety

This Farm Health, Safety and Wellbeing EIP-Agri Project adopts a 'peer-to-peer' mentoring approach to engage farmers in an attitudinal and behavioral change towards farm safety by tackling and improving the social norms around farm safety and emotional wellbeing. Below showcases the results of the project.



## Comments from Farmers/Farm Families who engaged with the Farm Safety, Health and Wellbeing EIP-AGRI Project

- » "Made me think that we are doing our best to have a safe and happy farm. Every day is a special day. Always think safety and health".
- » "I found the study to be very good and made us all think outside the box. Mary is an excellent farm safety mentor and is on the ball at all times. Very encouraging and helpful always".
- » "Farming is stressful, work never runs out. Scale is becoming more important to make it viable, less young people becoming involved, as a result the industry will remain high risk in terms of both mental and physical health".
- » "We all need more online health and safety courses".
- » "Ads in the evening would be good - more awareness".



## Experiences from the Farmers4Safety – Managing Risk Together EIP-AGRI Project Team

- » "I absolutely loved this role from the very start and I see the value in going out to the farms and speaking to them one to one. They are much more comfortable in their own yards and also most of them don't have the time to attend events. I think they are under so much pressure and always caught for time. By bringing information to them such as the risk assessment documents, we made it easier for them to access information". – **Tipperary Mentor**
- » "I had a good experience with the project it was very interesting to communicate with farmers and hear their views of safety, health and wellbeing on farms and why with most it's not top priority for the them. I found the what's app group very good to get information across to farmers". – **Tipperary Mentor**
- » "This project made me think more about farm safety, health and wellbeing and raise awareness with others in my community along with influencing others and the different ways in addressing farm safety, health and wellbeing". – **Wexford Mentor**
- » "My experience of being a Farm Mentor on the Farmers4Safety project was most definitely immensely enlightening and most importantly, 'results-driven'. However, a facet of the project that was incredibly invaluable was the wonderful flexibility of the project to address farm health & safety and well-being needs that arose in our farming communities during my work". – **Wexford Mentor**
- » "Most farmers agree there is a problem regarding Health and Safety in the industry, but many would not agree that it applies to their own farm, many farmers do not find this subject interesting enough to engage with, unfortunately, many farmers are suspicious of anything that might require more paperwork, inspections and regulations, many farmers are not aware of issues surrounding mental health and feel uncomfortable talking about it. Unfortunately, most farmers don't recognise mental health until it reaches crisis point". – **Cork Mentor**
- » "Thank you to Irish Rural Link for the opportunity to work on this project. It has personally opened my eyes to the complete need for this type of project going forward. Farmers4Safety will help farmers become more aware of farm safety including mental wellbeing and it WILL save lives". – **Cork Mentor**
- » "Farmers4Safety offers a peer to peer mentor approach that tailors to each farming community within the catchment areas, offers support, assistance and guidance. It also allows farmers to transfer knowledge and ideas with each other, build on their networks along with making the farm a safer and healthier place to live, work and visit. This effective bottom-up approach has proven to be successful in the three regions and from the results and comments from the participants involved in the project they have found it very beneficial to them in addressing farm safety, health and wellbeing". – **Project Manager**



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## Appendices 18 – Profile of Farmers4Safety – Managing Risk Together EIP-Agri Project Team



### **Paddy O'Brien, Wexford Mentor**

Paddy was brought up on a farm and is currently farming Calf to beef, a bit of tillage (barley) catch crop and hogget's. He has been involved in farming most of his life as it was his father's. Paddy has a lot of experience in changes in farming over the years.

### **Wexford Mentor**

Our second Wexford mentor was brought up on a farm with a lifetime's exposure to beef, dairy and tillage and now farms part-time following degree-level and Green Cert studies over the years. Also worked full-time in industry for 20 years. Also has a keen interest in agri-diversification.



### **Mary Oakley, Tipperary Mentor.**

Mary has fond memories of growing up on a farm where neighbours helped each other, family and friends just rambled in to visit. This sense of community and love of farming and country life stayed with her. She has always been involved in farming in one way or another while she worked for a large agricultural organisation to later working on a dairy farm while raising her three children.

After seeing many minor accidents in her life, she has always been very conscious of the dangers around the farm, especially for children. She still firmly believes that prevention is better than cure and that children must be supervised at all times on the farmyard.



### **Tommy Tierney, Tipperary Mentor.**

Tommy is based in South Tipperary and has been farming the family farm for over twenty years in partnership with his parents. He is also a qualified plumber and works part time in the family plumbing business. Tommy specialises in Regenerative Farming and Arable Farming. He has a keen interest in moving away from pesticides towards a regenerative approach to farming.



**Ned Kearney, Cork Mentor.**

Ned's background is in dairy farming and he is currently relief milking 160 cows in Dungarvan, Co. Waterford. Up until 2004, he was dairy/beef farmer in Cork. The farm was also in the REPS Scheme and in 1996 he won the Waterford Foods Milk Quality Award. He then took up a position with Blackwater LEADER Development as their Rural Social Scheme (RSS) officer in 2005. During his time working on the RSS he gained a lot of experience and knowledge with low income farmers. He now owns a small farm in Dungarvan where he keeps Broodmares for thoroughbred breeding.



**John Murphy, Cork Mentor.**

John lived abroad for many years but came home in 2013 to take over the family dairy farm when his parents retired. He still runs a small Friesian dairy herd with his wife, Minna and 2 young children. They diversified the farm activities to generate more income. Now they run Kildinan Preschool on the farm, as well as hosting paid placements through Social Farming Ireland, and the farm is also involved in the Bride Project agri-environment scheme. He also partners with another local farmer to offer a bale silage contracting service in his local area.

John holds a BSc (Hons) degree in Rural Resource Management as well as a Green Cert. He worked as a farm diversification and grants advisor in the UK for 2 and a half years after graduating.



## Appendices 19 - Quality of Life Index

### Quality of Life Index for Farming

The purpose of this Quality of Life index is to provide you with an opportunity to reflect on aspects of your life both physical, social and mental. This is a self-assessment on how you are spending your time and the quality of the time you take for you, for your close family members and friends. It is an opportunity to quietly review how you feel and are coping with daily life. Having worked your way through the various questions hopefully you will find all is generally good. Sometimes we can think things are worse than they actually are! Then again there may be an issue or life event that is causing you to struggle. If so it is important to source out some help as the adage goes "A stitch in time saves nine!"

Our key message to you that life does throw up struggles and challenge most of which are manageable, and that is ok not to feel ok from time to time, however, it is not ok to neglect handling the situation.

We wish you all the very best and hope you find this exercise in self-care helpful and rewarding!

#### PROFILE

##### Gender

Male  Female

Prefer not to say

##### Age profile

18-24  25-39  40-60

60 plus

##### Your farm enterprise:

Dry stock  Suckling  Dairy  Tillage   
Sheep

Other (please specify)

Are you a: (Tick the most appropriate)

Part-time Farmer

Full-time Farmer

### Quality of Life Index for Farming

**Workload: This section is providing you with an opportunity to assess your workload.**

On average, how many hours of the day do you work as a **full time** farmer on the farm?

1-2  3-4  5-6  7-8

8-10  10+

On average, how many hours of the day do you work as a **part time** farmer on the farm?

1-2  3-4  5-6  7-8  8+

10+

On average how many hours do you work on the farm on a Sunday?

1-2  3-4  5-6  7-8

8+  10+

How many livestock do you have on your farm?

0-20  21-40  41-50  50-60  60+

How many acres/hectares do you have?

1-7 acres  8-10 acres  11-20 acres

21-50 acres  51-60 acres  60+ acres

Have you any help on the farm?

Yes  No

If yes, from who?

Family member  Neighbour/Friend

Student(s)  Employed Staff

**Physical and Mental Health: This section is providing you with an opportunity to assess your physical and mental health.**

How would you currently rate your physical health?

1  2  3  4  5



How would you currently rate your mental health?

1  2  3  4  5

How much priority do you give to your a. physical health  
b. mental health?

1  2  3  4  5

Do you experience any of the following (anxiety, worry about things, pessimistic)?

1  2  3  4  5

All the time Regularly Not at all

Do you have a regular sleeping pattern?

Yes  No

Do you have regular daily meals?

Yes  No

Do you take a break during the working day?

Yes  No

Do you take part in any weekly hobbies/activities/organizations/community groups?

Yes  No

Please give an example.

\_\_\_\_\_

**Quality Time:** This section is providing you with an opportunity to assess how you use your free time and interact with others.

Do you plan ahead when taking time off?

Yes  No

How often do you take time off from the farm?

Never  Weekly  Monthly   
Quarterly  Annually

If you take time off, how do you spend this time?

\_\_\_\_\_  
\_\_\_\_\_

Have you taken a short break in the past 12 months? (less than 3 days)

Yes  No

Have you taken a holiday in the past 12 months? (more than 3 days)

Yes  No

Do you spend time with your supportive family members/ friends during the week?

Yes  Occasionally  No

In the last week, how many people have you interacted with? (not including family members)

1  2  3  4  5

Please take a moment to reflect on your answers to the above questions. Can you identify your strengths (i.e. what's working well) and the areas that you believe you would give more attention to. Please list.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**To support those areas, the following outlines a number of suggestions that address issues that may have emerged for you in your self-assessment.**

**Feedback**

In general, our advice is when in the green zone things are going well. If in the amber zone it is important to work towards the green zone. Being in the red zone is a warning sign that you need to be proactive. Throughout this self-assessment you may find yourself in different zones.

By completing this index, it has provided you with an opportunity to become more aware at this point in time how you are getting on with life. As you will see there are some areas that are very satisfactory, and some



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aspects of your life that can benefit from some additional attention'

**GREEN ZONE** Very Satisfactory: Keep maintaining what is working well for you. Perhaps there is scope maybe to go that extra mile?

**YELLOW ZONE** Reasonable Satisfied: The warning here is that while life is satisfactory there is scope to for improvement that can bring you into the green zone. It may be necessary to seek some additional support.

**RED ZONE** Not Satisfactory: What you are finding out here is that you need to consider seeking out help to boost your wellbeing It is important that you source the help you need to move in to the yellow zone and onto the green zone.

Remember it is not at all selfish to do what is best for you. It is indeed ok not to be ok, however what is not ok is not to do something about it. Feeling not ok is a warning sign that some aspect of our life needs changing.

If you would like more copies please visit [www.farmers4safety.ie](http://www.farmers4safety.ie), [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) or you can click [this link](#) to access support services.

**DISCLAIMER:** This is not a substitute for medical advice. It is important to make contact with you Family Doctor/Local GP if in a crisis.

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**Appendices 20 – Farmers4Safety Managing Risk Together EIP-Agri Project’s Timeline**

2





Action	Project Plan Target Date	Actual Date	Support	Outcomes	
<b>Establishment and Launch of EIP-Agri Project</b>	Appoint a Co-ordinator for the Programme	Aug 2021	November 2021	Irish Rural Link, BRID Project, Duncannon Blue Flag EIP-Agri Project, New Futures Farming Group and the Health and Safety Authority	Co-ordinator employed to cover 3 County Pilot project regions
	3 Appoint pre-selected 2 Part time mentors / Champions for the 3 Region, who are existing farmers	Aug/Sept 2021	November 2022	Irish Rural Link, BRID Project, Duncannon Blue Flag EIP-Agri Project, New Futures Farming Group and the Health and Safety Authority	6 Mentors / Champions, for each County employed to implement the project in their respective regions.
	Train mentors appropriately for the implementation of the Farm Safety Intervention programme,	Aug/Sept 2021	January to March 2022	Niall Heenan Health and Safety Authority, Mental Health Ireland	Mentors trained to implement behaviour changes required as per project objectives
	Develop project website.	September to October 2021	December to January 2022	Coordinator	Digital Platform hosted by Project team for participant(s) and public dissemination
	Organise a Project Launch	Q4 of 2021	February to April 2022	Coordinator Mentors	Project operational
	Recruit farmers participants for each of the 3 regions	Aug 2021	March 2022 to September 2022	2 Coordinator Mentors	Over 60 Farmer successfully completed project.
	Finalise project operational and Steering group and	Aug 2021	Nov 2021 to May 2022	Coordinator Mentors	Membership of Operational and Steering group finalised and agreed. 4 meetings took place over the project term.

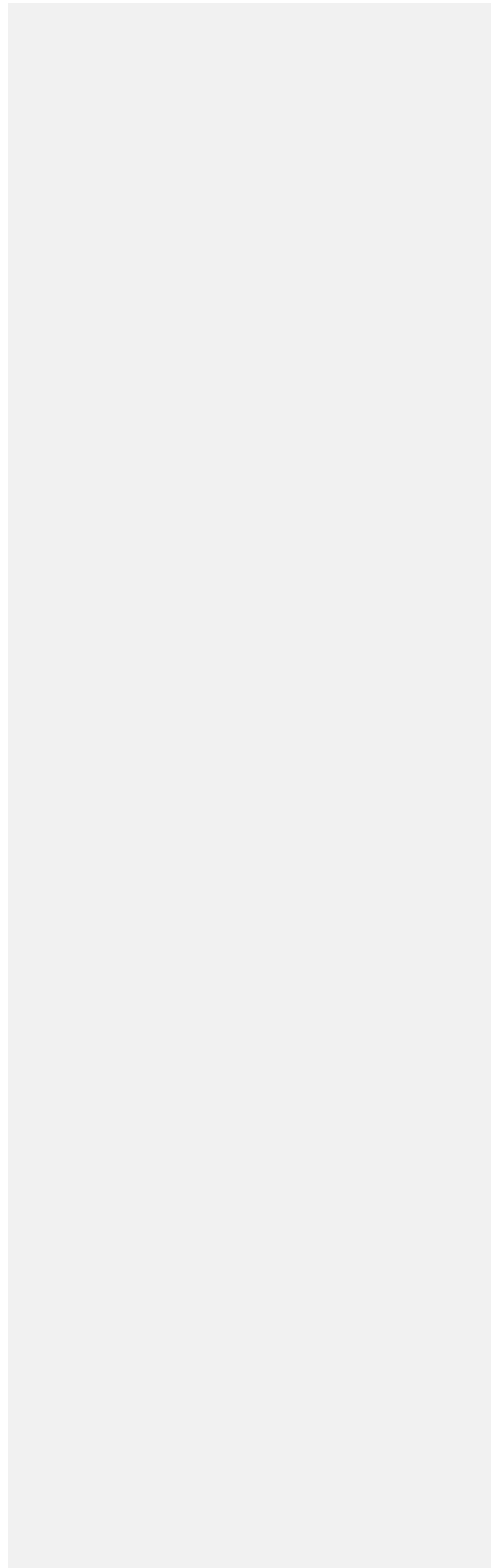
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	set schedule of quarterly meetings.				
<b>Implementation Plan</b>	Conduct Peer-to-peer mentoring site visits	Q4 2021 Q1, Q2, Jul 2022	March to September 2022	Coordinator Mentors	315 Farm Visits Phone Calls
	Organise Farm Safety workshops on farms/ Host Farm Health and Wellbeing events	Q4 2021 Q1 2022	August September 2022	Coordinator Mentors	3 no. of farm, safety workshops undertaken (1 in each of the catchment areas)
	Establish working relationship with existing farm discussion groups in operational area.	Q4 2021	May September 2022	Coordinator Mentors	Working relationship with farm discussion group established and documented across operational area.
	Facilitate focus group meetings	Q4 2021	May December 2022	Coordinator Mentors	4 discussion groups attended
	Attitudinal surveys a project inception and at end of project term	September 2021 Jul 2022	March to September 2022	Coordinator Mentors	Determine the existing farm culture and existing social norms in the region and identify the strengths and weaknesses and deficits in tackling the increasing number of farm fatalities. Create cultural attitudinal change
	Establish appropriate Buddy System with farmer to assess needs and resources for implementing farm safety measure using the social media platform Whatsapp. Create regional WhatsApp groups where farmer can share information and ask for help with multi person farm activities.	Q4, 2021 Q1, 2022	June/July 2022	Coordinator Mentors	Over 30 no. of farmer participating in each of the regional WhatsApp Buddy systems.
	Review existing operationalized Safety Statements and Risks	Q4 2021	February 2022 September 2022	Coordinator Mentors	In practice use of farm safety statements and risk assessments increased.



	Assessments o participant farm.				
	Research and asses new ways c engagement wit Farmers and far	Q4 2021 Q1 Q2 2022 h m	February 2022 September 2023	Coordinator toMentors	Effective methods engaging far familie researche and piloted (SMS a not all farmers are

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	families to achieve cultural change of farms to achieve better outcomes. Assess appropriate offline forms of media to communicate with farmers who have no or little ICT capacity or facility, given their current status of Covid-19 restriction					tech literate, attending events/ in person, phone calls)
<b>Integrated Communications Plan</b>	Determine segment of farmers to appropriately position the work plan and safety standards	August to September 2021	January to May/June 2022	Coordinator to Mentors		Engaged with diverse Farming groups.
	Identify types of media that are suitable, feasible and within the budget.	August to September 2021	March to June 2022	Coordinator to Mentors		Press releases posted in local, regional and national media. Radio interviews.
	Integrate interpersonal methods from Goal 2 (Peer-to-peer, discussion groups, buddy system, farm visits etc.) into the Communication Plan.	the Q4 2021 Q1 Q2 2022	January to September 2022	Coordinator to Mentors		Created a co-learning environment during programme with frequent transfer of knowledge in bottom-up approach
	Research, and identify pilot appropriate methods for effectively positioning safety messages with farmers.	Q4 2022	June/July 2022 to February 2023	Coordinator to Mentors		Increased visibility and receptiveness of safety messaging by farm families
<b>Project Monitoring and Evaluation</b>	Meetings with Mentors/ Operational Group recorded.	Duration of Project	Duration of Project	Coordinator		Tracking meetings/attendance/Input from members
	Drafting and Publication of Final Project Report		November 2021 to February 2023	Coordinator		Showcase results/findings from the project.

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