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Emergency Action Plans

Farm emergencies occur on a daily basis. It is not unusual to hear of a barn fire, a roof collapse, or a severe employee injury, to name a few. Particularly in the winter months, farmers have to be prepared for anything and everything.

But the question is, what about your farm? Are you prepared to handle a potential natural or man-made emergency or disaster? Your best weapon against any emergency is to be prepared. While it sounds like common sense, it requires a detailed guide of operating instructions for employees to follow in case of an emergency. This will mitigate the surprise, shock, and anxiety that can accompany a farm emergency.

A good Emergency Action Plan (EAP) will help keep employees safe while mobilizing to reduce damage or injury to employees, livestock, equipment, and facilities. An EAP will vary from farm to farm depending on size and scope of farm operations.

Your farm's plan should be a simple plan that details emergency escape procedures and routes for personnel. There should be a means by which to ensure everyone is accounted

for and how to handle each specific situation. Key employees should be given responsibilities pertaining to the specific emergency or disaster.

An important element in any plan is to ensure each employee knows and understands what his/her responsibilities are; lives will be saved, damage to equipment, injury to livestock and facilities minimized.

Minimum Plan Elements:

Your farm's plan should address the following:

A good Emergency Action Plan (EAP) will help keep employees safe while mobilizing to reduce damage or injury to employees, livestock, equipment, and facilities.

- Posted emergency reporting numbers and key farm personnel contact names and numbers.
- Types of evacuation procedures for natural or manmade disasters.
- Procedures to be followed by key employees who remain to handle critical farm operations.
- Procedures to account for all employees working on a particular shift (locations to meet for head count).
- Rescue and medical duties with immediate first aid for life threatening injuries. Note: For farms with 10 or more employees



In a good EAP, all employees are aware of the best exits in case an evacuation is necessary.

or a farm that houses one or more employees, your plan must be in written form.

OSHA Training Requirements:

- Train a number of people to assist in an emergency evacuation and ensure that each employee understands the plan completely.
- Inform each employee whenever his or her responsibilities or designated actions change.

OSHA Farm Prevention Plan Elements:

- Have a list of major fire hazards and their proper handling and storage procedures (i.e., chemicals, high pressure O2 tank, petroleum gas storage) on hand, as well as

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ASA now offers low-cost life insurance for farmers.

Call 1-866-297-7729 for a quote.

From the desk of the President...

Celebrating our Commitment to Quality Service Every Day

It's hard to believe it but another new year is upon us. With open enrollment activity coming to a close, I'd like to take a moment on behalf of all of us here at ASA and thank each of our members and customers for their continued business. We will continue to make providing excellent customer service our number one priority in 2009.

As we've done in past newsletters, ASA is proud to highlight special members of our staff in the Customer Service Center. They provide a critical service to our members and the organization.

This month, we're pleased to introduce you to one of our newer employees, **Cassie Gray**. Cassie serves members enrolled in ASA's health insurance and life insurance programs.

Cassie comes to ASA with several years experience in the medical field, with an associate's degree in business and a life and health license. Cassie is truly committed to helping members.

"I like to know that I can help people," she said. "It is important to keep them informed on their current situation and what we can do to help them. I pride myself on giving them honest and prompt answers to their questions."

In her time away from the office, Cassie enjoys spending her days with her husband and three children. We're proud and excited to have Cassie on our team!

Remember, the Customer Service Center staff is here to serve members, 24 hours a day, seven days a week. ASA offers a variety of products and services designed to help our members stay healthy, informed and well protected. Be sure to give our Customer Service Center a call to see how we may be able to help.

To contact our Customer Service Center, call 1-800-654-8840.

~ **Max Gannon, President**

ADADC Teams up with Sports Stars for Healthy Kids

Having a positive role model is important when it comes to establishing a healthy lifestyle. That's why American Dairy Association and Dairy Council, Inc. (ADADC) has teamed up with sports teams to teach students about the importance of establishing a healthy diet each day.

Recently, World Champion New York Giants' **Running Back Brandon Jacobs** partnered with dairy checkoff by recording a series of television and radio public service announcements emphasizing the importance of having a healthy breakfast - which includes dairy - every day.

How to Protect Workers during Cold Weather

Winter is tough on bodies. What can you do to reduce the risk of injury to your workers?

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help the worker.
- Train the workforce about cold-induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

From the U.S. Department of Labor
Occupational Safety
and Health Administration

Stretch Your Dollar by Switching to Generic Drugs

Save with generic drugs

Generic drugs are approved by the US Food and Drug Administration (FDA) as safe and effective and are virtually the same as their brand-name counterparts:

- Same active ingredient
- Same dose
- Same form

Generic drugs can help you get the most out of your health care budget. We encourage you and your doctor to consider generic medications whenever available. As an incentive, our plans have a lower copay for generic drugs.

Make the Switch

Ask your doctor if there's a generic equivalent to the brand-name drug you are taking. And be sure to ask about generics whenever you are prescribed a new medication. Sometimes a generic version is not yet available for certain brand-name medications. If your doctor writes "dispense as written" on your prescription, then your pharmacist must give you the exact drug as stated. But if your doctor does not make that note, your pharmacist may be able to automatically switch you to a generic counterpart as soon as one becomes available.

Find a Generic Match

Once a patent for a brand-name drug expires, other companies can ask the FDA for permission to sell their own versions of the drug. Visit the FDA website (www.fda.gov) for the latest list of approved generic drugs.

Generic Drug FAQs

Q: What are generic drugs?

A: Generic drugs are identical, or "bioequivalent" to brand-name drugs. Although generic drugs are chemically the same as their branded counterparts, they are typically sold at substantial discounts from the branded price.

Q: What are the differences between generic and brand-name drugs?

A: There are very few distinctions. Generic drugs are often called by their chemical names.

Q: Are generic drugs as safe as brand-name drugs?

A: Yes. The FDA requires that all drugs be safe and effective. Since generics use the same active ingredients and are shown to work the same way in the body, they have the same benefits and risks as brand-names.

Q: Why are generic drugs less expensive?

A: Generics cost less because generic manufacturers don't have the high marketing and up-front investment costs that developers of new drugs have. Also, competition between drug manufacturers helps keep the prices lower.

Q: Does every brand-name drug have a generic equivalent?

A: No. Only about half of the brand-name drugs on the market today have a generic alternative. Some drugs are protected by patents and are supplied by only one company.

From: www.aetna.com

Emergency Action Plans

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- a list of potential ignition sources and control procedures.
- Know the types of fire protection equipment or systems that can control a fire.
- Have the names or regular job titles of employees responsible for maintenance of equipment.
- Provide training for all employees on the fire hazards of the materials and processes that they are exposed to.
- Implement housekeeping procedures to control accumulations of flammable, combustible waste materials and residues so that they do not contribute to a fire emergency.
- Implement maintenance

procedures to prevent accidental ignition of combustible materials from equipment and systems installed on heat producing equipment.

- Design and utilize a fire prevention plan, an OSHA-required element of an emergency action plan.

Beyond the Minimum

Once you have a basic emergency action plan implemented, you may want to expand your plan to be prepared for a range of emergencies. A planning session can help get ideas of other types of emergencies for which you need to be prepared. Once your plan is written, train all farm personnel. Remember, training must be in a language they know and understand. Once trained, practice

your plan to evaluate its effectiveness. Consider your neighbors, what they do, their processes, and how they might affect you. Look at how to handle injuries, where to take an injured employee, who provides first aid, lists of medical specialists and blood pathogens. Consider how to control acts of violence. Address what you are going to do to keep your agribusiness operating, if possible, during emergencies, or get back into full operation afterwards.

Remember: ASA's loss prevention and farm safety consultation services are available to assist you in plan development.

Farm Safety: First, Last, Always.

Fun, Healthy Snack

Trying to get through the big game while living up to your New Year's resolution can be tricky. This recipe is a quick and easy way to entertain your guests in a healthy way.

You'll love this easy alternative to the traditional snacks.



Baked Spinach Artichoke Yogurt Dip

Makes 8 servings

Prep Time: 10 min

Cook Time: 20 min

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container plain yogurt
- 1 cup shredded Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.