

# Aging



## The Facts. . .

- The average farm owner in Utah is 57.4 years old
- Utah has 26.2% of its farmers and ranchers over the age of 65
- It's extremely important that individuals recognize and respect their physical limitations
- It's critical that individuals recognize the exact nature of their limitations and adjust according
- Limitations may include decreased reaction time, visual limitations, decreased strength, decreased circulation, hearing limitations, limited mobility, decreased range of motion, arthritis, etc.

## Safety Tips for Farmers with Limitations Due to Aging

Drink lots of fluids and limit exposure to extreme hot or cold temperatures.

Take frequent breaks

Consider using aids, such as modified lawn mowers, golf carts, and all-terrain vehicles, if you have difficulty with becoming fatigued easily or have troubles maneuvering on rough terrain

Take extra precautions when working directly with livestock, due to their unpredictable nature

Use labor-saving devices such as automatic hitching devices and bin level indicators

Consider job restructuring of those tasks that are too difficult or hazardous to perform

Add an extra or wider step with a non slip material to aid in getting in and out of farm machinery

Modify farm machinery seats to provide more protection and shock absorption

Use a lift or back support rings when performing a task that requires vertical lifting. If you suffer from dizziness vertical climbing should be avoided completely