

(FARM™ COURSE)

WHY FIRST AID RURAL MEDICINE?



This course is specifically aimed at any person or organization that is involved with working in rural environments or farming practices. These areas of work are inherently hazardous professions due to the need to work with potentially dangerous machinery and factors such as workplace transport, chemicals, livestock, working from heights and near pits and silos, and the effects of environmental factors such as bad weather, noise and dust. During the course you will learn about every type of incident and accident that is relevant to the type of environment that you live and work in.

Other important contributing circumstances which reinforce the hazardous nature of these industries include the increasing industrialization of farming through the use of larger and more complex machinery, increased demands on land and capital intensiveness, highly concentrated livestock production, a declining workforce and demographic changes in the working population. These circumstances have a significant impact on how we manage and care for the sick and injured.

Additionally, a major potential threat to our rural communities comes from acts of terrorism, which many people assume only affects cities and urban businesses. Furthermore, the global changes in weather patterns and the effects it is having on our environment not only affect our food chain but also our water supplies and much, much more. This course has been carefully designed to incorporate the risks and possible outcomes of catastrophic events.

All farm animals naturally carry a range of diseases, some of which can also affect humans, for example tuberculosis (TB). These diseases are known as 'zoonoses', and if you work with animals your health and the health of those around you may be at risk from them. Although some of

these diseases (e.g. anthrax, brucellosis and rabies) are not common in Great Britain, good occupational hygiene practices will protect against them, as well as other more common zoonoses such as leptospirosis, orf or ringworm.

The FARM™ Course is officially regulated by Edexcel, and successful completion of the training is rewarded with the receipt of the First Person on Scene (FPOS) Intermediate Certificate. This award is the national standard for the NHS community responder program, which is designed to be delivered to any location that is potentially at least 45 minutes from professional medical help arriving.

The FPOS award is also internationally recognized, which means that the award can be used in other countries. This is because it is developed through the Faculty of Pre-Hospital Care and the Royal College of Surgeons (Edinburgh). All of our instructors and assessors are medical professionals such as Paramedics, Community / A&E Nurses and Doctors.

It is very hard to estimate the true amount of accidents that affect rural industries as current systems of reporting are simply not robust and accurate enough. However, four hundred and eighty nine fatal accidents within the agricultural industry (including the forestry sector) have been reported to the Health and Safety Executive over the past ten years. Of these, 160 were to employees, 265 were to self-employed people and 64 were to members of the public, who were injured as a result of someone else's work activities. Thirty-two children (under 16 years of age) were killed over the same period; 3 of them were classed as employees and 29 as members of the public. This means that, on average, almost one person a week was killed as a direct result of an agricultural work activity over the past ten years and nearly half of the reported fatalities who were members of the public were children.

THE CAUSES OF REPORTED ACCIDENTS

The three main causes of fatal injuries to workers in the agricultural sector over the past ten years were:

Transport - being struck by a moving vehicle (24% of all fatalities)*

Example - A 52 year-old self-employed farmer died when his quad bike ran head on into a wall. He was riding a quad bike loaded with fencing posts across a slope. It is assumed, since there were no witnesses, that the posts moved causing the farmer to lose control of the vehicle, hitting the wall. He was not wearing any head protection.

Falling from a height (17% of all fatalities)*

Example - A 53 year-old farm helper died after falling through a fragile roof light, striking his head on machinery below. He had been asked to check on livestock while the farmer was on holiday. A contractor had been engaged by the farmer to dismantle a steel portal frame shed. It appears the deceased had accessed the roof to speak to the contractor who was removing roof sheets when he fell.

Struck by moving or falling objects (16% of all fatalities)*

Example - A 35 year-old farm director was crushed by a falling metal bin he was demolishing. The deceased and an employee were demolishing two redundant metal storage bins. They demolished the first bin, without incident, by partially cutting through the legs and then progressively knocking away the cut legs until the bin toppled over. The two men repeated the procedure for the second bin. Whilst knocking away the first leg, the bin toppled, twisted and fell on the deceased.

Asphyxiation or drowning (9%)*

Example - A 2 year-old child drowned in an uncovered sheep dip bath. It is presumed that, whilst out playing, the child climbed the gate and fence, and slipped into the tank. Because of steep sides, he was unable to climb out. The child was discovered drowned in deep rainwater.

Trapped by something collapsing or overturning (8%)*

Example - A 63 year-old employee was thrown out of a tractor that rolled down a slope. The tractor was traveling along a farm track, on a slight slope, at the top of a steep hill following another tractor. It was towing a trailer that was essentially empty after delivering feed to cattle. For some reason, it gradually veered off the track onto the steep part of the slope where it rolled over, coming to rest in some trees.

Contact with machinery or the material being machined (7.5%)*

Example - A 22 year-old self-employed agricultural sub-contractor died from head and neck injuries after becoming entangled in the belts and rollers of a round baler. He was using his own tractor and a baler supplied by a contractor to bale hay. The man was found trapped by his head, neck and arm in the top of the baler with a full hay bale in the chamber.

Injury by an animal (7.5%)*

Example - A 66 year-old member of the public was trampled to death by a cow. She was walking her dog along an established public footpath,

across a field, when a group of cows and calves approached her. A pregnant cow without warning attacked, knocked her to the ground and trampled on her. She died later in hospital from multiple injuries.

Non-accidental

After accidents, the second most common cause of death to farmers is suicide. Farmers account for the highest rate of suicide victims in the UK, and are twice as more likely to take their own lives than are members of the public. We will show you how to manage these kinds of incidents.

Disasters

Flooding has always been a concern, but recently it has become a reality. The course will prepare you, from the initial response to the aftermath, including the potential effects from disease.

Major incidents / accidents

This could be due to a rail, road, air or industrial accidents. It will give you an insight in to the requirements of the emergency services.

Terrorism

The National Counter Terrorism Security Office (NaCTSO) is a police unit, within the Centre for the Protection of National Infrastructure (CPNI), and is the successor to the National Security Advice Centre (NSAC). We have a ten-point plan for fertiliser security. We also look at the associated medical risks in working with potentially harmful substances, used on a regular basis, and provide an overview of Control of Substances Hazardous to Health (COSHH).

Search and Rescue

People going missing or not reporting back when they are expected may be the first indication that something is wrong. We will teach you the basic search and rescue techniques, to not only find a missing person but also how to save valuable and sometimes critical time in relation to the environment, flooding, or light conditions.

Casualty Centred

FARM™ concentrates on a casualty centred approach, which targets the immediate care interventions that make the greatest difference to survival outcome within the rural and remote environments.

FARM™ Course Elements

The pre-hospital environment
Patient and Emergency assessment
Respiration and airway management
Circulation and shock management
Basic life support with Defibrillation
Trauma & medical related emergencies
Injuries from agricultural machinery and hand held machinery
Major Incidents – Rail Crashes, Road Traffic Collisions
Natural Disasters – Flooding
Zoonoses – Animal and Human diseases
Search and Rescue techniques

*Health and Safety Executive www.hse.gov.uk