The health of many farmers is not as good as it could be.

So, it is important to:

• Have regular health check-ups for your general health

• Ask your GP about:
  a) skin, prostate and other cancers
  b) where to have your hearing and vision tested
  c) your falls risk and ways to prevent falls

• And tell your GP if you are overly stressed, depressed, not sleeping, or “just not right.”

For immediate mental health help call:
Lifeline (National) Ph. 13 11 14 or your Local Mental Health Service

For comprehensive on-farm safety management tools and resources go to:
www.farmsafe.org.au
© Australian Centre for Agricultural Health and Safety 2009