

A HEALTH MESSAGE FROM YOUR GENERAL PRACTITIONER...



**FARMERS:
CHECKING
YOUR HEALTH**

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

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