

Are you *worried* about high blood pressure? Heart disease? Fatigue? Injuries on the farm? Your *noise exposure* may make you at *higher risk*.

While many producers want to reduce their noise exposure, you may find it hard to reduce noise on your operation.



What Are We Doing?

A new farm health program being evaluated by nurses at the University of Michigan



Let's Talk

With a trained coach, you will talk about farm safety, your health, and noise



What Will Happen?

2-3 Short (30-minute) phone sessions scheduled at your convenience



Overall Goal

You will uncover ways to protect your health, and that of your family

Did you know...

Noise exposure is a very common occupational hazard among farm producers. However, many producers are unaware of the ways that noise may be contributing to many common health problems, such as hearing loss, cardiovascular disease, high blood pressure, obesity, and fatigue.

Timeline



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