



Canadian Agricultural Safety Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

Supporting Women in Agriculture

There's no doubt that women are indispensable when it comes to the strength and success of farms across Canada. However, despite the essential role of women in agriculture, especially with wellness and safety, their contributions often go unrecognized.

Women frequently take on "invisible work" around the farm and home, juggling childcare, family obligations, and household management in addition to their farming responsibilities and potentially even work outside of the farm. This demanding workload, coupled with the unique challenges faced by women in agriculture, can lead to stress, burnout, and depression.

To foster a healthy balance between agricultural tasks, family commitments, and personal well-being, it's essential to establish clear routines and responsibilities and promote open communication among family members. Connecting with others and building a support network can help to navigate challenges and alleviate feelings of isolation.

By coming together to support women in agriculture, we can create more opportunities for future generations of farmers and ranchers.

This Canadian Agricultural Safety Week, let's make farm safety a part of our everyday. For more information, please visit agsafetyweek.ca.