



## Canadian Agricultural Safety Week

**March 12–18, 2023**

Public Service Announcement

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FOR IMMEDIATE RELEASE

### Sleep and Farm Safety

It's no secret that farmers face constant challenges. Coping with climate change, soil erosion, disease, rising costs, and supply chain delays – the list of challenges goes on and on.

Those challenges, combined with the long hours and physical labour involved with farming, can put a lot of strain on farmers. And that can lead to farmers ignoring their own well-being.

But it's important to remember that farm safety depends on many factors, including mental well-being. That includes ensuring you get enough good quality sleep to farm effectively and safely. Poor sleep habits can affect your mental well-being, making it difficult to cope with stressors and putting you at risk of injury or illness.

This Canadian Agricultural Safety Week, we celebrate Your Farm, Your Family, Your Success. For more information on how Safety is Our Promise, visit [agsafetyweek.ca](http://agsafetyweek.ca).