

# Taking care of yourself, your family, staff and your neighbours is always a priority

### Staying safe

During challenging situations, a number of things can happen on the farm that can end up causing a safety issue. It may be that people are undertaking tasks they are not familiar with or they are fatigued more than usual which can create increased risk.

Read more about farm safety and order resources at thepeopleindairy.org.au/farmsafety.

#### Look out for yourself and your team

Resilience is the willingness and capacity to accept that there will be good and bad times ahead, and where possible, putting strategies in place to manage these unforseen events. Read more about resilience on the **People in dairy** website.

#### Make time for an interest off-farm

In challenging times, it can be difficult to think of anything outside what is happening on your farm. Having time away (or off-farm) even for a few hours, can help clear your mind and allow you to make better decisions when back at work.

This might be catching up with family and friends, sporting or community related activities, or being involved in a local group like the Young Dairy Network (YDN) or a discussion group.

## If you employ people

The current situation may impact on their future employment within your farm business – it's important to keep the lines of the communication open so your staff feel informed and supported.

Before doing anything:

- Consider how you can roster staff to ensure you get some time to rest, knowing the farm is being operated in a safe manner
- Think about how you can maximise staff expertise and hours in your dairy business, as well as having adequate staff cover for leave etc
- Consider the employment arrangements and systems you have in place, including employee entitlements.



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