



Study Information Sheet

What is the purpose of this study?

- To improve our understanding of the causes of back injuries in farming so that we can design ways to prevent injuries from happening in the future

Where is this study being conducted?

- At 24 Central Saskatchewan Farms
- We are inviting everyone who works at least 12 weeks per year on those farms to participate

What measurements will be done?

Three times in the year, we will be measuring **body movements, lifting, & vibration**:

- Monitoring body angles using small sensors
- Vibration measurements on the seat of all vehicles/machinery
- Job shadowing to **film** work tasks and the work environment throughout the work day
- Conducting a short interview at the end of the day

One time, we would like to ask you about:

- Your overall annual workload
- Your experiences with low back pain and how it affects you
- Any prevention strategies you have to limit back pain

What other information should I know?

- Participation in this study is completely voluntary
- Information about all individual work sites and participants will be kept confidential and secure
- The study will take about 3 years
- We would be delighted to give you a copy of the study results.

Who can I contact for more information?

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Body angle sensor on participant's chest



Vibration measurement device: the flat part goes on your seat



Job shadowing with a video camera to learn about your work



Asking you about your experiences with low back pain