

Media Release

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Cabin Fever breaks out across the Mallee

While the efficiency of modern broad acre farming machinery means more hours in the paddock, those long hours behind the wheel may not be good for your health.

Mallee Sustainable Farming and Lime Therapy have joined forces to tackle 'sitting as the new smoking' launching the 'MSF Cabin Fever' campaign during the next round of Mallee Research updates in Loxton & Geranium this week.

MSF Executive Officer David Bone says typically farmers spend hours in the cab during seeding, spraying or harvest and often the only break is getting out to fix something, which brings the risk of injury if they need to lift something heavy after sitting sedentary in the cab for so long.

'Sitting for extended periods is well recognised as not being good for your health generally but taking breaks for exercise isn't really an option when a farming job needs to be completed. So MSF has been working with the physios from Lime Therapy to develop *MSF Cabin Fever* as a range of exercises that farmers can do within the confines of the cab.'

Physiotherapist Shane Morrison from Lime Therapy says any regular movement keeps your body active and is really important when you have to suddenly transition from driving along to getting out and doing some hard-manual labour.

'Asking muscles that have been sitting idle for hours to instantly get busy lifting heavy objects is a major risk factor for injury. While you can't always predict when you might need to get out of the cab to fix or lift something, keeping mobile while driving along is good for your general health and means you are ready for the next job.'

The range of *MSF Cabin Fever* exercises will be demonstrated for farmers attending MSF Mallee Research Updates in Loxton on Thursday 22/2 and Geranium on Friday 23/2 then next week in Tooleybuc on Friday 23/2. Farmers will also be given a *MSF Cabin Fever* printout to stick on their cab windscreen.

Some of the other topics being presented at the MSF MRUs for 2018 include frost, mice, early sown wheat and a review of the stubble initiative.

For more information on the MSF Mallee Research Updates visit MSFP.ORG.AU

Media contact: David Bone, Executive Officer, Mallee Sustainable Farming 0407 111 630 / 03 5024 5835
Now in our 21st year, Mallee Sustainable Farming has developed a well-recognised reputation for the quality of our research, excellence in extension, our engaged membership and the shared value created from our collaborative research partnerships. Proudly farmer lead, MSF exists to assist farmers to adopt even more efficient and profitable farming systems in the low rain fall, sandy soil Mallee region across Victoria, South Australia and New South Wales.