

NEWSLETTER

5/01/19

ISSUE:8



EQUIPMENT SAFETY

Planting season will be here soon. We'll share the best way to prevent equipment accidents.

FINISH READING ON PG. 2



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<https://www.facebook.com/WhiskeyCreekIns/>



NATIONAL BLOOD PRESSURE MONTH

Quick info for lowering blood pressure.

FINISH READING ON PG.3



CROP HAIL

We will be sending offers for crop hail insurance to our current list of MPC I customers. If you have any question give the office a call and ask for Michelle.





EQUIPMENT

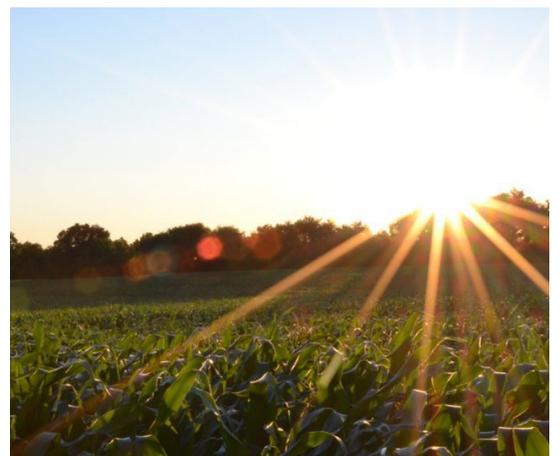
Safety

As Planting season comes to a start we want to remind everyone about equipment safety. Tractor accidents have been identified as the leading cause of deaths and disabling injuries on farms. Here are some general safety rules to prevent accidents

Make sure you have had enough rest, you are wearing suitable clothes, you have not been drinking an excessive amount of alcohol, and make sure you comply with the operators user manual. Always stop the engine, disconnect the power source, and wait for all moving parts to stop, before servicing, adjusting, cleaning, or unclogging equipment. Above all make sure to keep your equipment in good working condition

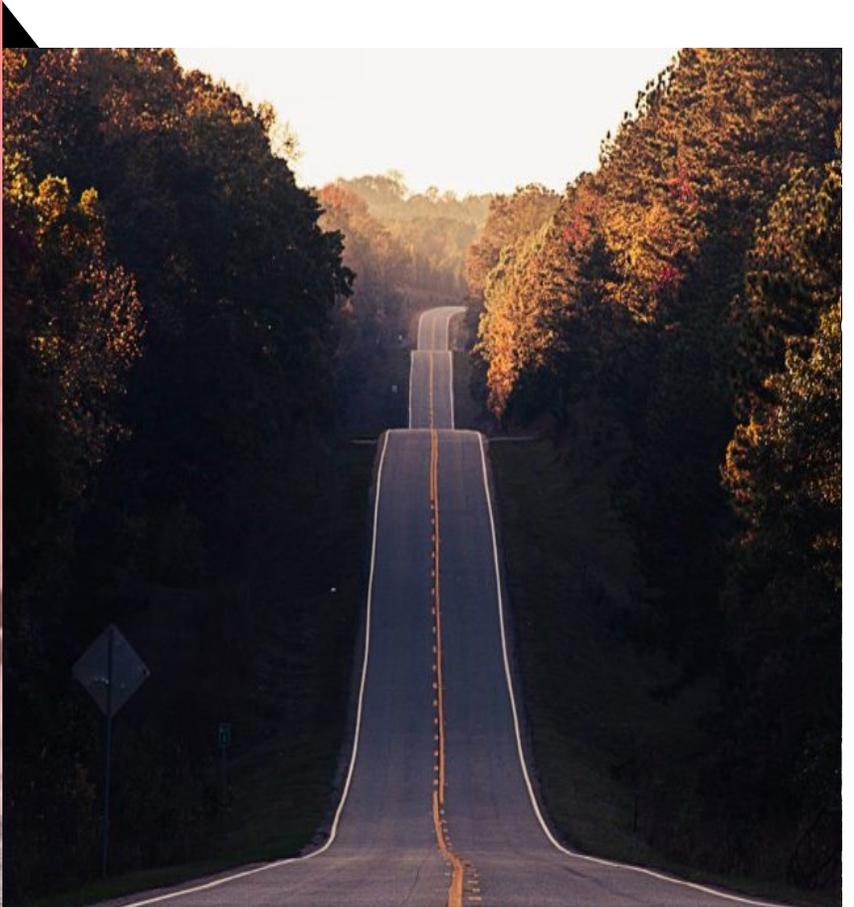
Safety = Good Working Equipment + Able and Aware Operator

We hope everyone stays safe out there as the planting season begins.





“The beginning is always today.” —
Mary Wollstonecraft
Shelley



National Blood Pressure Month

Some of the best ways to reduce high blood pressure is exercise regularly. A 30 min walk a day can make the world of a difference in your health and lowering your blood pressure is one of the many benefits.

Reducing intake of high sodium foods, alcohol, caffeine, added sugars, refined carbs, and smoking can also help in reducing blood pressure.

Increasing intake of magnesium, calcium, berries, dark chocolate, and potassium.

Bottom line is many things play a role in to having high blood pressure you just have to be willing to make the changes for yourself.

As a reminder we would like to encourage you to find us on Facebook <https://www.facebook.com/WhiskeyCreekIns/>

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