

# Safe Tractor & Machinery Operation Training

This program is a collaboration with K-State Research and Extension Districts: Post Rock, Midway, Cottonwood, CKD, and River Valley.

The National Safe Tractor and Machinery Operation Program (NSTMOP) is designed for 14- and 15-year-olds seeking employment in production agriculture.

Core content areas include:

- Safety basics
- Agricultural hazards
- Tractors
- Connecting and using implements
- Materials handling

Students are certified after successfully passing a 50-question test at the training and doing both an operating skills test and a driving test administered by the employer.

**Registration:**

8:00-8:30 a.m.

**Program:**

8:30 a.m. - 4:30 p.m.

*Lunch will be provided!*

## 2024 Course Dates & Locations

April 20<sup>th</sup> – Beloit, KS  
Carrico Implement

April 27<sup>th</sup> – Washington, KS  
Bruna Implement

May 4<sup>th</sup> – Great Bend, KS  
KanEquip

May 23<sup>rd</sup> – Salina, KS  
Great Plains Manufacturing

**SIGN UP:** Visit <https://bit.ly/2024-tractor-safety>, scan QR code, or call an agent listed below!

**MANUAL COST:** \$15 – Pick up at your local Extension Office

**BRING:** Your course manual and enrollment form. Pay and pick up your course manual at your local Extension Office. Please pick up your manual PRIOR to the course.

### Contacts:

Beloit, KS - Blaire Todd: [blairet@ksu.edu](mailto:blairet@ksu.edu) or 785-738-3597

Washington, KS - Kaitlyn Hildebrand: [khildebrand@ksu.edu](mailto:khildebrand@ksu.edu) or 785-243-8185

Great Bend, KS - Alicia Boor: [aboor@ksu.edu](mailto:aboor@ksu.edu) or 620-793-1910

Salina, KS – Justine Henderson: [jwh04@ksu.edu](mailto:jwh04@ksu.edu) or 785-392-2147

Scan to register!



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Justine Henderson two weeks prior to the start of the event at (785-392-2147). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

## Interested in a Mediterranean-style eating pattern, but not sure where to start?

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

### During the Med Instead of Meds class series you will:

#### Discover the 7 simple steps to eating the Med Way:



Change your protein



Swap your fats



Eat more vegetables



Eat more fruit



Snack on nuts and seeds



Make your grains whole



Rethink your sweets

#### Explore tools that will help you Go Med, including:



Simple steps for mindful eating



Meal planning



Label reading



Right-sizing your portions



Simple steps for mindful physical activity

#### For more information about Med Instead of Meds contact:

Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

PLEASE REGISTER

6 total classes, Wednesday nights, 6-7PM, Wakefield Library 205 3RD ST Wakefield, KS 67487  
May 8, 15, 22, 29, June 5, 12