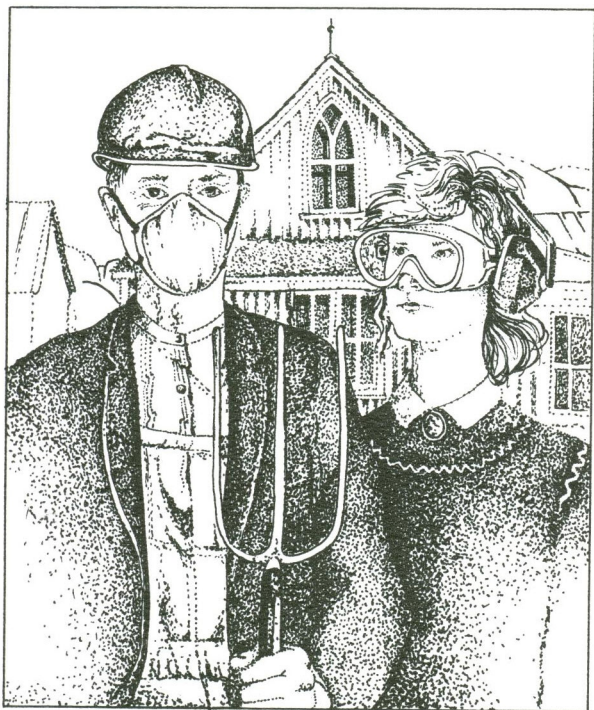


FARMSAFE

USING PERSONAL PROTECTIVE EQUIPMENT ON THE FARM



**Farm Work
is one of
America's most
hazardous
occupations.
You can
significantly reduce
your chances
of being injured if:**

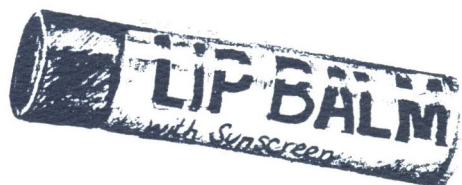
- You practice safe working routines for all tasks.
- You urge your family and other farm workers to always keep safety in mind by setting a good example!
- You learn how to identify potential work place hazards and eliminate or reduce them.
- You wear personal protective equipment.

This pamphlet is designed to help you choose the equipment needed for your own personal protection.

■ Skin Protection

Skin cancer is the most common cancer, usually caused by long exposure to the sun. Sun screen with a sun protection factor (SPF) rating of 15 or greater should be applied to all exposed skin areas, especially your lips, neck, ears and nose, when you are working outdoors in the summer. A cap with a visor also helps protect your nose and face.

Pesticides and toxic chemicals can seep through the skin and poison the bloodstream. Normal clothing will not protect you from these. Your best safeguard is to wear disposable garments made of a synthetic non-woven material called TYVEK, when or if you are exposed to skin absorbing, toxic substances.



■ Head Protection

Many injuries to your head can be prevented or made less severe by wearing adequate head protection. When buying a hard hat or bump cap always choose those with the American National Standards Institute designation (ANSI Z-89).

■ HARD HAT:

A hard hat has a rigid shell and an inner web suspension that may be adjusted to fit your head. A hard hat will protect you from flying or falling objects.

■ BUMP CAP:

A bump cap is lighter and closer fitting and is worn to protect your head from minor bumps and lacerations. This will not give you adequate protection from flying or falling objects. Bump caps are comfortable and inexpensive. Good for work in low barns and under equipment.

People are your farm's most valuable assets. Strengthen the health of your farm by preventing injury to its workers.

■ Respiratory Protection

Choosing personal protective equipment to protect your lungs, requires considerable thought. There are many devices to choose from and you must match the respirator to the job you will be doing. First, consider these questions:

- To what harmful dusts, gases and vapors are you exposed?
- What types of respirators are available for purchase in your area?
- What maintenance procedures are required for the respirator you choose?
- Will you be diligent in the care, of your respirator?

Begin by selecting only respirators that are approved by the National Institute for Occupational Safety and Health (NIOSH) and the Mine Safety and Health Administration (MSHA). NIOSH/MSHA approval will be noted on the packaging. (The device will have a test certified number (TC-000-000) stamped on it.)

There are two categories of respiratory protection, air supplying and air purifying respirators.

Air supplying respirators, which provide the wearer with an environment of clean uncontaminated air, are used in danger areas such as a manure pit, a silo containing silo gas or an air-

tight silo. Atmospheres that are oxygen deficient, or pose immediate danger to your life and health, should never be entered. Most farmers have little use for air-supplying respirators. Special training is required to use and maintain air-supplying respirators.

The air purifying type is most commonly used for farm work. They help to remove the contaminants from the air. Types of air-purifying respirators are:

- **DISPOSABLE MECHANICAL FILTER RESPIRATOR** - Used only for dusts and mists. Can be thrown away after use. No maintenance required.
- **MECHANICAL FILTER RESPIRATORS** - Used for dusts and mists also. This type will allow you to reuse the mask, and simply change the filter when no longer functional.
- **CHEMICAL CARTRIDGE MASKS** - Used for a variety of tasks. They come in half face piece style (covers the nose and mouth) or full face piece (covers from the forehead to the chin). They can be used for dusts, mists, fumes, sprays, and many irritative gases and vapors, including pesticides. This type requires more maintenance and careful selection of the components that will protect you for the specific contaminant. Chemical cartridge masks will give you the flexibility to change cartridges or filters for different tasks.
- **GAS MASKS** - Used for protection from gases and vapors. Gas masks have replaceable canisters that are larger than cartridges, these masks are usually a full face piece.
- **POWERED AIR PURIFIERS** - Have a built in motor that blows filtered air into a facepiece. Depending on the model, and cartridge you choose, this type can offer protection from dusts, mists, fumes and chemicals. Powered air purifiers require a good deal more maintenance. Filters must be changed more frequently, in some batteries must be checked. Remember as with other air purifying respirators they cannot be used in work situations where oxygen-deficient or immediately dangerous to life and health atmosphere exist.

■ Eye Protection

Your eyes are the second most common site of injury in farm related accidents. It is estimated that 90% of all injuries to the eyes can be prevented. You should wear eye protection if machines or working conditions subject you to the hazards of flying objects, glare, liquids or a combination of these hazards. Buy only "safety" eyewear, including sunglasses, that meet or exceed all the requirements of the American National Standards Institute (ANSI). All approved eyewear will have the "Z87" logo either on the box label or stamped directly on the glasses frame.

■ SAFETY EYEGLASSES:

If you wear eyeglasses, they should have industrial-quality safety lenses at least 3mm thick at the center and be mounted in sturdy, non-flammable frames that have side protection.

■ SAFETY GOGGLES:

Goggles offer good eye protection and should be worn whenever there is a danger of splashing liquid or chemicals into your eye.

■ FACE SHIELDS:

Face shields are used to protect your eyes, as well as your face from flying particles and sprays. Face shields are most often found used in conjunction with other personal protective equipment, such as hard hats or respirators.

■ Hearing Protection

Many farmers have damaged their hearing because the noise commonly produced by tractors, harvesters, blowers, choppers, grinders, chainsaws and lawn and garden equipment. Most of these machines exceeds safe noise levels. You can protect your hearing by reducing the noise exposure around you and by wearing hearing protection. You should choose hearing protection by looking for the Noise Reduction Rating (NRR) that is usually printed on the package. Look for a NRR of 25 or greater.

■ EARMUFFS:

Earmuffs have two padded cups to cover

your ears and are held together by an adjustable head band. They are easy to put on and take off, and can be worn with reasonable comfort for long periods of time.

■ EAR INSERTS OR PLUGS:

Ear plugs are placed in the ear canal. They are available pre-formed, custom-molded or as foam inserts that conform to your ear canal. Generally plugs work best if you don't have to take them in and out of your ear. Careful hand washing and cleanliness is a must when using this type of protection.

■ Hand Protection

Studies have shown that the most common site of injury in farm workers is the hand. Gloves can provide you with an added margin of safety. Always choose the proper glove for each situation. No one glove can be used for every task on the farm.

■ LEATHER GLOVES:

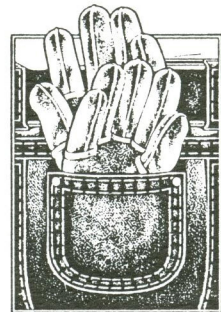
Leather gloves offer protection from cuts and abrasion and help to give you a good grip for tough jobs.

■ RUBBER GLOVES:

Since many chemicals are readily absorbed into the bloodstream following contact with the skin, rubber gloves must be worn whenever you work with pesticides, herbicides, fertilizers - especially anhydrous ammonia. You will find many different kinds of "rubber" materials are used to protect your hand from chemicals, such as neoprene, nitrile rubber, latex, butyl.

Choose the glove that will offer the most protection for the chemicals you use.

For more information please contact the Bassett Farm Safety and Health Project, in care of The Mary Imogene Bassett Hospital, 1 Atwell Road, Cooperstown, New York 13326.



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