

"There are treatments for the symptoms in cases of severe farmer's lung, but the most effective treatment is preventing exposure." James Marx, PhD, NFMC Research Immunologist.

Where to get information and materials...

Since 1904, the American Lung Association has been fighting disease through education, community service, advocacy and research. The American Lung Association works to help those who suffer from lung disease today, and to stop the spread of lung disease tomorrow.

Contact the American Lung Association for more information or educational materials.



150 S. Sunny Slope Road, Suite 105
Brookfield, WI 53005-6461
(414) 782-7833
(800) LUNG-USA/(586-4872)

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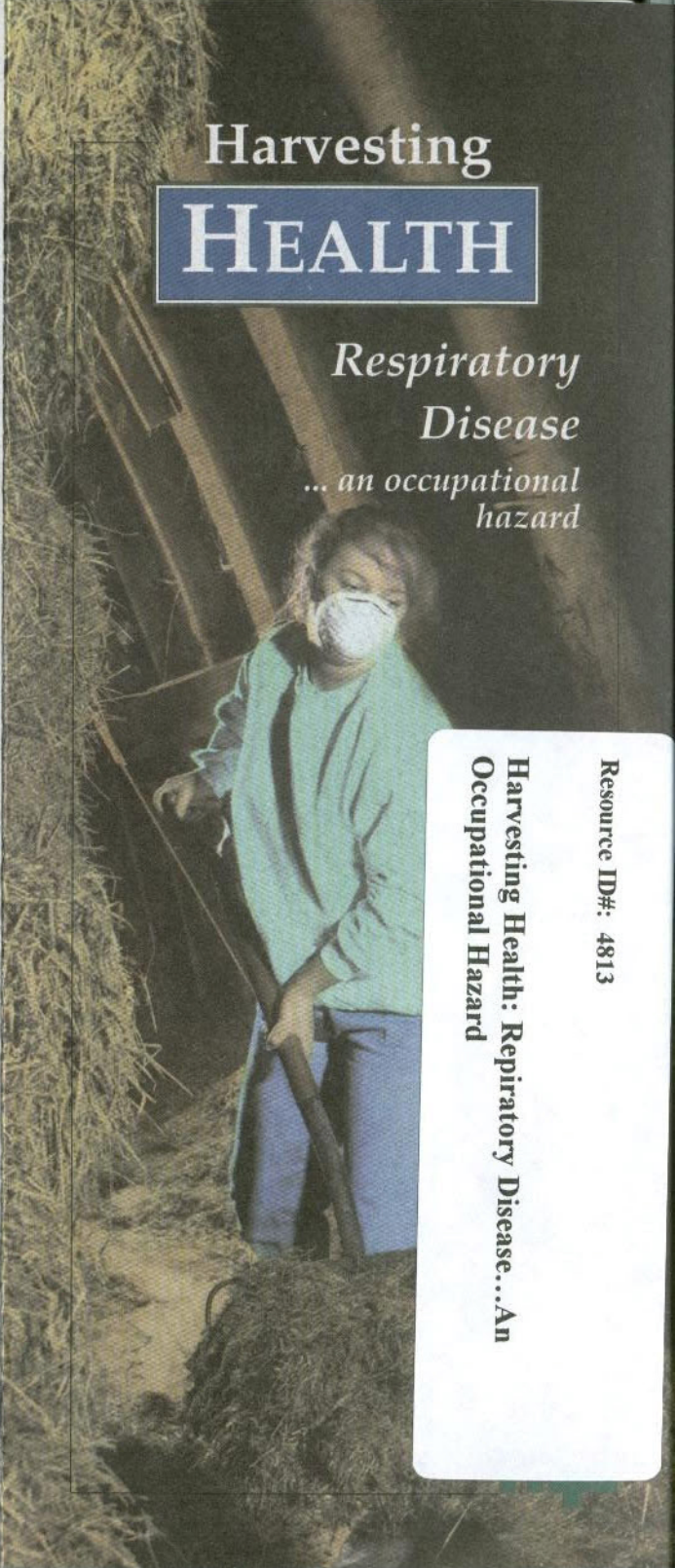


National
FarmMedicine
Center

Marshfield Clinic
1000 North Oak Avenue
Marshfield, WI 54449-5790
1-800-662-6900

Harvesting HEALTH

*Respiratory
Disease
... an occupational
hazard*



Resource ID#: 4813

Harvesting Health: Respiratory Disease...An Occupational Hazard

Starting today. . .

Prevent exposures

- Make sure all crops are adequately dried before storage
- Provide as much ventilation as possible
- Stay out of filled silos for 2 to 3 weeks after filling
- Always run blower for at least 30 minutes before entering a filled silo—even after the 2 to 3 weeks.
- Use silo unloaders when available

Prevent dust or chemical particles from becoming airborne

- Wet down silage before uncapping
- Wet down the walls of grain bins before cleanout
- Use a fork to open and spread bales
- Enclose conveyors to prevent spills and contain dust
- Add fat to feed
- Use pelleted feeds

Prevent breathing in these harmful substances

- Mechanize feeding or grain handling operations, if possible
- Use a NIOSH-approved respirator to match your farm task
- Change respirator filters often



Where to get respirators and masks...

- Ask your local Co-op or farm supply dealer
- Check local auto parts store
- Ask your local pharmacy
- Check mail order farm supply companies such as:
 - GEMPLER'S, INC.
PO Box 270, 211 Blue Mound Road
Mt. Horeb, WI 53572
Ph: 1-800-382-8473
Fax: 1-800-551-1128
 - NASCO
901 Janesville Avenue
Fort Atkinson, WI 53538
Ph: 1-800-558-9595
Fax: 414-563-8296
 - Safety Supply & Design, Inc.
P.O. Box 817
Germantown, WI 53022
Ph: 1-800-776-7211
Fax 414-255-2887

Every time you turn
around, you hear about
the risks involved with
farming. It's nothing new!

However, more and more farmers

and ranchers
are taking care
of their health
and safety as
well as the
health and
safety of their
families.



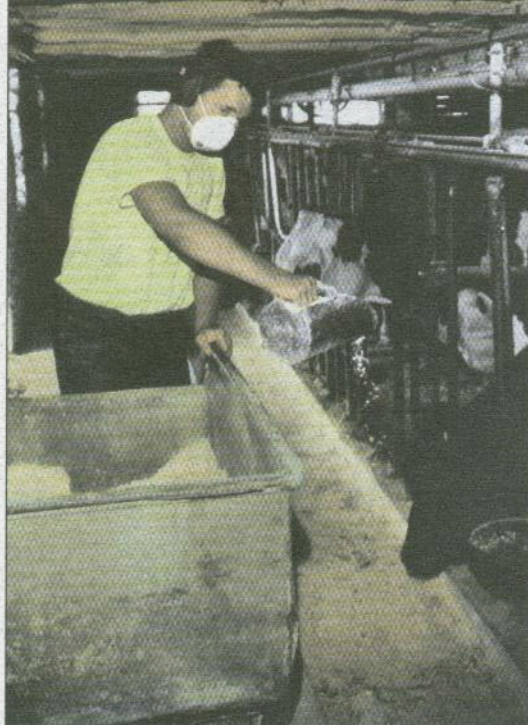
Your lungs are designed to work in natural air. At first thought, your farm would seem to be lung-friendly. Yet you are commonly exposed to impure air in the following places and situations:

- Working in dusty buildings and fields
- Spreading fertilizer or lime
- Applying pesticides
- Fumigating
- Spraying paint or other fluids with noxious vapors
- Handling dusty or moldy hay, bedding or silage
- Working in silos
- Handling, feeding, or moving farm animals

Farmers and ranchers are at risk for various respiratory diseases and illnesses such as: farmer's lung disease, organic dust toxic syndrome (ODTS), silo filler's disease, bronchitis—even death by asphyxiation and breathing in toxic gases (in manure pits, for example).

Farmer's lung disease is an allergic response to breathing spores of bacteria or fungi which grow on moldy forage. You may notice shortness of breath, coughing and fever. These cold- or flu-like symptoms usually appear within a day of handling the dusty materials. Symptoms may disappear on their own in a couple of weeks, but being exposed over and over to moldy hay or grain can cause permanent lung damage.

Inform your doctor about recent dust exposures when seeking treatment for respiratory illness.



Be aware of the health effects of breathing organic dust. Symptoms of ODTS occur 4-12 hours after exposure.

ODTS is a disease like farmer's lung, yet it is not an allergic reaction. It is a toxic response to inhaling large amounts of organic dusts. Symptoms usually begin 4 to 12 hours after exposure. They include fever, weakness, headache, chills, body aches, cough and shortness of breath. These symptoms may last as long as 2 weeks.

Silo filler's disease is caused by inhaling nitrogen dioxide (gas) which is produced when plant nitrates are changed to nitrites. The gas is yellow to reddish brown in color and smells like household bleach. The gas begins to form within a few hours and can be toxic for as long as two weeks. Symptoms include cough, fever and shortness of breath.

"I just started coughing and then the body aches got worse. After a few days I couldn't sleep. The pressure would build up in the lungs. I had to sleep sitting up."
Glen Roth, Wisconsin Farmer

SOURCES OF UNSAFE AIR

Dusts

moldy feed/bedding
spoiled feed
animal hair, skin, waste products
small dust particles and mites

Fumes

welding
smelting
furnace work

Pesticides

herbicides
insecticides
fungicides
rodenticides
fumigants

Disinfectants

power washing solutions
dairy equipment cleaners

Poisonous Gases

fertilizer tanks
storage bins with high moisture grain
silos
confined spaces (ventilation failures)
combustion engine exhaust
manure pits
manure storage tanks