

## Generational Safety: Mid-Life Farmers on the Farm Tips for Their Health and Safety



### Who's at Risk on the Farm? Mid-Life Farmers

- Farmers have a lot of exposure to grain and livestock dust
- Exposure to dust puts farmers at a higher risk for
  - Allergy Systems
  - Cough
  - Nose and Sinus Symptoms
  - Asthma Symptoms
  - Organic Dust Toxic Syndrome (ODTS)
  - Chronic Obstructive Pulmonary Disease (COPD)
- Proper use of an N95 approved mask in dusty conditions will lower your risk

### Masks Should...



Fit tightly without gaps



Be appropriate for the task



Be approved by NIOSH

Check out the back of the flyer for more resources!



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### More Resources

Scan QR codes using your smart phone's camera to access the links.



Not sure which type of mask to use? Check out this guide to learn which mask is appropriate for different jobs on the farm.

<https://agn.memberclicks.net/assets/docs/RespiratoryResources/respirator%20decision%20guide.pdf>



More information on dust exposure risks and protective masks can be found here.

<https://nasdonline.org/864/d000697/lungs-need-protection-from-farm-dust.html>



The National Ag Safety Database offers many resources for farm safety.

[NASDOnline.org](https://nasdonline.org)



The Central States Center for Agricultural Safety and Health (CS-CASH) website offers information about farm and ranch safety.

[www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash)



Cultivate Safety provides easy access to agricultural safety resources.

<https://cultivatesafety.org>

