



## Mid-life Farmers Tips for Your Health and Safety

### Who's at Risk on the Farm?

#### Mid-life Farmers

#### Risks from Grain and Livestock Dust Exposure

- ⇒ Allergy Symptoms
- ⇒ 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!**

Respiratory Protection must:

- Have two straps
- Fit your face tightly, without gaps around the nose, cheeks, and chin
- Be appropriate for the task– use the correct mask for the job!
- Be approved by the National Institute of Occupational Safety and Health (NIOSH)

For information on choosing, fitting and caring for your respiratory protection visit:  
[www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash)

For information on ordering respiratory protection visit: [www.agrisafe.org/agristore/](http://www.agrisafe.org/agristore/)

Central States Center for Agricultural Safety and Health (CS-CASH)  
[www.unmc.edu/publichealth/cscash](http://www.unmc.edu/publichealth/cscash)

University of Nebraska Medical Center College of Public Health  
[www.unmc.edu/publichealth/](http://www.unmc.edu/publichealth/)



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