

Your Farm, Your Family, Your Health

Hazards exist in every workplace, and the farm is no exception. Fortunately, there are ways to reduce your exposure to hazards on the farm.

Hearing Protection

Farming can be noisy. Whether you're operating machinery, working around livestock or near a grain auger, consider the effects that noise can have on your hearing. Protect your hearing and prevent noise induced hearing loss.

Remember:

The effects of exposure to loud sounds add up over a lifetime. Damage from noise exposure is usually gradual and you might not notice it until hearing loss becomes serious.

Eye Protection

Eyes are very delicate. They need to be protected against impact, chemicals, dust, and other farm workplace hazards. Never take your eyesight for granted!

Remember:

Eye protection should be reasonably comfortable and fit snugly without interfering with movement or vision.

Lung Protection

Numerous respiratory hazards in agriculture can impact your lungs. Wear a properly fitted respirator during work tasks like cleaning and grain handling to protect yourself from dust, bacteria, fungi, insects, and animal products.

Remember:

Many respiratory diseases take years to develop and they symptoms are not immediately apparent.

