



Safety Tips

1. Protect your lungs; wear a respirator with 2 straps and NIOSH approval marking on it that is appropriate for the hazards you'll encounter.
2. Respirators help prevent dust, mold, and other hazards from entering your airway and lungs. Serious diseases can result from one-time and repeated exposure to respiratory hazards.
3. Incorrectly wearing a respirator or wearing one for the wrong hazard is as dangerous as not wearing a respirator at all.
4. Farmers have the highest rate of disabilities from respiratory conditions compared to other occupations even though a large percentage of farmers don't smoke.
5. Eye injuries are the leading cause of blindness among farmers.
6. Protective eyewear can prevent eye injuries in over 90% of cases.
7. Nothing can restore lost hearing – once it's gone, it's gone. Wear hearing protection!
8. People have found that protecting themselves from noise reduces their stress, anxiety, and fatigue at the end of the day.
9. The best way to avoid hearing loss is to reduce your exposure to loud noise by using quieter equipment or staying away from loud noise.
10. Exposure to noise above 85 decibels can cause permanent hearing loss. Gunshots, firecrackers, grain dryers, chain saws, squealing pigs, and many other noise sources on farms are above 85 decibels.
11. Make hearing protection convenient. Stash earplugs in your pockets every morning when you grab your cell phone and keys. Hang canal caps or muffs on your tractor steering wheel, combine, or lawn mower.
12. Even a motion that is harmless in and of itself, like stretching out the arm to grasp an object, or squeezing a tool, may put the worker at risk of injury if it is repeated over and over.
13. Lift only loads that can be handled safely. Test the weight of the load before trying to lift it; if it is unmanageable, get help.
14. While lifting, always rotate the body by moving the feet, rather than by twisting or bending the trunk.
15. Avoid repetitive lifting – alternate the task with other activities.
16. Reduce whole-body vibration by driving vehicles with suspension seats that have appropriate vibration-damping characteristics.
17. Use a ground fault circuit interrupter with water heaters, power tools and other equipment.
18. Use moisture-proof fuse boxes, switches and electrical outlets in wet or damp areas.
19. Never use homemade electric fence controllers. Use only those approved by a recognized testing agency such as Underwriter Laboratory.

For more information on AgriSafe, please check out our website: www.agrisafe.org