Determine Your Head to Toe Protection

Agriculture Exposures
- Cattle
- Hogs
- Horses
- Poultry
- Sheep
- Goats
- Hay
- Corn
- Soybeans
- Tobacco
- Cotton
- Wheat
- Canola
- Pesticides
- Vegetables
- Fruit
- Welding
- Other

NIOSH approved air purifying respirator based on exposures. Use 2-strap N95 or N100 respirator or canister respirator with appropriate canister. Understand exposures and read labels to determine which canister to use.
To protect myself I need:

Head
- When exposed to impact and penetration hazards wear a safety helmet or hard hat that fits right and meets the ANSI Standard Z89.1-1986. For sun exposure wear sun-safe hat or apply sunscreen.
To protect myself I need:

Ears
- Hearing protection plugs or muff when exposed to noise above 85 decibels (dB).
To protect myself I need:

Eyes
- Safety glasses or goggles that meet ANSI Z87.1 NIOSH Standard. When exposed to sun, sunglasses that block 99 to 100 percent of UVA and UVB light.
To protect myself I need:

Body
- Sun safe clothing with UPF of at least 30 or use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher
Based on the label - use chemical resistant gloves, PVC apron, coverall or long sleeve and long pants to protect from pesticides/chemicals.
To protect myself I need:

Feet
- Choose work shoes for the job and hazard that meet the ASTM F-2412-2005 and ASTM F-2413-2005 Standard.
To protect myself I need:

Name: __________________________
Date: __________________________

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Protecting the People who Feed the World