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

For information on ordering respiratory protection visit: www.agrisafe.org/agristore/

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

University of Nebraska Medical Center College of Public Health
www.unmc.edu/publichealth/