

Using Personal Protective Equipment (PPE)

Personal protective equipment (PPE) refers to any protective clothing, helmets, goggles, or other garments designed to protect the wearer's body from injury. In farm work, many types of PPE may be needed, including:

- Head protection
- Eye protection
- Hearing protection
- Hand protection
- Respiratory protection
- Skin protection

PPE Safety Tips

Always inspect your personal protective equipment before use and ensure that it is:

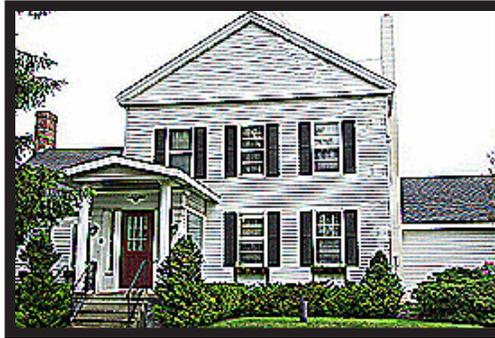
- Stored properly
- Clean and in good working condition
- Being used correctly
- Properly sized/fitted to workers
- Repaired or replaced as necessary

This brochure is designed to help you choose the personal protective equipment needed for your own protection. Take time to learn more about the different options available, and choose the protection that is right for you and the tasks that you are doing.

**Protect yourself -
always wear your PPE!**

NYCAMH

A program of Bassett Healthcare Network



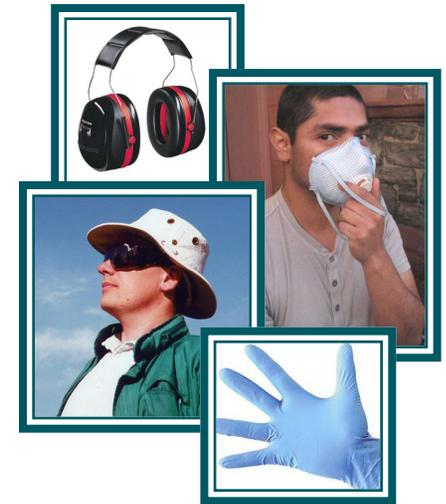
Established by the New York State Legislature in 1988. Recognizing the unacceptably high rates of occupational injury and illness in New York's largest industry, the legislature has charged NYCAMH to provide:

- Research into the causes and prevention of agricultural injury and illness
- Education and prevention activities within the farm community
- Education of professionals serving the farm community
- Clinical help for farm-related health problems

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New York Center for Agricultural Medicine And Health

Using Personal Protective Equipment (PPE)



“Enhancing agricultural and rural health by preventing and treating occupational injury and illness.”



Head Protection

Many injuries to your head can be prevented or made less severe by wearing adequate head protection. Always look for hardhats that are labeled as ANSI-Z89.1 and replace them when damaged or broken.

- A hard hat has a rigid shell and an inner web suspension that may be adjusted to fit your head. It can protect from flying or falling objects.
- A bump hat will not protect from flying or falling objects, but is good for low barns and under equipment.
- Always wear a proper helmet when riding ATVs or horses.

Eye Protection

The eyes are the second most common site of injury in farm-related incidents. It is estimated that 90% of all injuries to the eyes can be prevented. You should always wear eye protection if you are working around flying objects, glare, liquids or a combination of these hazards. Choose an option with UV protection for outdoor work.

- Use ANSI “Z87” safety glasses to protect the eyes. Prescription safety glasses should have lenses at least 3mm thick.
- Safety goggles should be worn whenever there is a danger of splashing liquid or chemicals getting into an eye.
- Face shields protect your eyes and face from flying particles and sprays.

Hearing Protection

Many farmers have damaged their hearing because most tractors and machinery exceed safe noise levels. You can protect your hearing by reducing the noise exposure around you and by wearing hearing protection. A higher Noise Reduction Rating (NRR) offers more protection.

- Earmuffs are easy to put on and take off, and can be worn with reasonable comfort for long periods of time.
- Earplugs are available in preformed, custom-molded or foam inserts that conform to your ear canal. They generally work best if you don't have to put them in and take them out of your ear. Careful handwashing is a must when using this type of protection.

Hand Protection

Studies have shown that the most common site of injury in farm workers is the hand. Gloves can provide you with an added margin of safety. Always choose the proper glove for each situation. No one type of glove can be used for every task on the farm.

- Leather gloves offer protection from cuts and abrasions and help to give you a good grip for tough jobs.
- Rubber gloves must be worn whenever you work with pesticides and fertilizers, since many chemicals can be easily absorbed through the skin. Many different kinds of “rubber” materials are available such as neoprene, nitrile

rubber, latex and butyl. Choose the glove that will offer the most protection for the chemicals you use.

Respiratory Protection

When protecting your lungs, you must match the respirator to the job you will be doing. There are two categories of respiratory protection:

- **Air purifying-** removes contaminants from air. This type of respirator works on a filter system and can't supply oxygen. Air purifying respirators are the type most often found on farms. Many different types are available to filter dust, mists or chemicals.
- **Air supplying-** provides clean air and can be used in dangerous areas such as silos and manure pits. Special training is needed to use & maintain this type of respirator.

Skin Protection

- Skin cancer is the most common cancer, so protect your face, ears, neck and nose by wearing sunscreen, protective clothing and a hat. Wear sunscreen with SPF 15 or higher that provides UVA & UVB protection on all exposed skin when working in the sun. Reapply at least every two hours.
- Pesticides and toxic chemicals will absorb through regular clothing and skin. Protect yourself by wearing TYVEK disposable garments and chemical-resistant gloves when working with these substances.

Additional print materials are available on respiratory hazards, disposable masks, skin cancer, hearing & eye protection.

If you have questions about personal protective equipment use, or would like to order PPE or request a catalog:

Call NYCAMH at 800-343-7527