

Name: _____

Date: _____

Determine Your Head to Toe Protection

Agriculture Exposures

- | | | |
|-------------------------------|--------------------------------|----------------------------------|
| <input type="radio"/> Cattle | <input type="radio"/> Hay | <input type="radio"/> Canola |
| <input type="radio"/> Hogs | <input type="radio"/> Corn | <input type="radio"/> Pesticides |
| <input type="radio"/> Horses | <input type="radio"/> Soybeans | <input type="radio"/> Vegetables |
| <input type="radio"/> Poultry | <input type="radio"/> Tobacco | <input type="radio"/> Fruit |
| <input type="radio"/> Sheep | <input type="radio"/> Cotton | <input type="radio"/> Welding |
| <input type="radio"/> Goats | <input type="radio"/> Wheat | <input type="radio"/> Other |

Lungs

NIOSH approved - CSA Z 94.4 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:

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:

Head

When exposed to impact and penetration hazards wear a safety helmet or hard hat that fits right and meets the **CSA Z94.1 or ANSI Z89.1** 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 **CSA Z94.3 or ANSI Z87.1 Standard**. When exposed to sun, sunglasses that block 99 to 100 percent of UVA and UVB light. **To protect myself I need:**

Feet

Choose work shoes for the job and hazard that meet the **CSA Z195 Standard**.

To protect myself I need:

