Determine Your Head to Toe Protection

**Agriculture Exposures**
- Cattle
- Hogs
- Horses
- Poultry
- Sheep
- Hay
- Grain
- Pesticides
- Welding
- Other

When exposed to impact and penetration hazards wear a safety helmet or hard hat that fits appropriately and meets the ANSI Standard Z89.1-1986.

To protect myself I need:

**Head**

Hearing protection plugs or muf when exposed to noise above 85 decibels (dB).

To protect myself I need:

**Ears**

Safety glasses that meet ANSI Z87.1 NIOSH Standard. When exposed to sun, safety sunglasses that block 99 to 100 percent of UVA and UVB light.

To protect myself I need:

**Eyes**

Based on exposures, use a NIOSH approved 2-strap respirator or a half- or full face respirator with appropriate cartridges and/or filters. Understand exposures and read labels to determine which cartridges to use.

To protect myself I need:

**Lungs**

Sun safe clothing with UPF of at least 30 or use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher. Coverall to protect from pesticides/chemicals.

To protect myself I need:

**Body**

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:

**Feet**

This material was produced under a grant (SH23580942) from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does the mention of trade names, commercial products, or organization imply endorsement by the U.S. Government.

Reviewed March 2022