# Head to Toe Protection

## Grain

### Exposures

- Flying objects
- Grain Dust
- Mold
- Noise
- Sun

### Head

- When exposed to impact and penetration hazards, wear a safety helmet or hard hat that fits appropriately and meets the (ANSI) Z89.1-2009 standard.
- For sun exposure, wear a sun-safe hat or sunscreen.

### Ears

- Hearing protection plugs or muff when exposed to noise above 85 decibels (dB)

### Eyes

- 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.

### Lungs

- NIOSH approved air purifying 2-strap N95 or N100 respirator or cartridge respirator with N100 filter

### 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

### Feet

- Choose work shoes for the job and hazard that meet the ASTM F-2412-2005 and ASTM F-2413-2005 standard

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