

# BREATHE BETTER WITH AN N95 RESPIRATOR

Dusty environments on the farm or ranch can irritate your nose and lungs. Exposures to dusts, molds, and germs can cause permanent damage to your lungs and respiratory system. Your two strap, NIOSH-approved N95 filtering facepiece respirator protects you by filtering out 95% of small particles in the air.



## **Wear it during tasks that produce dusts or solid airborne particles:**

- Moving or cleaning grains or hay
- Changing animal bedding
- Working outdoors during wildfire events or controlled burns
- Cleaning up after floods or in moldy environments



## **An N95 respirator will not protect you from hazardous vapors, fumes or gases. You need a different respirator when:**

- Welding or painting in poor ventilation
- Entering manure pits or areas where oxygen levels may be low
- Applying pesticides that require more protection



## **Make sure your N95 fits.**

- Make sure it fits your face, chin, and nose.
- Shave so it seals to your skin.
- Put the face piece on first, then pull the straps over your head.
- One strap should be over your ear, the other under.
- Air should come through the N95 when you breathe, not around the edges.



**DISPOSE OF YOUR RESPIRATOR IF IT BECOMES DAMAGED, SOILED OR WHEN IT BECOMES HARD TO BREATHE THROUGH IT.**



## RESPIRATOR INFORMATION

**Make and Model:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Initiated Use:** \_\_\_\_\_

For information regarding Workplace Respiratory Protection Programs, go to  
*[www.osha.gov/SLTC/respiratoryprotection/](http://www.osha.gov/SLTC/respiratoryprotection/) and [www.epa.gov/pesticide-worker-safety](http://www.epa.gov/pesticide-worker-safety)*



High Plains Intermountain Center  
for Agricultural Health and Safety