

Respiratory Risks Rank High Among Farm Dangers

EBENSBURG — Most modern farmers have a friend or relative who has been involved in a mishap with power machinery. For them, safety first is more than a slogan, it's a way of life.

Surprisingly, however, many farmers are unaware of or disregard the dangers posed by airborne contaminants. These contaminants, in the form of dusts, gases, vapors, fumes and mold spores, can cause illness and even death.

The respiratory risks farmers face daily are as varied as the work they do. Farmer's lung disease, a form of allergic pneumonia caused by inhaling mold spores produced by moldy grain, corn and hay, is a dangerous respiratory ailment that can lead to permanent scarring of the lungs. Chronic exposure can result in deterioration of the respiratory system and can lead to death.

Symptoms of the disease — fever, chills, muscle aches, shortness of breath and coughing — usually develop within six to eight hours after exposure to airborne mold spores.

Ammonia gases, pesticide mists, fungicide dusts, welding fumes and airborne dusts from organic and inorganic sources are additional sources of respiratory risk to farmers.

Just as when working with power machinery, farmers must take

proper precautions to reduce the risk of illness or injury posed by airborne contaminants. As in all safety programs, the first line of defense is knowledge. An awareness of the danger and an understanding of proper safety procedures are the first steps in protecting your health.

The next step is to put that knowledge into action. Ventilation of enclosed spaces before working in them and using respiratory

protection are the best methods of preventing a mishap.

For protection against dusts, mists and mold spores, lightweight, disposable respirators, such as 3M's No. 8710 government-approved dust/mist half-mask respirator, offers comfortable, maintenance-free and easy-to-use protection.

For work in the presence of ammonia or pesticides, 3M's

government approved gas and vapor cartridge respirators offer a high degree of protection. 3M also has two approved disposable respirators that are compatible with face and eye shields for protection against welding dusts and fumes.

The use of proper respiratory protection is an integral part of a complete farm safety program. As with any respiratory product, all

instructions and warnings regarding proper use, face fit and product limitations must be followed in order for the product to work properly and provide adequate protection.

Information on the dangers of particulates and gases, and methods of protection are available from state universities, agricultural magazines and agricultural supply dealers.

Balanced Diet Key to Satisfying Requirements

ROSEMONT, Ill. — Reduced cholesterol diets for everyone may not be the most effective national strategy in preventing and lowering the incidence of coronary heart disease, Robert E. Olson, M. D., Ph. D., State University of New York at Stony Brook, said recently in an article for the Journal of the American Medical Association.

Olson's commentary, "Mass Intervention vs. Screening and Selective Intervention for the Prevention of Coronary Heart Disease," questions the recommendation that all persons more than two years old follow fat-modified diets in the interest of preventing coronary disease regardless of sex, age or presence of other risk factors.

The author defines this suggestion as the "key recommendation" of a recent National

Institute of Health Consensus Development Conference.

Research data from previous human studies have not illustrated that changes in diet consistently produce statistically significant differences in reducing the number of "coronary events" in a person's life or deaths due to coronary heart disease, Olson asserts.

Rather than mass intervention, a preferred preventive strategy, according to Olson, is the screening of adult males and other persons with a family history of precocious coronary heart disease for total blood cholesterol and high-density lipoprotein cholesterol levels. Persons with high serum cholesterol values should be referred for care by a

physician, he said.

The American Heart Association first recommended a low-fat/low-cholesterol diet for healthy children two years old or older in 1963. The American Academy of Pediatrics opposed the recommendation, contending that diets low in energy, refined sugars, saturated fatty acids, cholesterol, and sodium have not been established as safe for children.

"The recommendation to modify the diets of children is without merit," Olson states.

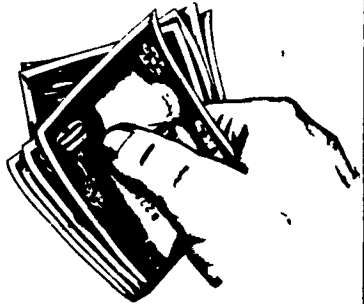
The data (about fat-modified diets) are too equivocal to make recommendations to the general public that exceed the gentle admonitions of the dietary guidelines of the U.S. Department of

Agriculture and the U.S. Department of Health and Human Services," Olson concluded.

"The preventive approach needed now is thus a medical and not a public health strategy," said Olson.

"We should treat each person on an individual basis and look at all factors increasing the risk of heart disease, such as smoking, high blood pressure, alcohol abuse, obesity, and lack of exercise, in addition to high blood cholesterol," commented Elwood W. Speckmann, Ph.D., president of National Dairy Council, an organization which supports a broad program of nutrition research, including that on fat and cholesterol in the diet.

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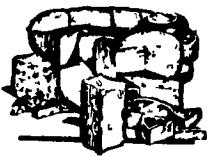


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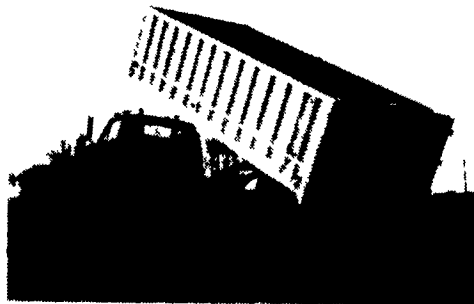
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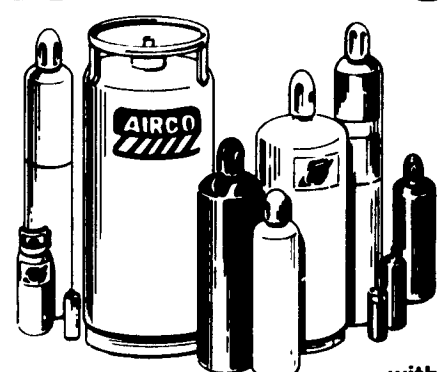
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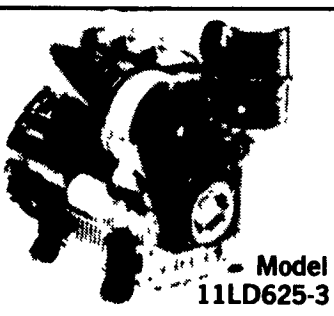
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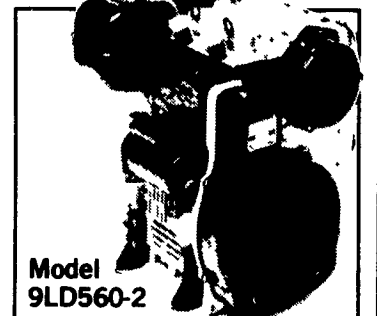


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