

F.Y.I.: PESTICIDES

- Ask for information from your boss about the pesticides used where you work.
- Use protective equipment.
- Wash your hands before eating, drinking, smoking, or going to the bathroom.
- Wash your body after working to remove pesticides from your skin.
- Wash the clothing you worked in before wearing it again. Wash it separately from other clothes.
- Wear long-sleeved shirts that cover your arms, long pants, socks, and gloves.



What should you do if you are sprayed with pesticides or you breathe or swallow them?



- Rinse your skin immediately with soap and water. Take off your clothes if they are contaminated.
- If you feel sick or if your eyes, skin or throat hurt, go to a doctor immediately.
- Tell the doctor that you think you have been poisoned by pesticides.
- Tell the doctor that he can call your boss to find out which pesticides were used where you worked.

Some symptoms of pesticide poisoning are:

Irritated skin, nose, eyes or throat, headache, vomiting, blurred vision, sweating, muscle pain or cramps, chest pain, drooling, difficulty breathing, nausea, difficulty walking, weakness and loss of appetite.