

English

Protect yourself from Pesticides



A GUIDE FOR AGRICULTURAL WORKERS AND HANDLERS



**In Case of Emergency Dial 9-1-1
(Police or Ambulance)**

Agricultural employers are required to distribute this booklet to their employees in accordance with N.J.A.C. 7:30, Subchapter 12 (Agricultural Worker Protection). It is to be given to new employees as part of initial orientation training and also as part of annual refresher training if the employee does not have a copy.

This booklet was prepared by the Pesticide Control Program of the New Jersey Department of Environmental Protection. It was developed to help agricultural employers comply with the federal Worker Protection Standard (40 CFR Part 170) requirement to provide basic pesticide safety training to their agricultural workers and handlers. It is intended to **supplement**, not **replace**, the training materials developed by the Environmental Protection Agency (EPA).

State of New Jersey
Christine Todd Whitman, Governor

Department of Environmental Protection
Robert C. Shinn, Jr., Commissioner



N.J. Department of Environmental Protection
Pesticide Control Program

The Worker Protection Standard Helps Protect You!

Your boss is required by the federal law, the **Worker Protection Standard (WPS)**, to do the following:

Your boss must:

- train you in pesticide safety at work.
- warn you about areas where pesticides are to be applied and areas you may not enter.
- post this information in a central location that is easily accessible to all workers before the pesticides are applied.
- prevent pesticides from drifting onto you.
- provide an area to wash yourself while you are working in areas that have been sprayed with pesticides.
- take you to a doctor if you are sick from pesticides.

You must have special training and protection for some jobs.

You need extra training and safety equipment from your boss if you:

- Mix, load, apply, or handle pesticides.
- Work as a flagger.
- Work in an area where entry is restricted.

Your boss must not punish you for trying to follow these rules and it's your right under the law.

Know How to Protect Yourself!

Pesticides help control pests, but they can also hurt—even kill—people. Learn how to protect yourself. If you don't understand, **ask for help**. Your boss must help protect you from pesticides, but your safety is your responsibility, too.

At work, pesticides can be on plants and in soil and irrigation water.



Pesticides may drift from nearby applications.

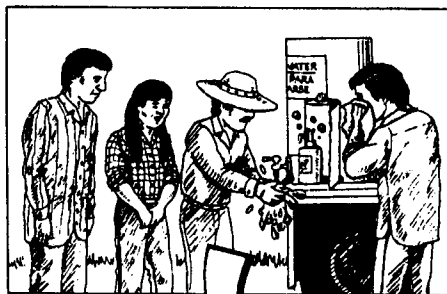


How Can You Protect Yourself From Pesticides?

1. Follow directions and obey signs.
 - Stay out of restricted areas.
 - If pesticides drift to where you are working, **GET OUT!**



2. Wash your hands and face ...



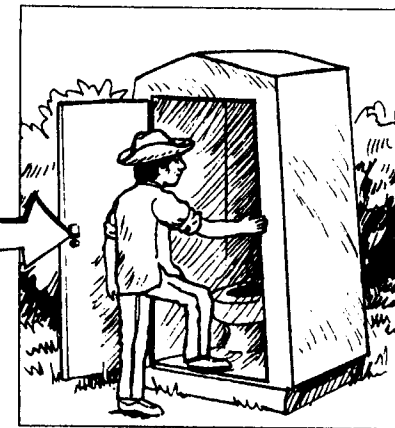
... BEFORE you eat, drink, chew gum or use tobacco.



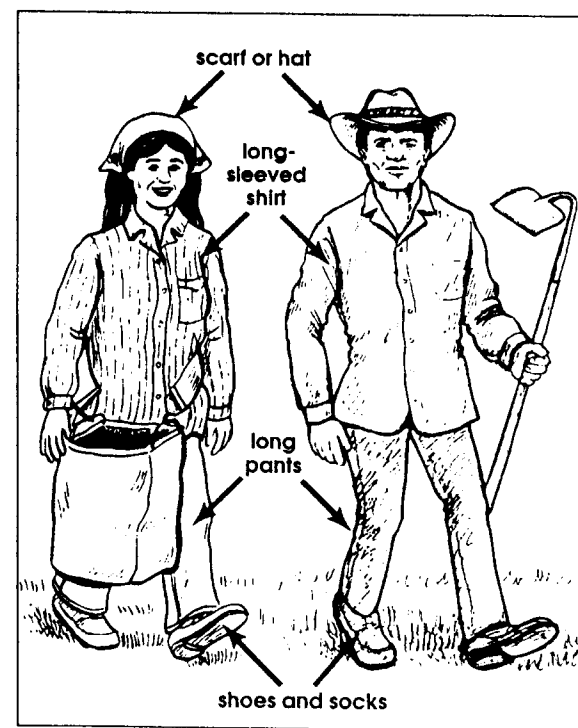
And ...

... wash your hands—

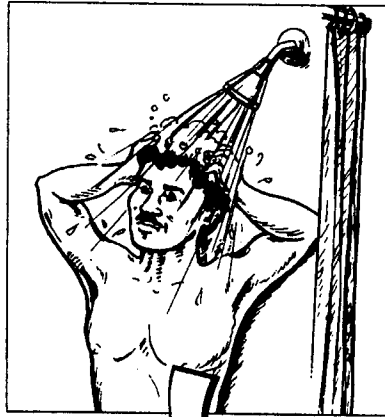
before you use the toilet.



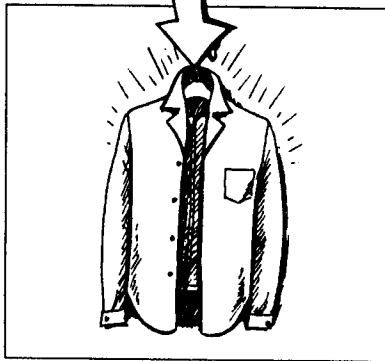
3. Wear work clothes that protect your body from pesticides.



4. After work, shower or wash your body with soap and water, and shampoo your hair.



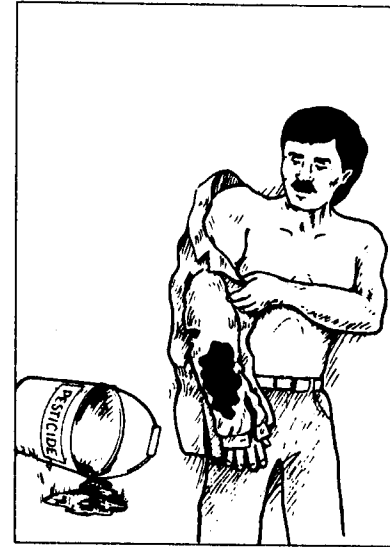
5. Then put on clean clothes.



6. Wash your work clothes separately from other clothes before wearing them again.



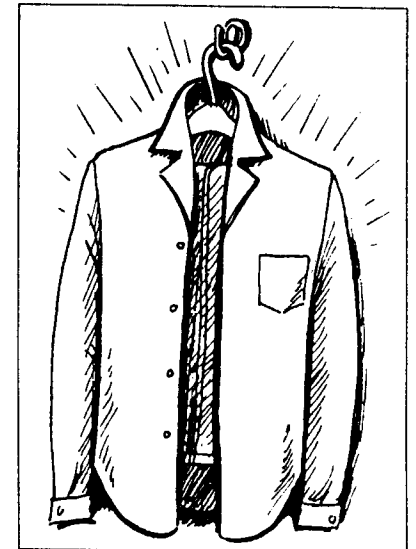
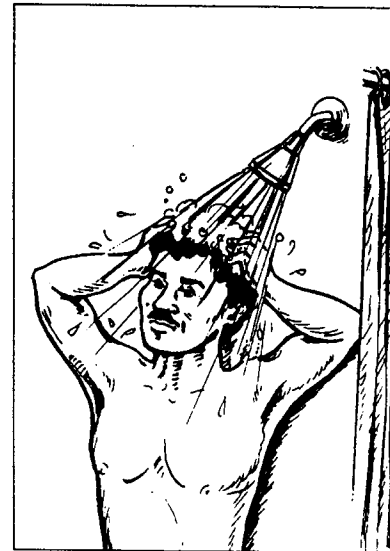
7. If a pesticide is spilled or sprayed on you...



... wash it off right away with clean water.



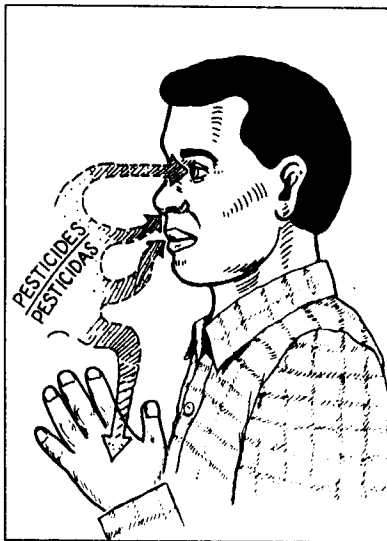
Shower or wash yourself with soap and water, shampoo your hair, and put on clean clothes as soon as possible.



How Can Pesticides Hurt You?

Pesticides can hurt you if:

- They get on your skin.
- They get in your eyes.
- You breathe them.
- You swallow them.



Workers are hurt most often by getting pesticides on their skin. Pesticides may cause . . .

skin rashes . .



or hurt
your throat . . .

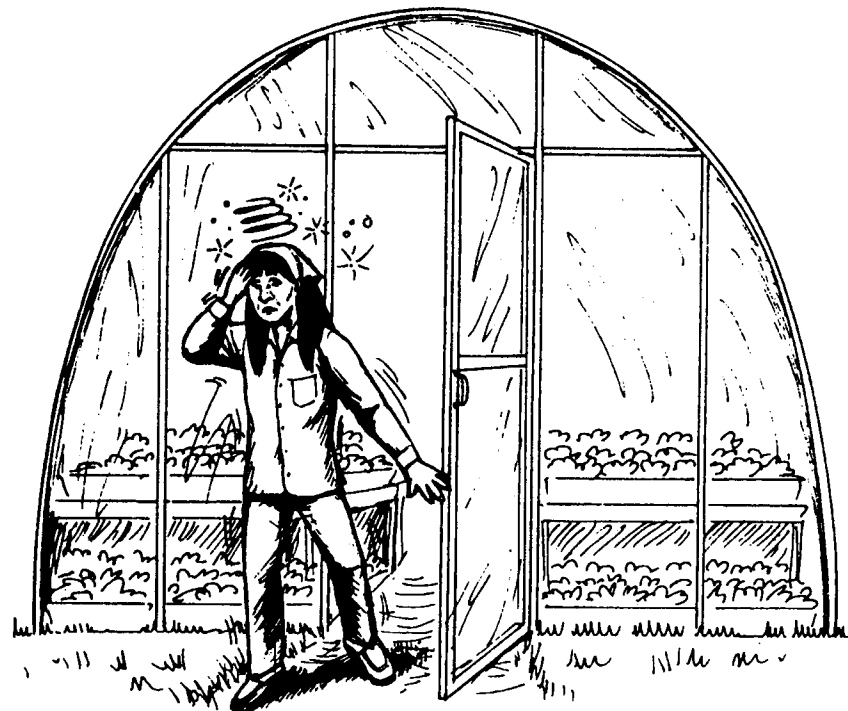


nose or eyes.



ENCLOSED AREAS

If you are working in an enclosed area—

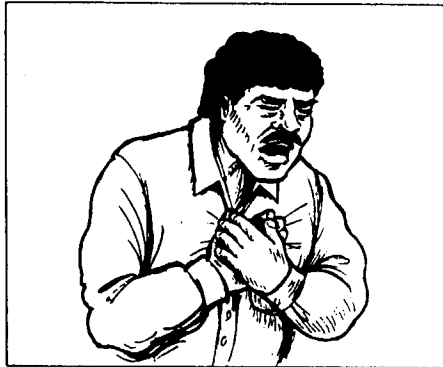


like a greenhouse, get to fresh air right away if you begin to feel sick, dizzy or have trouble breathing.

Other signs of pesticide poisoning



Drooling



Trouble breathing



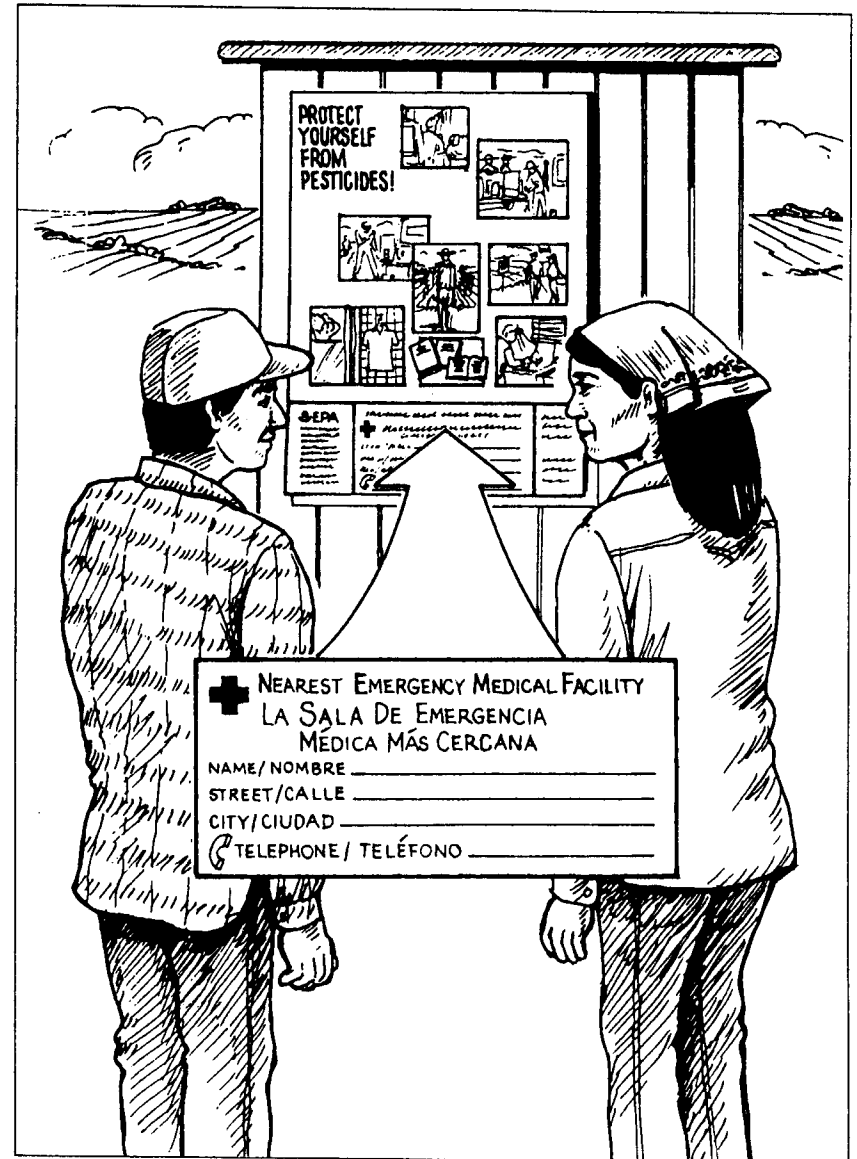
Very small pupils
of your eyes

Another delayed effect
may be birth defects, if
pregnant women are
exposed to pesticides.



What if You Get Sick at Work?

Medical help is listed on or near a pesticide-safety poster at your work.



If you or someone else gets sick while working...



... tell your boss right away.

Your boss must make sure you get to medical help if you think you've been poisoned at work by pesticides.



Your boss must provide information about the pesticide to you...

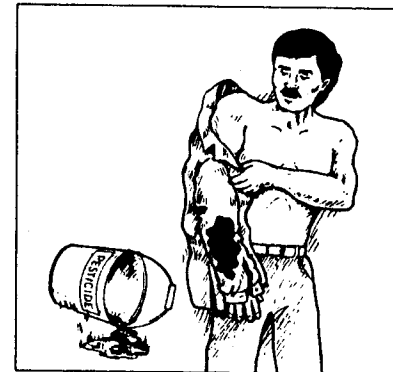


... or to the hospital.

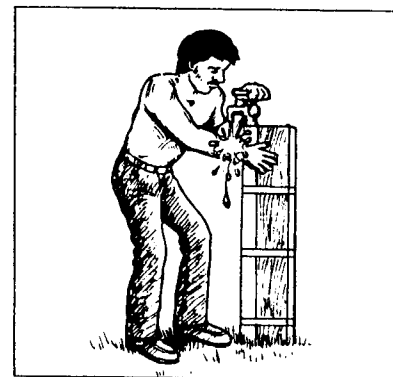
What if a Pesticide Gets on or in You?

If a pesticide gets on you, get it off right away!

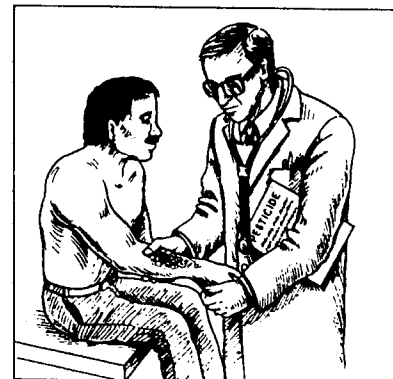
1. Take off clothing that has pesticide on it.



2. Rinse skin right away with water.
3. Wash with soap and water as soon as possible.



If you begin to feel sick or your eyes, skin, or throat hurt, go to a doctor right away.



Your boss must make sure you are taken to a clinic or doctor.

If you or someone else swallows pesticides—



get medical help
right away!

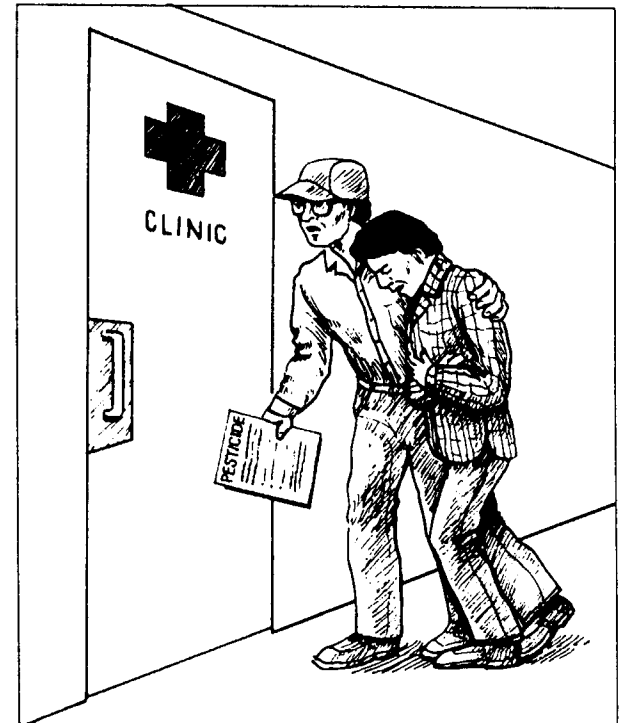
1. Call a poison control center or doctor, or go to the doctor if it's faster. Give the name of the pesticide and the first aid directions from the label.



2. If you can't call for help, or while you wait for help, follow the first aid steps on the label.

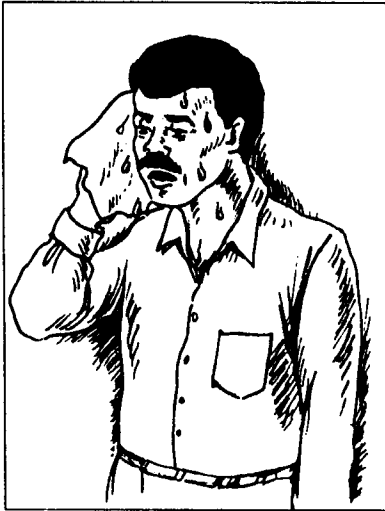


3. Get to a doctor as soon as possible.

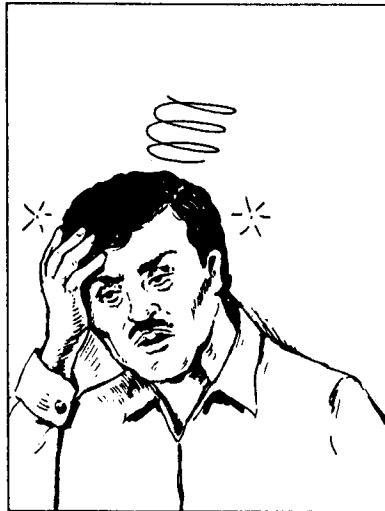


Pesticides Can Make You Feel Sick in Different Ways.

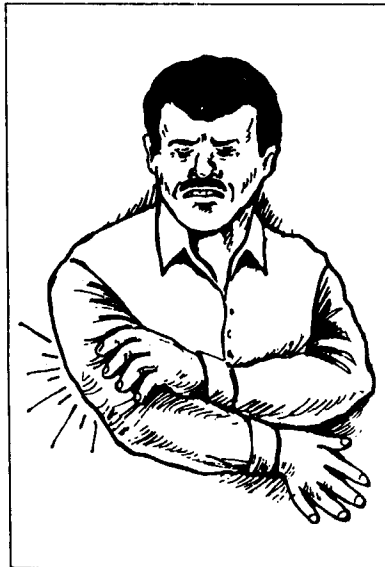
Sweaty



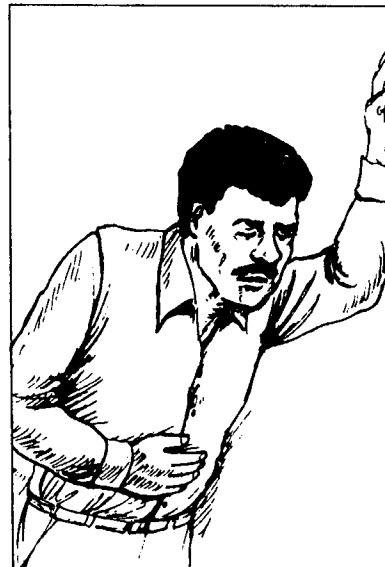
Headache/Dizziness



Muscle pains and cramps



Vomiting/Tiredness

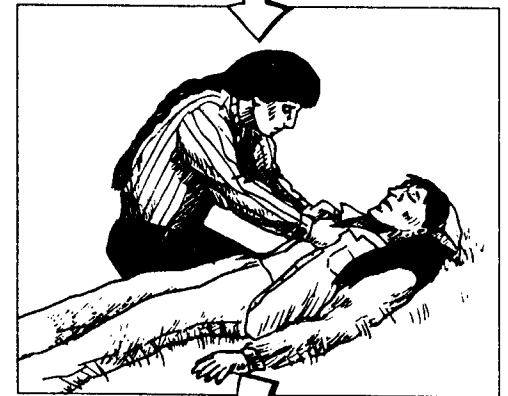


If someone gets sick from breathing a pesticide—

1. Get them to fresh air right away.



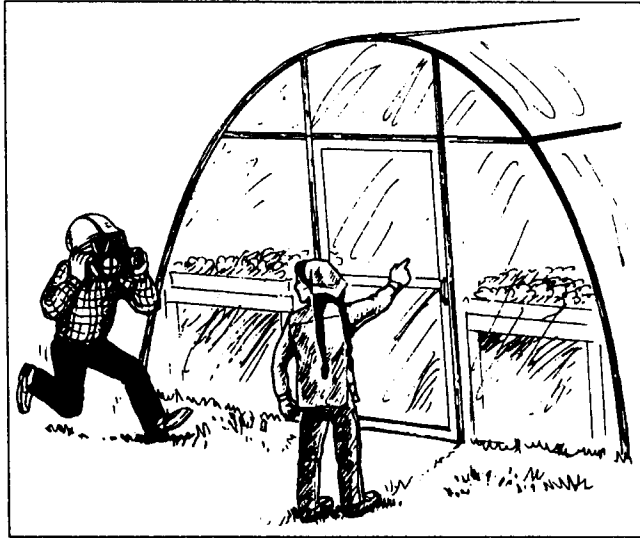
2. Loosen their clothing.



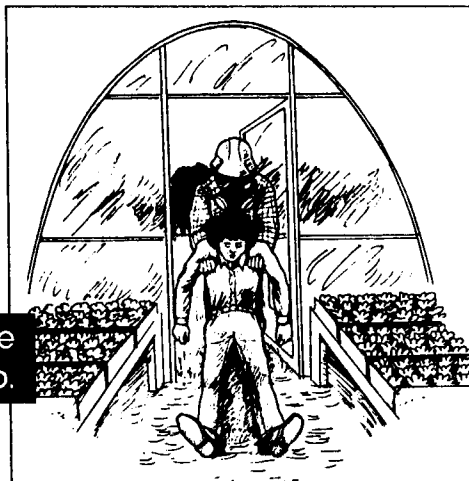
3. If they are not breathing, give mouth-to-mouth (CPR), or find someone who knows how.



If someone passes out in an enclosed area, get help—
don't go in!



Never try to rescue someone who has passed out in a
greenhouse or other enclosed area unless you have spe-
cial training and breathing equipment.

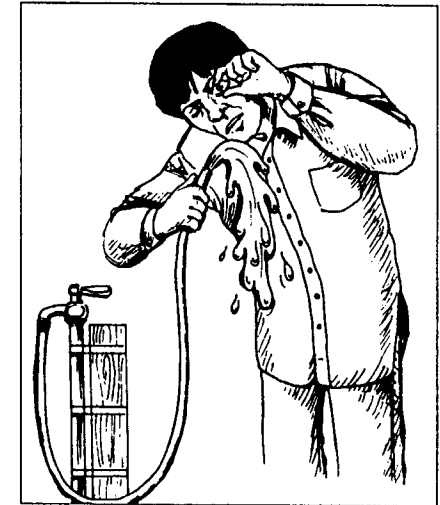


Find someone
who can help.

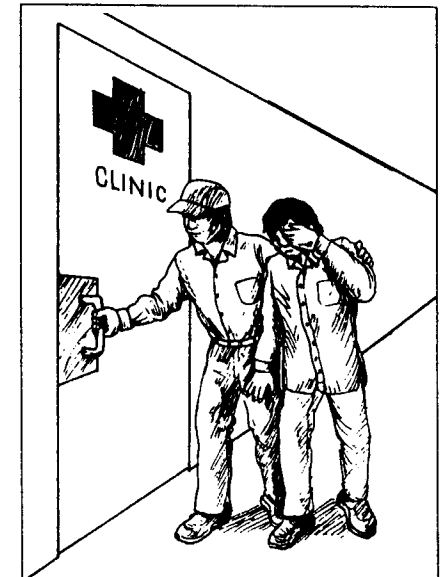
Eye damage can happen fast!

If a pesticide gets in your eyes, hold them open and rinse
them with a gentle stream of cool water.

Rinse for 15 minutes
if possible.

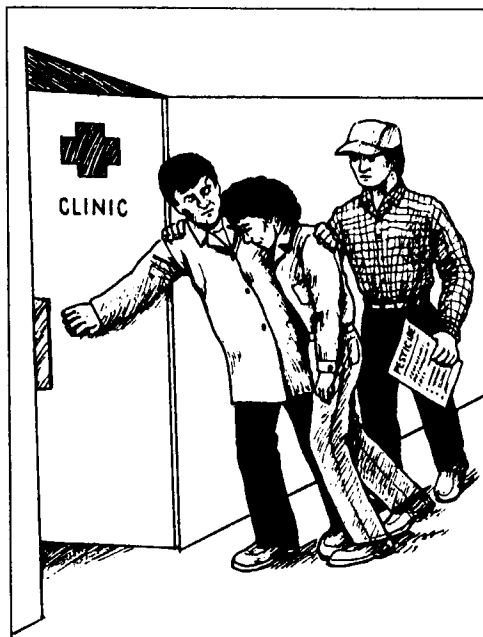


Then go to a
doctor.

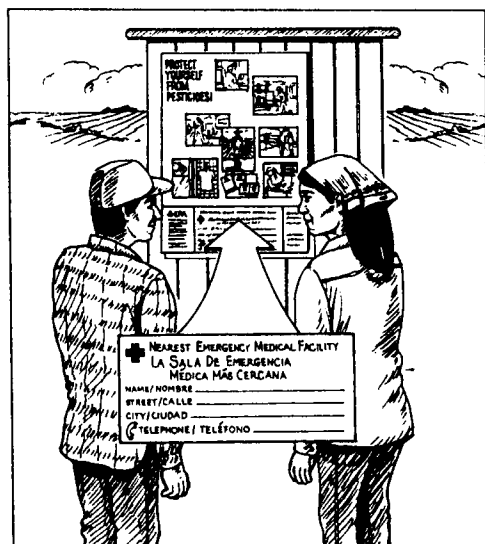


Get medical help!

In all cases of pesticide poisoning, get medical help as soon as possible.



Medical help is listed on or near a pesticide-safety poster at your work, and in the back of this guide.



There Are Agencies to Help You.

If you encounter a problem with pesticides, you can contact these agencies:

- N.J. Poison Information and Education System
(For emergencies only)
1-800-962-1253 (Translators available)
- N.J. Department of Environmental Protection
(For pesticide regulation information and complaints)
Pesticide Control Program
P.O. Box 411, Trenton, NJ 08625-0411
(609) 984-6920 (Translators available)
- U.S. Environmental Protection Agency, Region 2
Pesticides and Toxic Substances Branch (MS-105)
2890 Woodbridge Ave., Building #10
Edison, NJ 08837-3679
(732) 321-6765 (English & Spanish)
- N.J. Department of Health
(For general health questions)
Environmental Health Services
P.O. Box 360, Trenton, NJ 08625-0360
(609) 633-2043 (English only)

In case of emergency
Dial 9-1-1
Police or Ambulance

