

Protect Yourself from Pesticides

Protektahan ang Inyong Sarili mula sa Pesticide

IN AN EMERGENCY: EMERGENCY:

Get medical help nearby.

Humingi ng medikal na tulong sa pinakamalapit.



Name | Pangalan:

Address | Address:

Phone Number | Numero ng telepono:

If you need an ambulance, tell them where you are.

Kung kailangan ninyo ng ambulansya, sabihin sa kanila kung nasaan kayo.



Facility name | Pangalan ng Pasilidad:

Facility location | Lokasyon ng Pasilidad:

If you have questions or concerns, call the pesticide regulatory agency.



Kung mayroon kayong mga tanong o ikinababaha, tumawag sa mga awtoridad ng pesticide.

Name of state/tribal pesticide regulatory agency | Pangalan ng estado/tribal pesticide regulatory agency:

Address | Address:

Phone Number | Numero ng telepono:

FOR MEDICAL TREATMENT INFORMATION, CALL THE POISON CONTROL CENTER: 1-800-222-1222

PARA SA IMPORMASYON SA MEDIKAL NA PANGGAMOT, TUMAWAG SA POISON CONTROL CENTER: 1-800-222-1222

This poster contains pesticide safety information that is required under the Worker Protection Standard as revised in 2015, 40 CFR 170.311 (a) (3) (i-x).

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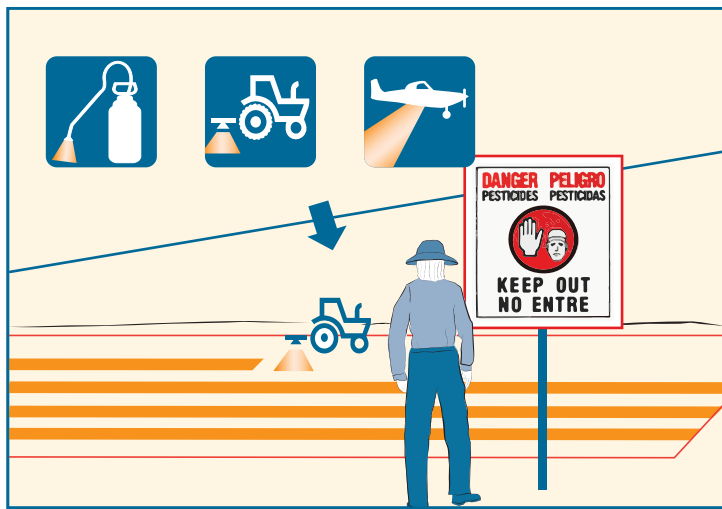


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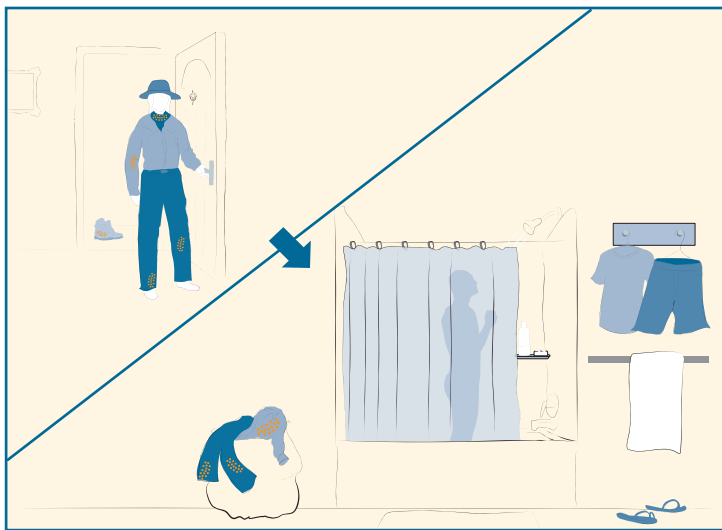
Avoid getting pesticides on your skin or in your body. Pesticides can be in many places. They can be on plants, in plants, in soil, and in irrigation water. Pesticides can drift in the air from nearby applications. They can also be on tractors and other equipment. Pesticides can also be found on used goggles, gloves, boots, and other personal protective equipment.

Iwasan ang pagkuha ng mga pesticide sa inyong mga balat o sa katawan. Ang mga pesticide ay nasa maraming mga lugar. Maaaring ang mga ito ay nasa mga halaman, sa halaman mismo, sa lupa, at sa tubig ng irigasyon. Ang mga pesticide ay maaaring kumalat sa hangin mula sa mga nalalapit na lugar na na-aplayan. Maaari rin matagpuan ang mga ito sa mga tractora at iba pang mga kagamitan. Ang mga pesticide ay matatagpuan rin sa mga nagamit na gapas, guwantes, botas, at iba pang mga personal protective equipment (personal na kagamitang pamproteksyon).



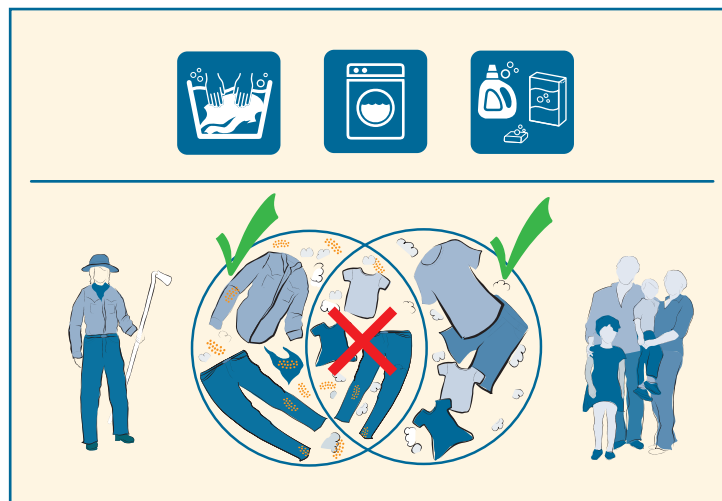
Stay out of treated areas when told, and whenever you see signs like this displayed. When you see a pesticide application taking place, stay back. Applicators must suspend their work if you get too close.

Umiwas sa mga ginagamot na lugar kapag sinabi, at tuwing may makita kayong mga karatulang tulad nito na nakapaskil. Kapag may nakita kayong isinasagawang pag-aplay ng pesticide, lumayo. Kailangang i-suspende ng mga naglalagay ang kanilang pagtatrabaho kung masyado kayong malapit.



Wash your body and hair with soap or shampoo right after work; then put on clean clothes.

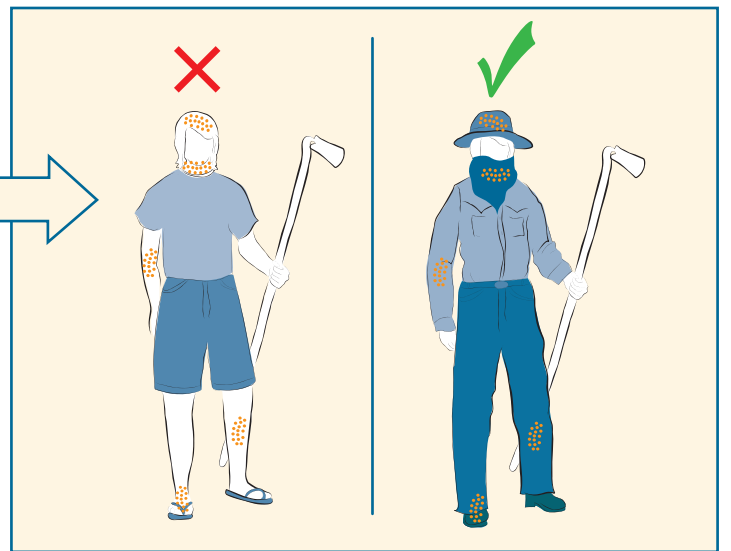
Hugasan ang inyong katawan at buhok ng sabon o shampoo pagkatapos magtrabaho; tapos ay magsuot ng malinis na damit.



Wash your work clothes before wearing them again.

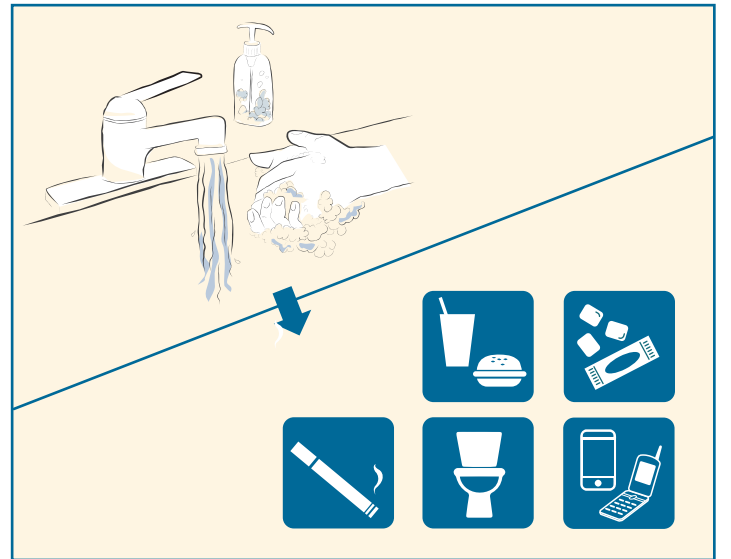
Wash them separately from other clothes.

Labahan ang inyong mga damit pantrabaho bago suotin muli. Hiwalayin itong labahan.



Protect your body from pesticide residue. Wear long-sleeved shirts and long pants when working. Also, wear shoes, socks, and a hat or scarf.

Protektahan ang inyong katawan mula sa nalalabing pesticide. Magsuot ng kamiseta na mahaba and mangas at pantalon kapag nagtatrabaho. At, magsuot ng sapatos, medyas, at sumbrero o bandana.



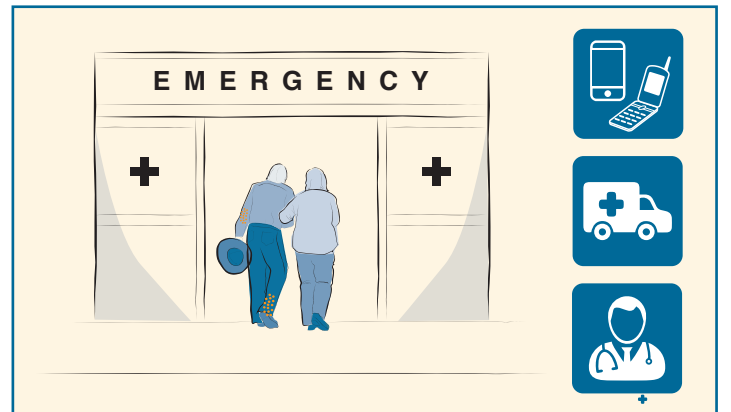
Wash your hands before you eat, drink, or chew gum. Also, wash before smoking, using the toilet, or using your phone.

Hugasan ang mga kamay bago kumain, uminom, o mag chewing gum. At, maghugas ng kamay bago manigarilyo, gamitin ang banyo, o gamitin ang inyong telepono.



When pesticides are spilled or sprayed on your body, wash immediately. Water, soap, and towels must be provided nearby. Use the nearest clean water, including springs, streams, and lakes, if they are closer to you. After that, wash your body and hair with soap or shampoo as soon as possible. Put on clean clothes.

Kapag tumapon o na-wisik sa inyong katawan ang mga pesticide, agad na maghugas. Ang tubig, sabon, at mga tuwalya ay dapat malapit na makukuha. Gamitin ang pinakamalapit na tubig, kasama ang mga bukal, batis, at lawa, kung mas malapit ang mga ito sa iyo. Pagkatapos, hugasan ang inyong katawan at buhok ng sabon o shampoo sa lalong madaling panahon. Magsuot ng malinis na damit.



Get medical help as soon as possible if you think pesticides caused an injury or illness.

Humingi ng medikal na tulong agad hangga't maaari kung sa palagay ninyo na ang mga pesticide ang naging sanhi ng pinsala o sakit.

Questions about pesticides? Call 1-800-858-7378 (National Pesticide Information Center)

Mga tanong tungkol sa pesticide? Tumawag sa 1-800-858-7378 (National Pesticide Information Center)