

U.S Environmental Protection Agency  
**WORKER PROTECTION STANDARD**  
**TUS NEEG UA HAUJ LWM KEV PAB CUAM**

# WPS FLIPCHART

## Pesticide Safety Training for Agricultural Workers

**Kawm txog kev tiv thaiv tej tshuaj tua kab rau cov tub ua dejnum nyob rau kev ua liaj ua teb**



## SAFETY TRAINING FOR AGRICULTURAL WORKERS PROTECT YOURSELF FROM PESTICIDES



**KEV KAWM KOM MUAJ KEV NYABXEED RAU COV UA LIAJ UA TEB PAB  
TIV THAIV LAWV TUS KHEEJ LOS NTAWM TEJ TSHUAJ TUA KAB**

EPA has approved this material for training workers on pesticide safety in accordance with the 2015 WPS (40 CR 170).  
The approval number is EPA Worker PST 00009.

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*EPA's goals with training materials is to ensure that workers and handlers receive clear, accurate information about how they can protect themselves (and others, in the case of handlers) from pesticides, and what their employers must do to protect them (and therefore the worker and handler should heed their employer's directions). EPA has carefully reviewed the materials provided for review, and we recognize that once the materials for 2018 are approved they may be used for many years and in many trainings. It is extremely important that they are of high quality and present information accurately, because of their role in providing critical self-protective information to workers and handlers.*



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## Hello everyone!

My name is \_\_\_\_\_ and

I am the \_\_\_\_\_ (job title)

at \_\_\_\_\_ (where you work).

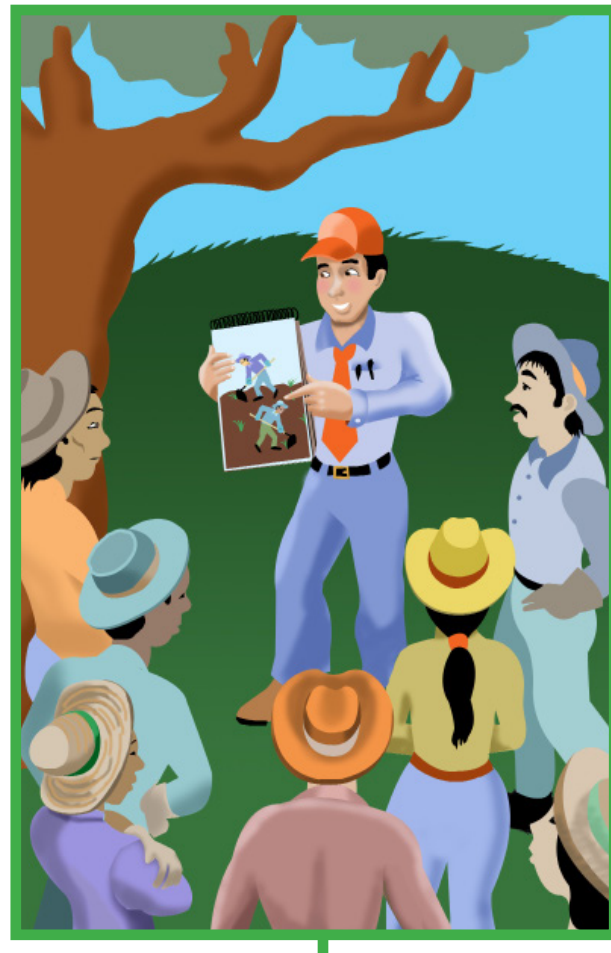
Thanks for attending this important training.

- Can everyone HEAR me?
- Can everyone SEE the picture?
- Please stop me and tell me if you do not understand something.

## OBJECTIVE OF TRAINING:

Today I will provide you with the **Worker Protection Standard (WPS)** pesticide safety training for agricultural workers.

We will go over ways to keep yourself and others safe from pesticide exposure.



## Nyob zoo sawvdaws!

Kuv lub npe yog \_\_\_\_\_ thiab

Kuv yog tus \_\_\_\_\_ (Tus tuav txoj haujlwm)

ntawm \_\_\_\_\_ (Ua haujlwm rau qhovtwg).

Ua tsaug nej tuaj kawm qhov training ntawm no.

- Nej sawvdaws pus HNOV kuv?
- Nej sawvdaws pus POM cov duab?
- Thov cheem kuv, thiab qhiav rau kuv paub yog hais tias nej tsis nkag siab rau tej.

## LUB HOMPHEAJ NTAWM QHOV TRAINING NO:

Hnub no peb yuav npaj rau koj yog hauv **Worker Protection Standard (WPS)** cov kev cob qhia txog tej tshuaj tua kab rau cov tub liaj tub teb.

Peb yuav hais txog tej yam uas yuav pab tiv thaiv koj thiab lwm tus neeg sab nrauv kom tsis txhob raug tej tshuaj tua kab.

?

**How many of you have received training in the past on how to protect yourselves from pesticides?**

?

**Nej muaj pestsawg leej lawm uas twb tau muaj kev kawm txog kev cob qhia yav tas los lawm hais txog kev tiv thaiv txog tej tshuaj tua kab?**

**IMPORTANT:** By law, your employer needs to provide you with pesticide safety training before you begin work in an area where you may encounter pesticides or their residues.

- Today's training covers these requirements.
- Agricultural workers must receive this training **every year.**

**TSEEM CEEB:** Raws txoj cai, koj lub chaw ua haujlwm yuav tsum npaj kev cob qhia txog kev siv tej tshuaj tua kab rau koj ua ntej koj yuav mus ua haujlwm nyob rau tej thaj chaw uas muaj tshuaj tua kab nyob rau lossis muaj tej tshuaj nyob rau.

- Hnub no kev cob qhia yuav hais txog tej yam uas yuav tsum npaj kom muaj.
- Cov tub ua liaj ua teb yuav tsum muaj kev kawm txhua lub xyoo.

?

**What are PESTICIDES?**

Pesticides are chemicals used to kill, repel or control pests, like insects and weeds, but they can also hurt – or even kill – people.

The law helps protect you from pesticides and pesticide residues found at your work. You can also protect yourself and others by learning about pesticide safety.

?

**Cov PESTICIDE yog abtsi?**

Cov Pesticides yog tej tshuaj uas siv los tua, ua kom kab khiav, lossis tswj kom tau tej kab, xws li tej kab, tej nroj, tiamsis cov nws ua tau li no nws yuav ua rau neeg raug mob – lossis txov tau txoj sia – xws li tibneeg.

Txoj cai yog los pab tiv thaiv koj los ntawm tej tshuaj tua kab uas muaj nyob rau ntawm thaj chaw koj ua haujlwm. Koj yuav tau tiv thaiv koj tus kheej thiab lwm tus los ntawm txoj kev uas koj tau mus kawm txog tej tshuaj tua kab.





## What are PESTICIDE RESIDUES?

Pesticide residues are pesticides that may remain long after being applied.

- Pesticide residues can remain on plants, produce, and equipment many days after pesticides are applied.
- Sometimes you can see and feel the residues like a white sticky substance or light powder.
- On other occasions you may not see the residues but that does not mean they are not there.

### Suggested Activity:

- ★ Black Light Demonstration (if it's dark or you can control lighting)
- ★ Baby Powder & Fake Fruit Demonstration

**IMPORTANT:** Pesticides can be harmful to your health. Your employer is required to apply pesticides in a safe manner, keep you out of areas during pesticide treatment and under restriction. Also, employers must provide you with the information and training you need to minimize your exposure to pesticides.

Your employer must warn you about areas where pesticides have been applied. This information can be found in the application records at the central location. We'll talk more about this information later today.



## Cov PESTICIDE RESIDUE yog abtsi?

Pesticide residue yog tej tshuaj uas lo rau ntawm tej uas nws tseem nyob ntev tom qab koj txuam tshuaj tag.

- Cov pesticide residues nws yuav nyob rau ntawm tej qoob, tej zaub, thiab tej khoom uas koj siv los tua tshuaj ntau hnuv tom qab uas koj tua tshuaj tas.
- Qee lub sijhawm koj yeej pom cov tshuaj tej hmoov lo dawb vog ntawm tej zoo li tej hmoov plua plav dawb dawb.
- Muab qee lub sijhawm koj yuav tsis pom cov residues ntawm no, tabsis nws tsis tau txhais hais tias yeej tsis muaj cov tshuaj nyob rau.

### Qhia ua cov Activity:

- ★ Siv lub Black Light los qhia (yog tias tsaus ntuj dhau lawm kho kom pom kev kaj zog tuaj)
- ★ Siv cov hmoov siv rau menyuum mos los ua thiab Tej lub txiv ntoo yog roj hmab los qhia

**TSEEM CEEB:** Tshuaj tua kab yuav ua rau koj noj tsis qab nyob tsis zoo. Koj lub chaw ua haujlwm yuav tsum muaj kev kawm kom paub txog tej tshuaj tua kab zoo, lawv yuav tsum tsis pub koj ua dejnum ntawm thaj chaw ua muaj kev txuam tshuaj tua kab rau thiab uas tau txwv. Tsis tas li ntawv, koj lub chaw ua dejnum yuav tsum muaj kev cob qhia rau koj kom koj tsis txhob raug tej tshuaj tua kab.

Koj lub chaw ua haujlwm yuav tsum qhia rau koj paub txog thaj chaw uas twb muaj tshuaj tua kab tsuag tas rau lawm. Cov ntawv qhia txog tej ntawm no yuav tsum muaj nyob rau ntawm thaj chaw dav fo sawvdaws los so nyob ua ke. Peb yuav tham txog tej yam xws li no hnuv no.





### How are pesticides applied at work?

Pesticides can be applied in many different ways, such as:

- Spraying from airplanes or tractors
- Backpack sprayers
- Pellets dropped around the plants
- In the form of a gas applied under a tarp or in a greenhouse

**IMPORTANT:** In order to mix, load, assist in the application or apply pesticides you must be at least 18 years old, an EPA-approved handler, have received safety training and be trained and equipped for specific handler tasks.



### Do you know what PESTICIDE DRIFT is?

Pesticide drift is the movement of pesticide dust or droplets through the air. This movement can happen during application or soon after and may land on workers or other persons who are nearby.

**IMPORTANT:** Stay out of areas where pesticides are being applied. If pesticides drift to where you are working, get out of the area right away!

### Suggested Activity:

- ★ Baby Powder & Air Demonstration

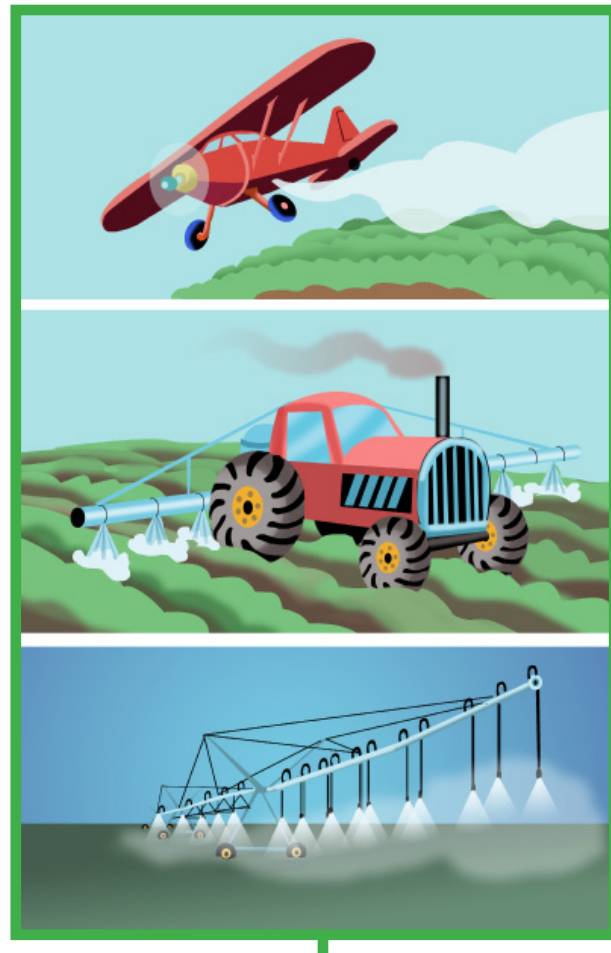


### Where can you find pesticides at work?

At work, pesticides or their residues can be found on plants, produce, soil, tractors, application equipment, chemigation equipment, used Personal Protective Equipment (PPE).

Pesticides or their residues can also be on other items in your workspace, such as pots, benches, trays, etc. You may not be able to see the pesticides as I said earlier, but they can be there.

Pesticides can also be in **irrigation water** and on **irrigation equipment**. Pesticides can be found in **storage areas, and in places where pesticides are mixed and loaded for application**.



### Yuav siv tej tshuaj tua kab licas nyob rau hauv kev ua dejnum?

Siv tej tshuaj tua kab mas nws muaj ntau yam uas yuav siv tau, xws li:

- Siv nyoojhoom txuag tshuaj lossis tractors
- Sib lub backpack sprayers
- Cov ua ntsiav muab tso rau ntawm tej tsoob qoob
- Cov tshuaj ua pa tso rau kev vov ntaub yas lossis cov tsev greenhouse

**TSEEM CEEB:** Yog leejtwg yuav los tov tej tshuaj, ntim, los pab txog txoj kev txuam tshuaj lossis siv tej tshuaj tua kab nws yuav tsum muaj hnuv nyoog li 18 xyoo rov sauv, tau kev tso cai hauv EPA-approved handler, tau kawm tiav txog safety training thiab yeej muaj kev kawm tiav, thiab nws tes dejnum yeej yog kev siv tshuaj tua kab xwb.



### Koj pus paub txog qhov PESTICIDE DRIFT?

Pesticide drift yog cov tshuaj tua kab nws ya mus los lossis cov hmoov tshuaj nyob raws tej huab cua. Cov tshuaj nyob raws tej uas xws li no yog thaum txuam tshuaj lossis tom qab ntawv, thiab cov tshuaj yuav ya los paug tej tibneeg ua haujlwm lossis lwm tus tib neeg uas nyob ze ntawm thaj chaw..

**TSEEM CEEB:** Txav deb ntawm thaj chaw uas twb muaj tshuaj tua kab txuam rau lawm. Yog tias muaj tej tshuaj tua kab ya tuaj rau ntawm thaj chaw koj ua haujlwm, khiav tawm ntawm thaj chaw ntawv maj noos!

### Qhia ua cov Activity:

- ★ Siv cov baby powder & Kiv cua tshuab demonstration

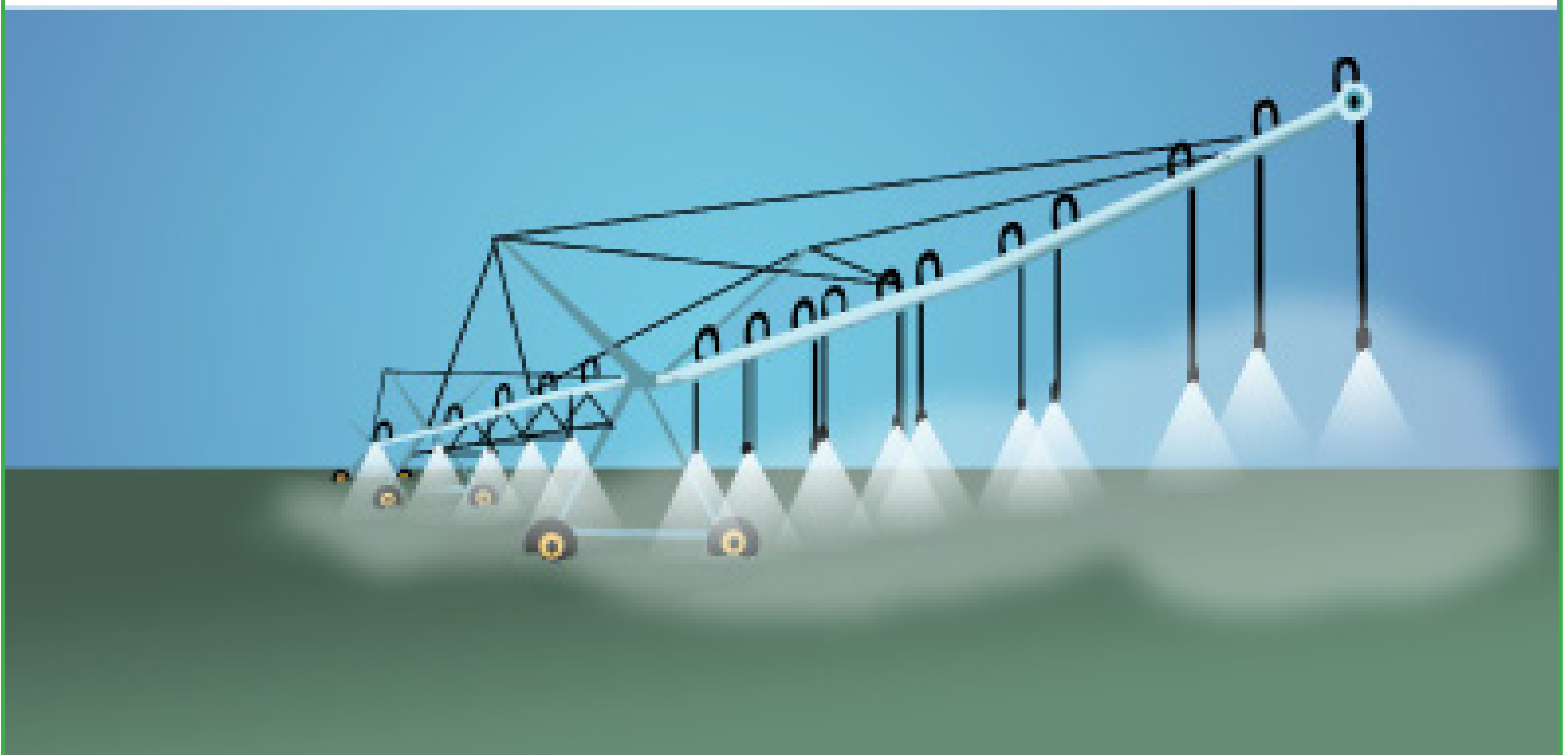


### Koj yuav nrhiav tej tshuaj tua kab qhov twg ntawm chaw ua haujlwm?

Ntawm chaw ua haujlwm, tej tshuaj tua kab lossis tshuaj tau lo rau tej tsoob qoob, tej zaub, hauv av, tej tractor, tej khoom siv txuam tshuaj, tej hlua tso tshuaj, tej khoom hnav tiv thaiv txuam tshuaj (PPE).

Tshuaj tua kab lossis cov hmoov tshuaj uas ya tuaj paug tau rau koj tej chaw ua haujlwm, tej khoom koj siv, tej rooj zaum, tej thoob koj siv, etc. Tej yam paug li no koj yuav tsis pom nws thaum paug rau tiamsis tej tshuaj tua kab yuav nyob rau ntawv.

Tshuaj tua kab yuav nyob tau rau koj tej dej uas tso ua **liaj ua teb thiab tej hlua siv tso dej**. Tej tshuaj tua kab yuav muaj nyob rau thaj **chaw tso tej tshuaj rau, thiab tej thaj chaw uas koj tov tej tshuaj thiab ntim tej tshuaj mus siv**.



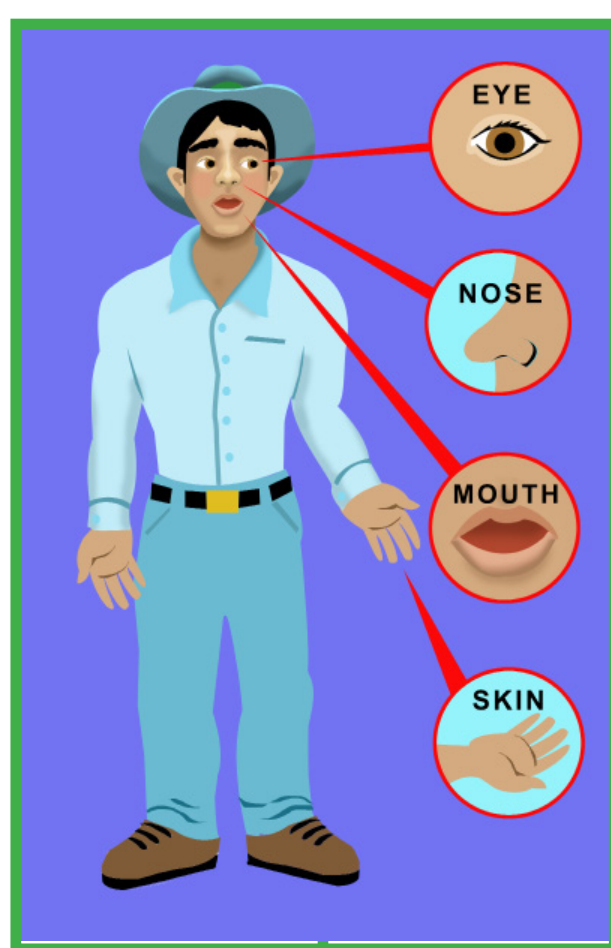
Pesticides can be dangerous for your health if you are not protected from exposure.



**Do you know how pesticides can enter your body?**

Pesticides can enter your body through your:

- Eyes
- Nose
- Mouth
- Skin



Tshuaj tua kab yuav ua kev phomsij rau koj lub nrog cev yog tias koj tsis paub tiv thaiv koj.

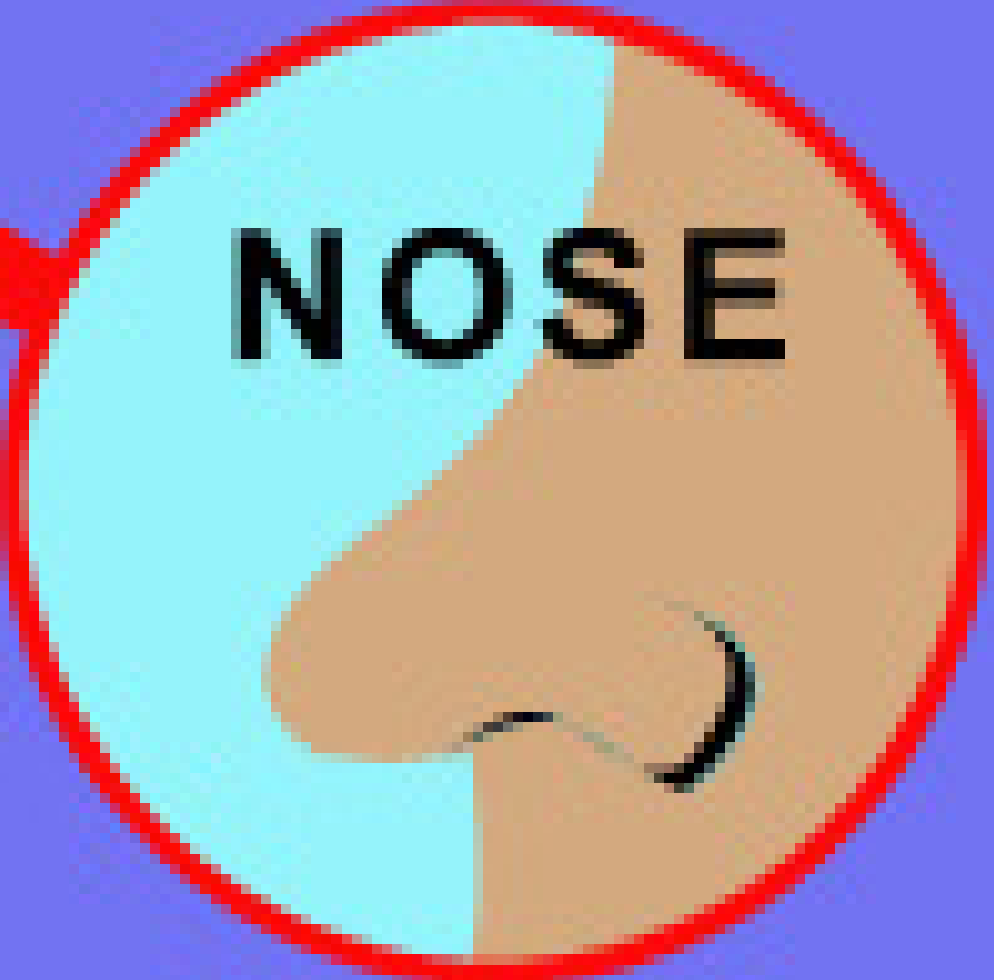
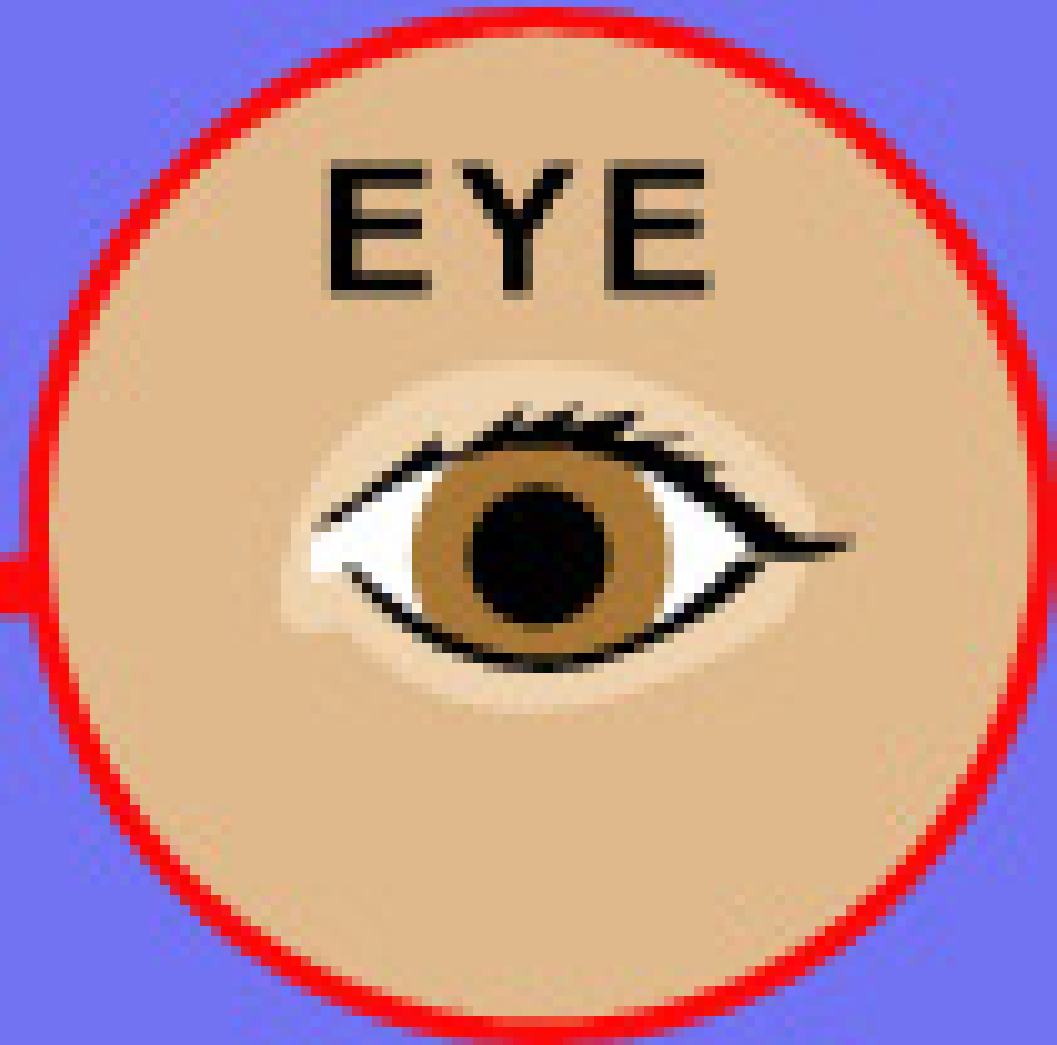
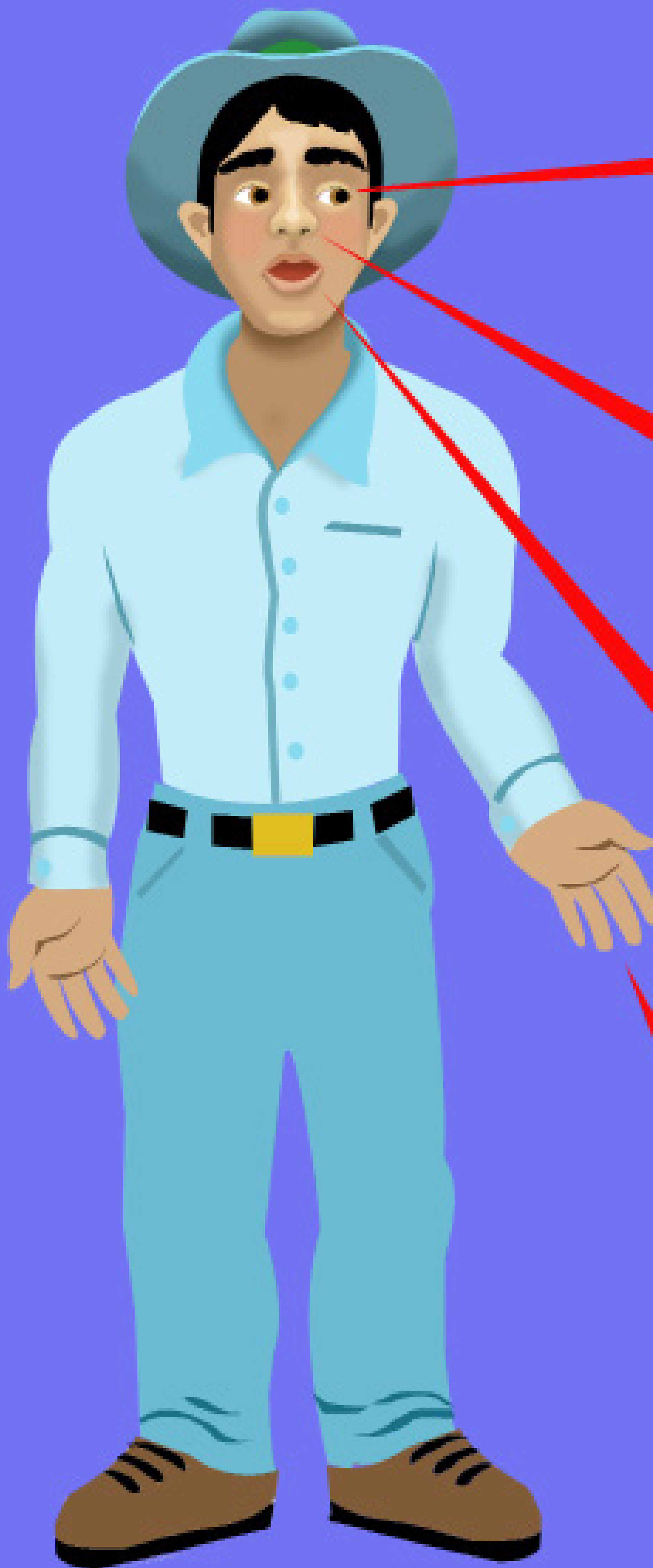


**Koj pus paub txog tej tshuaj tua kab yuav nkag tau rau koj lub nrog cev?**

Tshuaj tua kab yuav nkag tau rau koj lub nrog cev yog ntawm:

- Qhov muag
- Qhov Ntswg
- Qhov Ncauj
- Tej tawv nqaij





If a pesticide gets on you or inside your body, you might suffer from **Pesticide Poisoning**.



**Do you know about the health effects from pesticide exposure?**

Pesticide exposure can cause **short** and/or **long** term health effects.

**Short-term or acute health effects** are symptoms that you may experience immediately or within a few hours of exposure. As shown on the flipchart, these symptoms include:

- Skin rash
- Irritation of nose, throat or eyes
- Drooling or runny nose
- Sweating more than usual
- Dizziness, confusion, nausea, vomiting
- In rare cases, seizure, coma, and death

**Long-term or chronic health effects** are symptoms that you may experience weeks, months or years after repeated, low-dose exposure to pesticides. These include:

- Cancers
- Asthma
- Reproductive health problems, including infertility, miscarriage, and birth defects



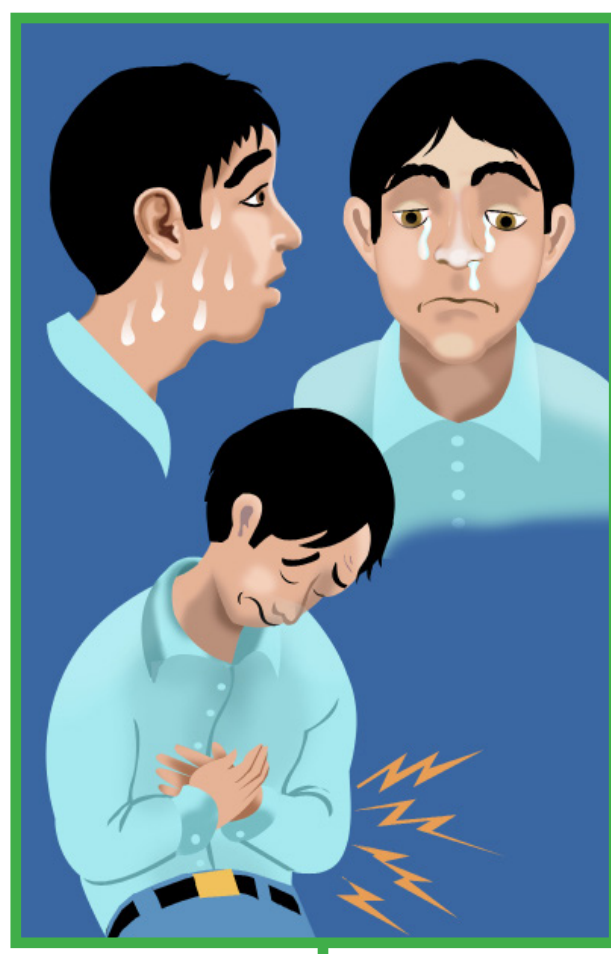
**What are delayed effects from pesticide exposure?**

Delayed effects may be from an acute or chronic exposure. The effects may not appear for months, years, or even decades after exposure to the pesticide. An example of a delayed effect may be a developmental problem in a child.



**Do you know what SENSITIZATION is?**

While working you might be exposed to pesticides on your skin and not feel any health effects at first. But you might become sensitive to certain pesticides. It's an allergic reaction, like what happens to people when they brush against poison ivy. In other words, you might not have any symptoms for a while, but you may one day have symptoms. Usually the symptoms are rashes and trouble breathing.



Yog tias tshuaj tua kab nkag tau rau koj lossis koj lub cev lawm, nws yuav ua raug koj raug **tshuaj lom los ntawm cov tshuaj tua kab.**



**Koj pus paub txog cov kev mob los ntawm cov tshuaj tua kab thaum koj raug tshuaj?**

Raug tshuaj tua kab lawm ces nws yuav ua rau koj mob sai, thiab lossis ntev mus yav tom ntej.

Qhov uas yuav ua rau koj mob tamsim ntawv ces koj yuav paub vim nws ua rau koj mob li ib ob xojmoo tom qab ntawv. Xws li saib daim flipchart qhia, cov kev ua mob rau yus xws li:

- Tawv nqaij sawv hlwv
- Khaus qhov ntswg, qa lossis qhov muag
- Los qaub ncaug lossis los ntswg
- Tawm hws ntau heev si laws xwb
- Dias taub hau, feeb tsis meej pem, xeev siab, ntuav
- Muaj qee zaus mas ua rau qaug dab peg, nyob coma tsis tsim rov los, thiab tag txoj sia

Qhov ua rau mob ntev rau yav tom ntej lossis kev noj tsis qab nyob tsis zoo mus yuav siv sijhawm yog tsheej hli, tsheej xyoo mus rau yav tom ntej yog los ntawm cov tshuaj tua kab raug mentsis ua ntu zus xwb ces nws mam xeeb mob tuaj. Cov no xws li:

- Cancers
- Asthma
- Yuav ua rau koj xeeb tub tsis tau, tej roj ntsha yuav muaj tsis taus menyuam, nchuav menyuam, thiab tej plab menyuam yuav puas tsuaj.



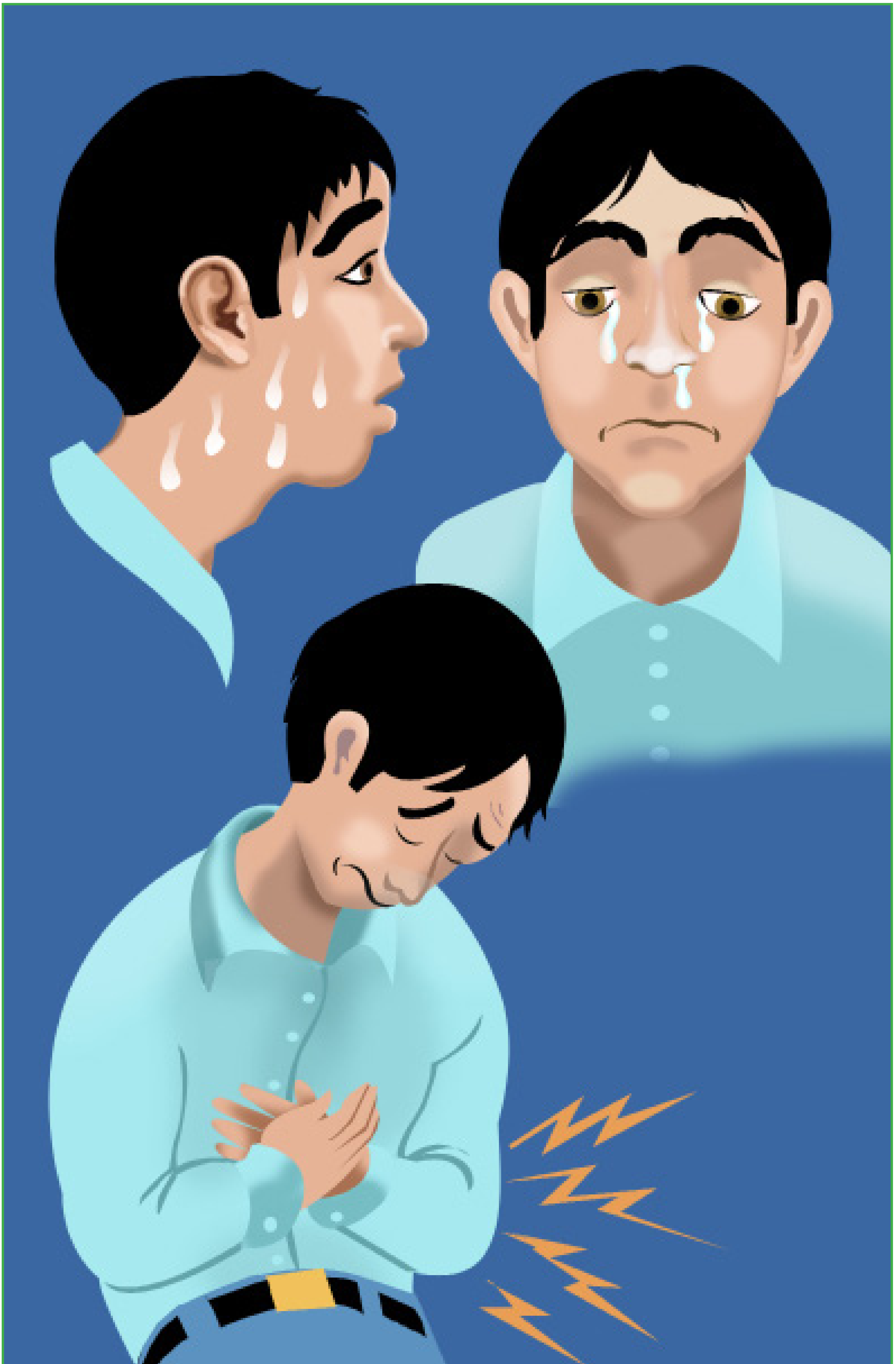
**Qhov uas yuav ua rau ntev mus es mam tshwmsim tuaj thaum raug tej tshuaj tua kab?**

Tej qho uas yuav tshwmsim tamsim ntawv yog acute lossis qhov uas yuav ua rau koj mob tom qab ntev mus ua yog chronic ob yam no yog thaum koj rau tej tshuaj tua kab. Nws yuav siv sijhawm ntev tsheej hli, tsheej xyoo mus rau yav tom ntej tom qab koj raug tej tshuaj tua kab lawm. Piv txwv koj xeeb tsis tau menyuam tej yam xws li no.



**Koj pus paub txog SENSITIZATION?**

Thaum koj ua haujlwm es muaj tej tshuaj paug rau koj tej tawv nqaij lawm es koj yeej tsis hnov thiab tsis paub txog li. Tiamsis ho muaj tej yam tshuaj koj ho tsis ntxim hlo li yog nws muaj nyob ntawm tej yuav ua rau koj muaj allergic rau, piv li tej txhia tibneeg raug txhais tom vim nws mus chw txhais ces txhais thiaj tom. Thaum koj chwv nws ntawv koj yeej tsis paub li, tiamsis tom qab ntawv koj mam paub. Tshuaj ces feem ntau nws ua rau tawv nqaij sawv hlwv, thiab ua pa tsis taus.



Being in contact with pesticides can be harmful, especially during pregnancy.

Pregnant women exposed to pesticides may put their health and the health of their unborn child at risk.

Exposure to pesticides during pregnancy may lead to miscarriages, pre-term births, and low birth weight.

Pesticides can also cause harm to children because their systems are still developing and their bodies are small.

Pregnant mothers risk pesticide exposure from their worker spouses. It is important for everyone in the household to take precautions to reduce their exposure to pesticides.

**IMPORTANT:** There are hazards to children and pregnant women from pesticide-treated areas. It is important to keep children and non-working family members away from areas treated with pesticides.



Lo tshuaj tua kab lawm yuav muaj kev phomsij, tshwjxeb yog cov neeg muaj menyuam hauv plab.

Cov pojniam muaj menyuam hauv plab yog raug tshuaj tua kab yuav ua rau lawv lub nrog cev tsis zoo thiab tus menyuam yuav muaj teebmeem.

Raug tshuaj tua kab thaum muaj ib plab menyuam yuav ua rau nchua menyuam, yuav yug sai tsis raws sijhawm, thiab ua rau menyuam yuav me heev.

Tshuaj tua kab yuav ua rau cov menyuam muaj teebmeem vim lawv lub nrog cev tseem tabtom yuav loj hlob tuaj thiab lawv lub nrog cev tseem me heev.

Cov poniam muaj menyuam lawm los lawv yeej muaj tej teebmeem los ntawm tus txiv txoj haujlwm uas yog nws siv tej tshuaj tua kab thiab. Tseem ceeb heev uas txhua tus yuav tau paub txog kev tiv thaiv kom txhob raug tshuaj tua kab.

**TSEEM CEEB:** Tej thaj chaw uas twb muaj tshuaj tua kab txuam rau lawm yeej yog ib qho uas ua kev phomsij rau tej menyuam thiab cov pojniam xeeb tub lawm. Qhia kom pojniam, menyuam txav deb ntawm thaj chaw uas txuam tshuaj tua kab rau lawm.



Taking precautions is very important to avoid pesticide exposure.



**How can you protect yourself from pesticide exposure at work?**

### At WORK you should:

- Wear clean clothes to work each day
- Wear long pants
- Wear long-sleeved shirts
- Wear closed-toe shoes or boots with clean socks

You may also protect yourself by:

- Covering your neck and mouth with a bandana
- Wearing your own clean gloves while working
- Wearing a clean hat each day or one that can be washed daily

**IMPORTANT:** It is very important to wear clothes that cover most of your skin when you are working in areas where pesticides have been applied.

### Suggested Activity:

- ★ Adequate work clothing demonstration

**IMPORTANT:** Pesticide handlers and early entry workers must wear the Personal Protective Equipment (PPE) as required on the pesticide label. Employers must provide the PPE.



Kev xyuam xim yog ib yam uas tseem ceeb heev ua kom txhob raug tshuaj tua kab.



**Koj yuav tiv thaiv tshuaj tua kab koj tus kheej licas ntawm koj chaw ua haujlwm?**

### Ntawm chaw ua haujlwm koj yuav tsum:

- Hnav khaub ncaws huvsi txhua hnuv
- Hnav ris ntev
- Hnav tsho npab ntev
- Rau khau looj kaw taw lossis khau raj nrog thom khwm kom huvsi

Koj yuav tau tiv thaiv koj siv tej yam no:

- Npog koj caj pa thiab qhov ncauj siv daim ntaub bandana los npog
- Siv koj lub hnab looj tes huvsi thaum koj ua dejnum
- Looj kausmom huvsi txhua hnuv lossis siv lub uas koj yuav ntxhua tau txhua hnuv

**TSEEM CEEB:** Nws tseem ceeb heev rau koj uas yuav tau hnav tej ris tsho uas nws yuav tsum npog tag nrho koj tej tawv nqaij thaum koj ua haujlwm nyob rau tej thaj chaw uas muaj tshuaj tua kab txuam rau lawm.

### Qhia ua cov Activity:

- ★ Muaj ris tsho ua haujlwm demonstration

**TSEEM CEEB:** Txhua tus uas siv tej tshuaj tua kab thiab cov yuav mus rau thaj chaw txuam tshuaj lawm yuav tsum hnav cov ris tsho tiv thaiv personal protective equipment (PPE) raws li nyob rau daim qauv tshuaj qhia. Koj lub chaw ua dejnum yuav tsum npaj cov PPE.



Another important way of reducing your exposure to pesticides is by washing your hands.

Employers must provide water, soap and disposable towels for washing up after you leave the area where there may be pesticides.



Lwm yam tseem ceeb uas koj yuav ua kom koj tsis txhob raug tej tshuaj tua kab yog kev ntxuav koj txhais tes.

Koj lub chaw ua haujlwm yuav tsum npaj tej dej, xabnpus thiab ntawv so tes rau koj siv tom qab koj ua dejnum tiav uas yuav tau tawm ntawm thaj chaw uas muaj tej tshuaj mus.



### When should you wash your hands?

You should make a habit of washing your hands with plenty of soap and water, especially:

- Before and after you use the **restroom**
- Before you **eat**
- Before you **drink**
- Before you **smoke, chew gum or tobacco**
- Before you use your **cell phone**

Make sure to dry your hands with a **disposable towel**.

Also, as soon as you can after working in a pesticide-treated area, wash or shower using soap, shampoo and water, and change into clean clothes.

Residues remaining on your work clothes can hold pesticides on your skin, and they can be absorbed, posing health risks over time.

**Wash your work clothes before you wear them again to reduce this exposure.**



### Thaum twg koj thiaj yuav tsum ntxuav tes?

Koj yuav tsum nco ntsoov ntxuav tes siv tej xabnpus nrog tej dej huvsi, txhua zaus:

- Txhua zaus koj **siv chav dej tag**
- Ua ntej koj **noj zaub mov**
- Ua ntej koj **haus dej**
- Ua ntej koj **haus luam yeeb, zom gum lossis tobacco**
- Ua ntej koj siv **cell phone**

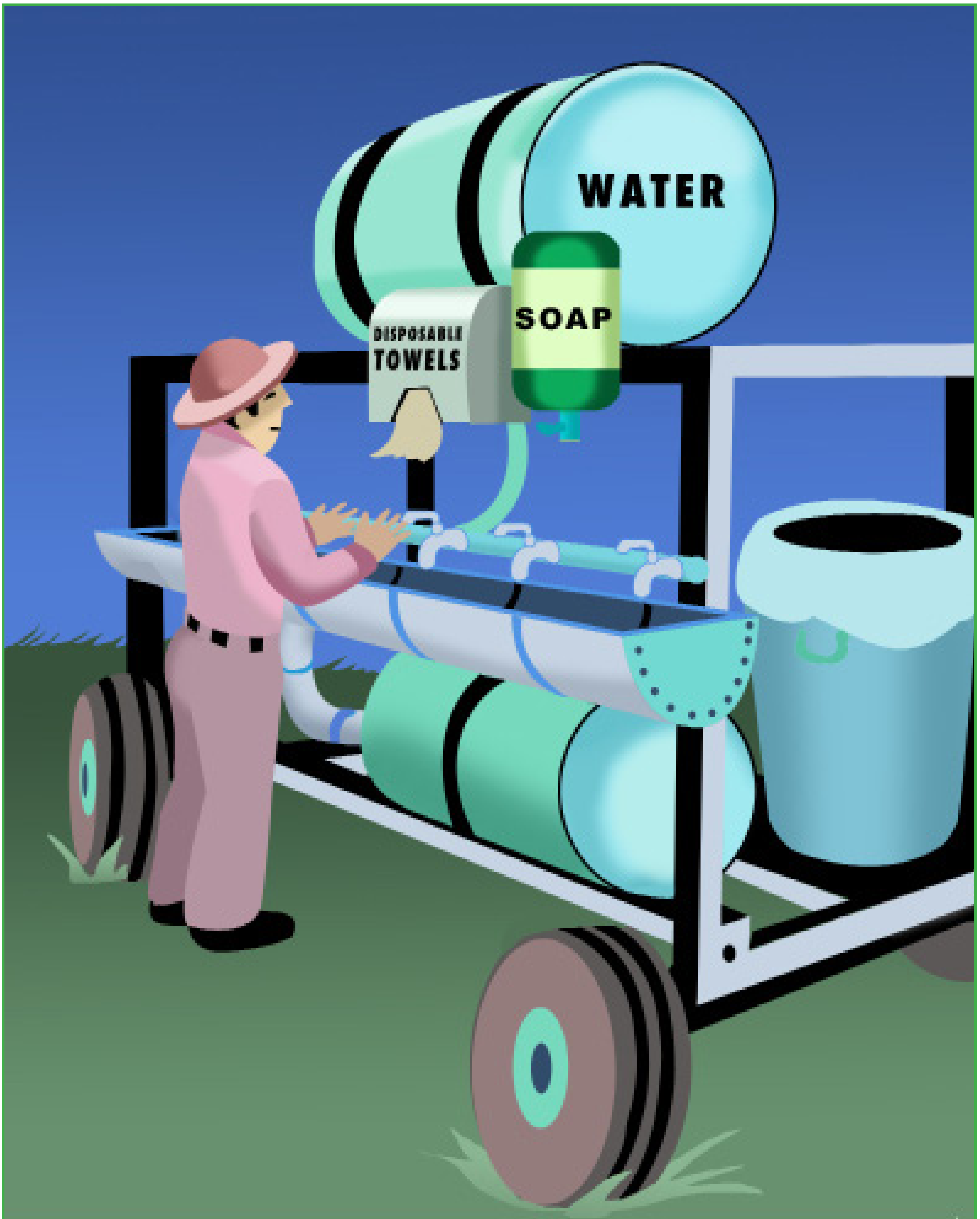
Nco ntsoov so koj txhais tes siv **ntawv so tes**.

Tsis tas li, tom qab koj ua dejnum tiav ntawm thaj chaw uas muaj tshuaj lawm, da dej thiab siv tej xabnpus zawv plaub hau nrog dej thiab nco ntsoov hnav cov ris tsho kom huvsi.

Tej tshuaj tua kab yuav nyob ntawm koj tej ris tsho hnav yog thaum lo rau lawm, nws yuav nkag koj tej tawv nqaij, thiab yuav txeeb tau mus, yuav ua rau koj lub nrog cev muaj teebmeem yog ntev mus.

**Ntxhua koj cov ris tsho hnav ua haujlwm uas koj hnav nws pab kom koj txhob raug tshuaj.**





## If someone swallows a pesticide:

- Get medical help as soon as possible!
- Call 9-1-1 or go to the doctor, if it's faster.
- Check the pesticide label or Safety Data Sheet (SDS), if handy, for first aid for ingestion because some poisonings can be made worse by making the person vomit.
- If readily available, give the SDS or the pesticide label to the doctor for proper treatment.



## Yog muaj neeg nqos tau tshuaj tua kab:

- Maj nroos nrhiav kev mus kho mob kom sai li sai tau!
- Hu rau 9-1-1 lossis mus cuag kws kho mob, yog tias ua tau nrawm nroos.
- Muab daim qauv tshuaj label lossi SDS, yog muaj nyob ze, nrhiav first aid los pab yog muaj neeg nqos tau cov tshuaj lawm qee zaus nws muaj taug heev yog muab ntuvaw tawm mas tseem ua teebmeem loj rau tus neeg ntawv.
- Yog muaj nyob ze, muab daim SDS lossis daim qauv tshuaj tua kab nqa mus rau kws kho mob lawv thiaj paub txog kev kho cawm.

## If you get pesticides on your skin or clothes:

- Take off the clothes that have pesticides on them.
- Rinse your skin right away! Use the hand wash supplies or the nearest clean water, such as a stream, lake or other source, if the hand wash supplies are far away.
- Wash with soap and water and shampoo hair as soon as possible.
- Change into a clean set of clothing – don't put on the clothes that have pesticides on them.
- If you see a doctor, tell them any symptoms you have and what happened.

Your employer must post the address of the nearest medical facility at the central location. If pesticides drift on you while you are working, or if you get them on your skin any other way, you should wash them off right away using water and soap!

### Suggested Activity:

- ★ Demonstrate the correct way of taking off a shirt contaminated with pesticides.

**IMPORTANT:** If you are exposed, or you think you have been exposed, to a pesticide while working, your employer has to get you to a medical facility and give information, including the SDS, product information, and details about the exposure to the doctors. Not all pesticides have the same first aid steps. That's why it is important to bring with you the name of the pesticide, the pesticide label and its Safety Data Sheet (SDS) in order to receive the right treatment.

## Yog tias koj raug tshuaj tua kab lo koj tawv nqaij lossis ris tsho:

- Hle cov ris tsho uas muaj tshuaj tua kab lo rau.
- Ntxuav koj tej tawv nqaij uas lo tshuaj ntawv maj nroos! Siv tej dej los ntxuav, lossis cov dej uas muaj nyob ze, dej ntw, tej pa dej tej no yog tias thaum cov dej nyob deb lawm.
- Ntxuav siv tej xabnpus thiab dej huvsi nrog rau tshuaj zawv plaub hau maj nroos.
- Hloov ris tsho kom huvsi, txhob muab cov ris tsho twb lo tshuaj lawm los hnav.
- Yog koj mus cuag kws kho mob, qhia rau nws txog koj qhov mob thiab saib yog vim licas.

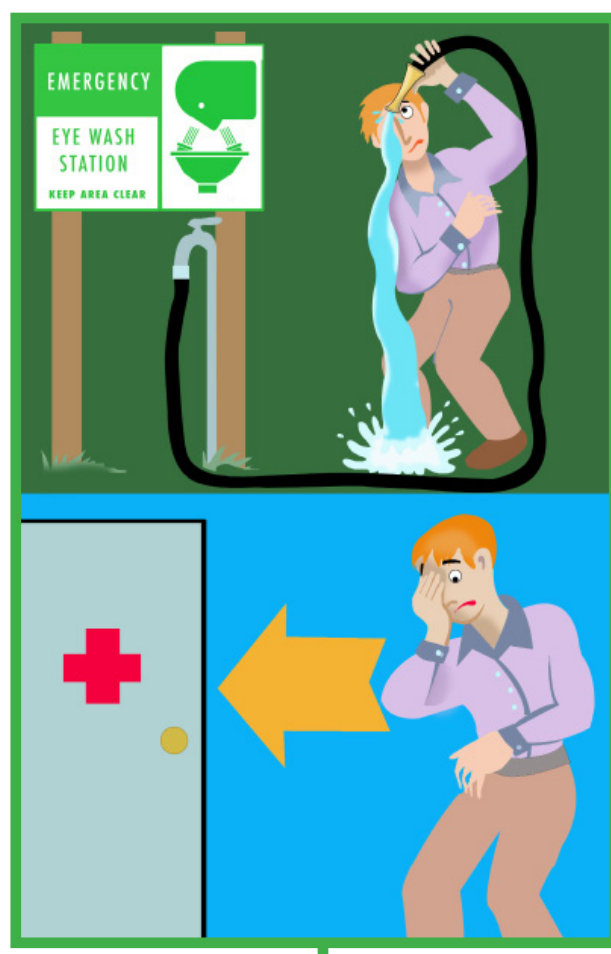
Koj lub chaw ua haujlwm yuav tsum lo ntawv qhia kev mus kho mob tej chaw nyob rau ntawm ib thaj chaw dav fo. Yog tias muaj tej tshuaj tua kab ya tuaj lo koj thaum koj ua dejnum, lossis lo koj tej tawv nqaij, koj yuav tsum muab nws ntxuav tawm maj nrawm nroos siv dej los ntxuav nrog xabnpus!

### Qhia ua cov Activity:

- ★ Demonstration qhia qhov yog hle tsho uas nws lo tshuaj tua kab lawm.

**TSEEM CEEB:** Yog tias koj tau raug tshuaj tua kab, lossis koj xav hais tias koj yeej rau tshuaj lawm thaum koj ua dejnum nrog cov tshuaj tua kab, koj lub chaw ua haujlwm yuav tsum koj koj mus rau tom tsev kho mob thiab muab kev qhia rau koj, nrog rau SDS, tej kev qhia, thiab saib yog vim licas rau kws kho mob paub. Tsis yog txhua yam tshuaj yuav zoo sib xws hais txog first aid. Vim lino nws thiaj tseem ceeb yuav tau muab lub npe tshuaj, nrog daim qauv tshuaj label thiab Safety Data Sheet (SDS) lawv thiaj paub los kho.





**What should you do if you get pesticides in your eye?**

Pesticides can cause serious damage to your eyes, a few can even cause blindness.

Eye damage can happen fast! If a pesticide gets in your eyes, you must take steps to remove the pesticide and get medical attention immediately.

**Follow these steps:**

- Hold your eye open with your fingers.
- Rinse eye for 15 minutes with a gentle stream of cool water, holding the affected eye lower than the other so it doesn't contaminate the unaffected eye.
- **Get medical help right away!**

**Suggested Activity:**

- ★ Demonstrate the correct way of rinsing contaminated eye



**Koj yuav ua licas yog tias tshuaj tua kab nkag koj qhov muag?**

Tshuaj tua kab yuav ua rau koj lub qhov muag puas tau, ib txhia tshuaj yuav ua dig muag.

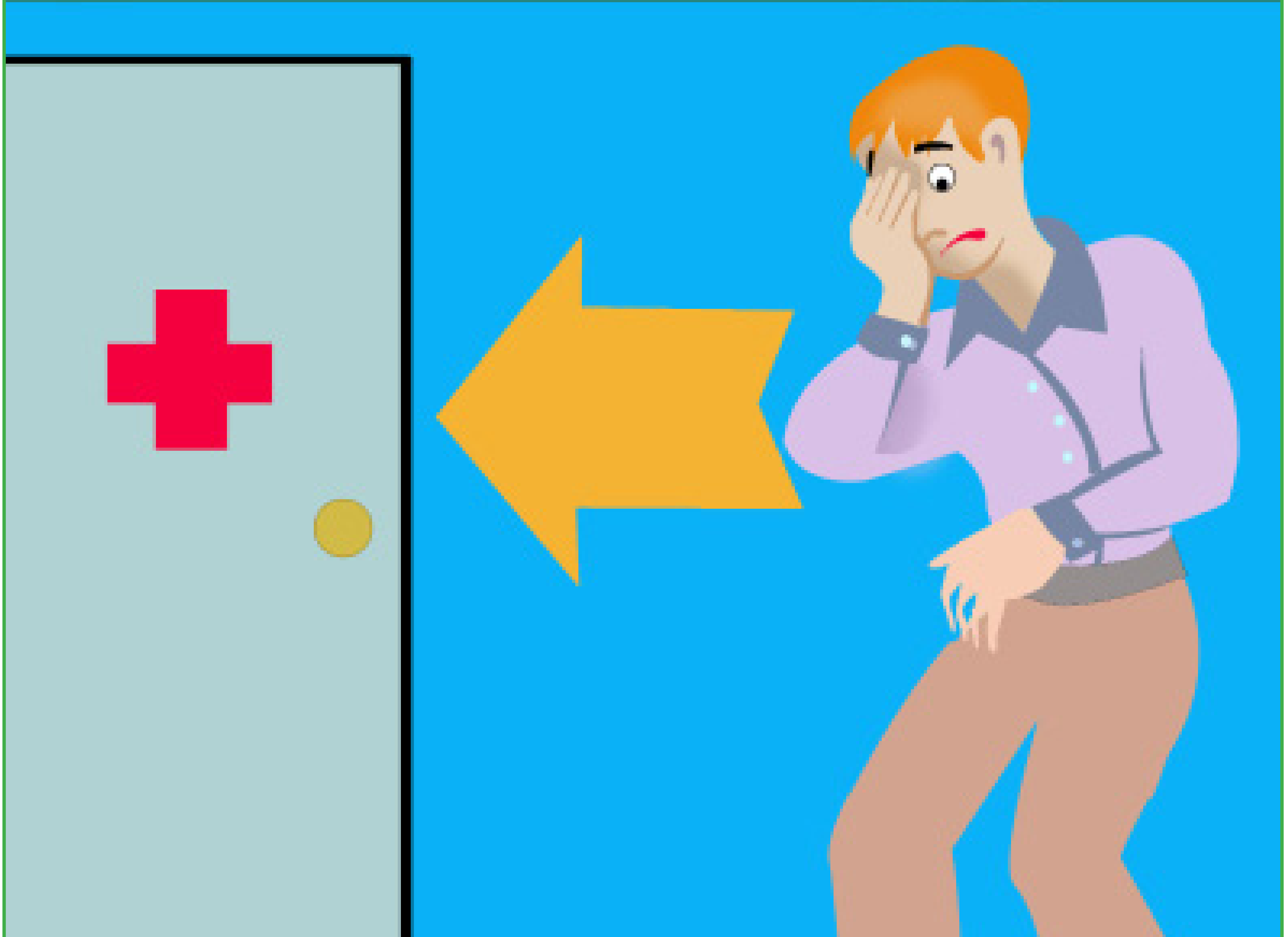
Lub qhov muag yuav puas tau sai heev! Yog tias tshuaj tua kab nkag tau rau, Koj yuav tsum ua raws nraim li kev qhia nws yuav pab tshem cov tshuaj tua kab tawm thiab yuav tsum mus cuag kev kho mob nrawm nroos.

**Ua raws nraim li cov kev qhia ntawm no:**

- Qheb koj lub qhov muag kom rua siv ntiv tes los tuav di muag.
- Tso dej los ywg rau li ntawm 15 nathi siv cov dej kom txias zias, tuav twj ywm sab qhov muag raug ntawv kom qes txhob paug rau sab qhov muag tsis raug thiaj tsis paug tau rau.
- **Mus cuag kev kho mob maj nroos!**

**Qhia ua cov Activity:**

- ★ Demonstration qhia qhov yog hais txog ntxuav qhov muag



**If you are working in an enclosed area**, like a greenhouse, get out into fresh air if you think you are being exposed to pesticide vapors, especially if you are feeling sick, dizzy, or are having trouble breathing.



Yog tias koj ua haujlwm nyob rau tej qhov chaw uas kaw ntom, xws li greenhouse, txav tawm mus rau qhov chaw uas muaj cua tuaj yog tias koj xav hais tias koj raug tej tshuaj tua kab ncho tuaj, ua rau koj tsis xis neej, kiv taub hau, lossis ua pa tsis taus.

**IMPORTANT:** Never try to rescue someone who has passed out in an enclosed area unless you have **special training and breathing equipment**. You don't want to become the second victim. Find someone who can help.

**TSEEM CEEB:** Tsis txhob khiav mus cawm tus neeg uas twb vau rau hauv tsev kaw ntom nti lawm, **yuav tsum yog koj muaj lub looj ua pa thiab tej khoom yuav los pab koj tso**. Tsis xav kom koj yog tus uas thib ob mus raug mob hauv. Nrhiav lwm tus los pab.

**If someone gets sick from breathing a pesticide, follow these steps:**

- Notify your employer.
- Get the victim to fresh air.
- Loosen his/her clothing.
- Call 9-1-1 for help.
- If there is a certified person to provide CPR, proceed to provide mouth-to-mouth if the worker is not breathing.

**Yog tias muaj neeg raug mob los ntwam nqus tau cov tshuaj tua kab lawm, ua raws nraim li no:**

- Qhia rau koj lub chaw ua haujlwm paub.
- Tshem tus neeg raug mob mus rau qhov muaj chaw dim pa.
- Xoob nws cev ris tsho
- Hu 9-1-1 nrhiav kev pab
- Saib pus muaj cov neeg CPR certified los pab, yuav tau siv qhov ncauj los tshuab pa rau yog tias nws tsis ua pa lawm.

**Remember, if someone passes out in an enclosed area, get help immediately. DON'T GO IN!**

**Nco ntsoov, yog tias muaj neeg vau nyob rau tej chaw kaw ntom nti lawm, nrhiav neeg los pab, TSI TSHOB MUS HAUV!**





**What should you do if you are suffering from pesticide poisoning?**

Tell your employer immediately if you or someone else gets sick at work. If you begin to feel sick or if your skin, eyes, or throat hurt, get medical help right away.

If you believe you have been exposed to pesticides while working, and you need emergency medical treatment, your employer must:

- Make transportation available to you to an appropriate emergency medical facility.
- Provide to the treating medical personnel information related to each pesticide product to which you may have been exposed.

These include:

- Safety Data Sheet(s)
- Product name, EPA registration number, and active ingredient(s)
- Description of how the pesticide was used on the agricultural establishment
- Description of how you were exposed to the pesticide



**Koj yuav ua licas yog tias koj raug tshuaj tua kab lom koj?**

Qhia rau koj lub chaw ua haujlwm paub nrawm nroos yog koj lossis lwm tus tau mob thaum ua haujlwm. Yog tias koj pib mob lossis koj tej tawv nqaij, qhov muag thiab caj pas mob, mus nrhiav kev pab kho mob sai li sai tau.

Yog tias koj tau raug mob los ntawm tshuaj tua kab thaum tseem ua haujlwm, thiab koj xav tau kev kho mob emergency los pab, koj lub chaw ua haujlwm yuav tsum:

- Nrhiav kev pab thauj koj mus cuag kev kho mob emergency kom tau rau.
- Npaj tej yuav coj mus qhia rau kws kho mob txog tej tshuaj tua kab uas koj tau raug ntawv kom lawv thiaj pab kho.

Cov uas yuav tau npaj:

- Daim Ntawv Safety Data Sheet (SDS)
- Lub Npe Tshuaj, EPA registration tus naj npawb, thiab cov active ingredients(s)
- Qhia txog cov tshuaj tua kab kev siv yog siv licas nyob rau ntawm kev ua liaj ua teb
- Qhia txog saib vim licas koj thiaj raug cov tshuaj tua kab ntawm no







**How can I learn about what pesticides I have been exposed to at work?**

While you are employed, you can refer to the application records to find the pesticides you were exposed to and the Safety Data Sheets to find what health symptoms those pesticides might cause.

If you are not comfortable asking your employer for those records, you can choose someone to act on your behalf to get the records from your employer. That designation must be made in writing.



**Who can be a DESIGNATED REPRESENTATIVE?**

A designated representative can be anyone you choose and trust - a co-worker, spouse, union representative, social worker, an attorney or a person from a farmworker organization. **The person has to be designated in writing by the worker.**



**What is the CENTRAL LOCATION?**

The central location is any area the employees are likely to pass by or congregate where the information can be readily seen and read.



**Have you ever experienced any of these symptoms? What did you do?**



**Yuav ua cas kuv thiaj yuav paub txog tej tshuaj tua kab raug kuv tom chaw ua dejnum?**

Thaum koj tseem ua haujlwm, koj yeej muaj cai mus saib txog cov tshuaj tua kab uas koj siv yog tias raug rau koj lawm yuav ua licas, thiab daim Safety Data Sheets nws yuav muaj tshwmsim tuaj zoo licas.

Yog tias koj tsis muaj peevxwm mus muab tej ntaub ntawv ntawm koj lub chaw ua haujlwm los saib, koj yeej xaiv tau lwm tus neeg pab sawv cev mus muab rau koj los tau. Qhov no koj yuav tau sau ib daim ntawv muab rau.



**Leejtwg thiaj yog tus DESIGNATED REPRESENTATIVE tau?**

Tus sawv cev tau rau koj yog txhua tus neeg uas koj xaiv thiab ntseeg tau – xws li koj tus co-worker, koj nkawm niam txiv, cov union social worker, attorney lossis tej neeg ua teb tej kooshaum. **Cov tibneeg no yuav tsum tau kev tso cai los ntawm daim ntawv sau tso cai rau nws.**

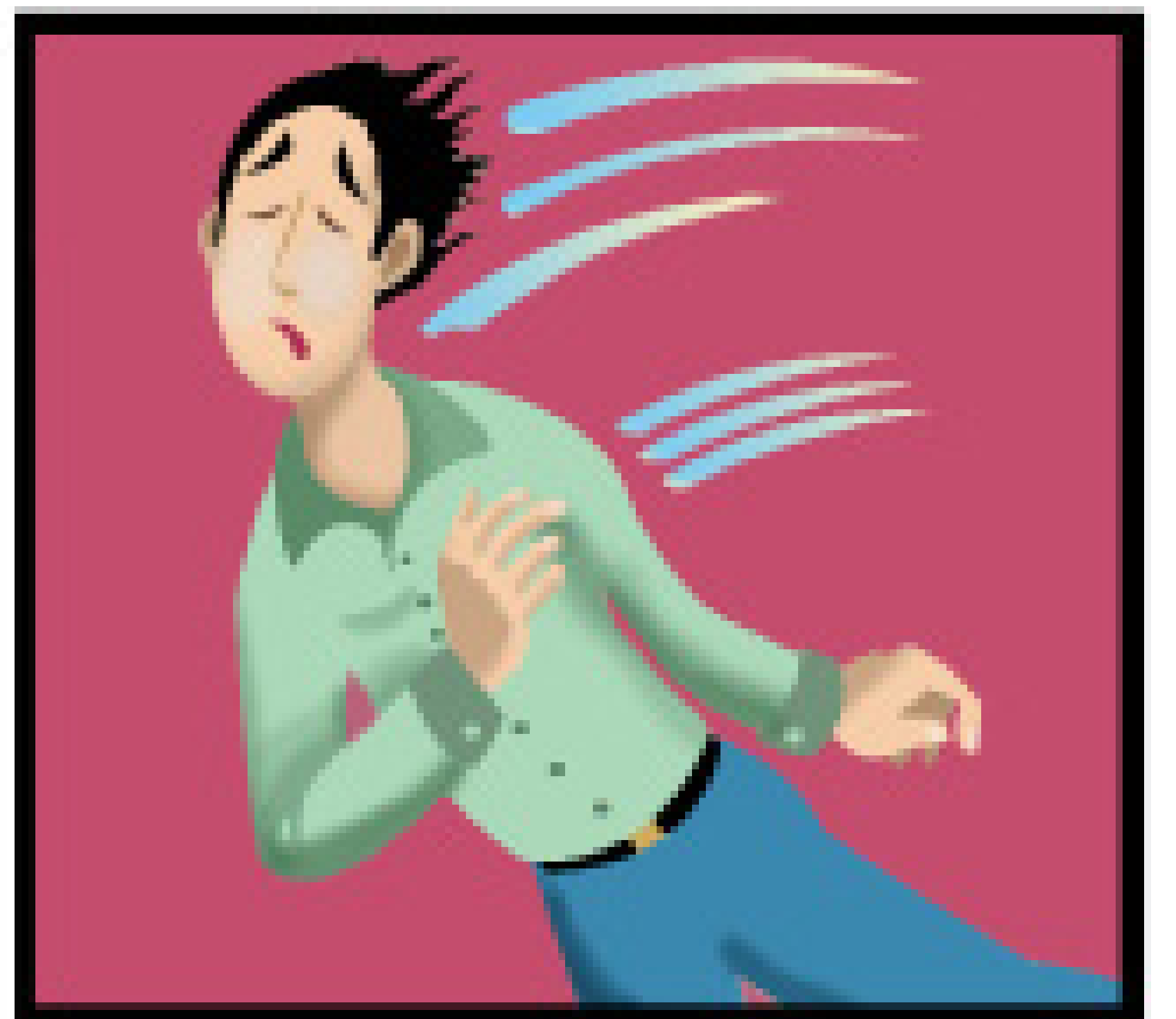
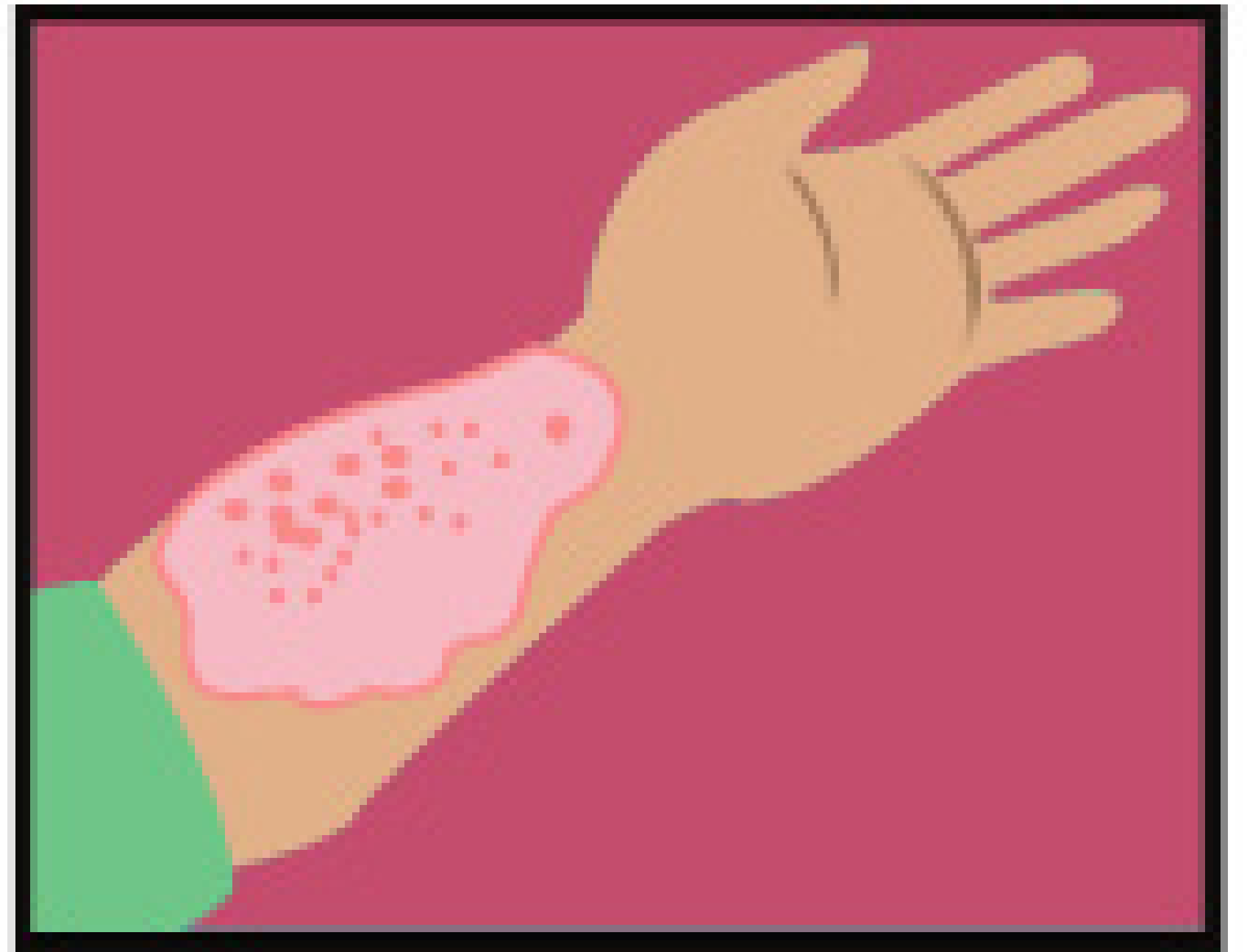


**Qhov hais tias CENTRAL LOCATION yog abtsi?**

Qhov central location nws yog ib qhov chaw uas cov tub ua dejnum kev mus los thiab lawv los so nyob ua ke uas muaj ntaub ntawv rau lawv pom thiab nyeem.



**Koj pus tau muaj tej xwmtxheej raug rau koj zoo li no lawm thiab? Koj ua licas xwb?**



Your employer must warn you about the areas where pesticides are to be applied. You should stay away from areas during applications. After the application is done, information about the application can be found in the posted application records on the establishment.



Koj lub chaw ua haujlwm yuav tau ceebtoom rau koj txog tej chaw uas twb muaj tshuaj tua kab txuam rau lawm. Koj yuav tsum txav tawm ntawm thaj chaw txuam tshuaj tua kab ntawv. Tom qab lawv txuam tshuaj tas lawm, saib cov ntawv qhia hais txog tej kev txuam tshuaj ntawv tiv qhia yeej muaj khaws cia.

**After a pesticide is applied, your employer must post the following application information at the central location:**

- Information about the pesticide applied
- Location and description of where it was applied
- Date when pesticide was applied and when the application ended
- The Restricted Entry Interval (REI)

**Your employer must provide you with basic pesticide information at the central location, including:**

- The information about the application
- The Safety Data Sheets (SDS)
- The pesticide safety poster, with reminders about how to protect yourself from pesticides

The **SAFETY DATA SHEET (SDS)** provides information about pesticide health hazards, emergency first aid, and other information about pesticides used at your workplace. Using the application information and the SDS, you can determine what pesticides you may be exposed to and what kinds of risks they pose, and important information about first aid.



**Do you know where the Central Location is on this establishment?**

Your employer will tell you the location of the pesticide safety poster, the application information, and the SDS. You must have access to the information during normal working hours.

**Tom qab txhuan tej tshuaj tua kab tas lawm koj lub chaw ua haujlwm yuav tsum tiv ntawv qhia nyob rau ntawm thaj chaw ntawv:**

- Ntaub ntawv qhia txog cov tshuaj tua kab tau siv
- Thaj chaw thiab qhia txog cov tshuaj siv nyob rau qhov twg
- Hnub twg thaum twg cov tshuaj tau siv rau lawm thiab thaum sijhawm txuam tshuaj tas
- Sijhawm txwv Restricted Entry Interval (REI)

**Koj lub chaw ua haujlwm yuav tsum qhia rau koj txog tej tshuaj uas tau siv nyob ntawm thaj chaw sawvdaws so:**

- Ntaub ntawv qhia txog kev siv tshuaj
- Daim ntawv Safety Data Sheets (SDS)
- Daim ntawv pesticide safety poster, nrog rau tej ntawv qhia tiv thaiv tus kheej txog tej tshuaj tua kab

Daim ntawv **SAFETY DATA SHEET (SDS)** pab qhia txog tej tshuaj tua kab kev yuav muaj xwmtxheej rau tibneeg, emergency first aid thiab lwm yam hais txog kev siv cov tshuaj tua kab nyob ntawm chaw ua dejnum. Siv tej ntaub ntawv los qhia no thiab cov SDS, koj yuav paub hais tias yam tshuaj koj siv ntawv yuav ua rau koj raug mob tau, nrog tej kev yuav muaj xwmtxheej tom ntej zoo licas thiab tseem ceeb yog first aid los pab



**Koj pus paub txog qhov Central Location yuav yog nyob qhov twg?**

Koj lub chaw ua haujlwm yuav tsum qhia rau koj txog thaj chaw uas muaj cov ntaub ntawv Pesticide safety poster, hais txog kev txuam tshuaj, thiab daim SDS. Koj yuav tsum mus muab tau los saib txhua hnub koj ua dejnum.





What do you see in this illustration?



Have you seen a sign like this one?



Koj pom abtsi ntawm daim qhia no?



Koj pus tau pom daim paib li no?

### Suggested Activity:

★ Show the WPS warning sign

### Qhia ua cov Activity:

★ Qhia daim WPS daim paib ceebtoom



What should you do if you see this sign?

If you see this sign, or one like it, **keep out!** This sign means that pesticides have been used in that area.

**Listen to your employer!** Stay away from areas where indicated.



What is the APPLICATION EXCLUSION ZONE?

The **application exclusion zone (AEZ)** refers to the area surrounding application equipment that must be free of all persons other than appropriately trained and equipped handlers during pesticide applications.

→ The applicator must suspend the application of a pesticide while any worker or other person is within the AEZ.

**Recognize and stay out of the Application Exclusion Zone (AEZ).**

**IMPORTANT:** If pesticides are being applied where you are working, leave the area immediately.



Koj yuav ua licas yog tias koj pom daim no?

Yog tias koj pom daim paib no, lossis daim no, **txav deb!** Daim paib ntawm no qhia tias muaj tshuaj siv rau ntawm thaj chaw no lawm.

**Mloog koj lub chaw ua haujlwm lawv qhia!** Txav deb ntawm thaj chaw uas tau qhia no.



Qhov hais tias APPLICATION EXCLUSION ZONE?

**Qhov application exclusion zone (AEZ)** Qhov chaw ntawm no hais txog ib cheeb tsam ntawm cov khoom siv koj los txuam tej tshuaj tua kab nws yuav tsum tsis pub muaj neeg nyob rau ntawm thaj chaw no, tsuas yog tus tibneeg uas nws twb muaj kev kawm tiav lawm thiab nws yog tus uas los siv cov khoom no xwb.

→ Tus uas siv cov tshuaj ntawm no yuav tsum tso tseg kev txuam tshuaj yog thaum muaj cov worker tub ua dejnum lossis lwm tus tibneeg nyob ze AEZ.

**Nco ntsoov cia thiab txav deb ntawm qhov chaw Application Exclusion Zone (AEZ).**

**TSEEM CEEB:** Yog tias Muaj kev txuam tshuaj tua kab ntawm thaj chaw koj ua dejnum lawm, txav tawm maj nroos.





### What is the REI?

REI means **Restricted Entry Interval**.

An REI is the time you must wait to enter an area after a pesticide has been applied.

Your employer must either orally notify you, or post warning signs, of areas under an REI. You can also find information about areas under an REI in the application records, located at the central location.

Your employer must remove the warning sign before directing you to enter the area, unless you have been provided the early entry protections.

**IMPORTANT:** After a pesticide is used, you must **NOT enter** a field during the Restricted Entry Interval (REI) unless you are an early entry worker.



### Who is an early entry worker?

An early entry worker is a worker that enters into a treated field or other area after the pesticide application is complete, but before the restricted entry interval (REI) has expired.

If your employer directs you to enter a treated area under an REI, you must be 18 years old or older, and receive safety information about the pesticide and the early entry requirements before you enter the treated area.



### Lo lus REI yog abtsi?

Lo lus REI txhais hais tias txwv, **Restricted Entry Interval**.

Qhov REI nws yog lub sijhawm koj yuav tau tos kom dhau tso mam nkag tau mus rau thaj chaw uas twb muaj tshuaj tua kab rau lawm.

Koj lub chaw ua haujlwm yuav tsum hais rau koj paub, lossis tiv paib ceebtoom qhia, tej chaw uas muaj REI. Koj muaj peevxwm mus muab tej ntaub ntawv qhia txog cov REI rau txhua thaj chaw lawv tau txuam tshuaj rau, cov ntaub ntawv yuav muab tau yooj yim.

Koj lub chaw ua haujlwm yuav tsum tshem cov paib tiv qhia ntawm thaj chaw ua ntej koj nkag mus, tsis li ntawv ces lawv yuav tsum tso cai rau koj nkag ua ntej sijhawm xaus, early entry protections koj yuav tau muaj.

**TSEEM CEEB:** Tom qab txuam tshuaj tua kab tag rau lawm, koj yuav tsum **TSIS TXHOB nkag mus rau hauv thaj chaw uas txwv** restricted entry interval (REI) tsis li ces koj yuav tsum yog tus early entry worker.



### Leejtwg yog tus early entry worker? (Tus neeg uas nkag mus ua ntej).

Tus early entry worker yog tus neeg uas nkag mus ua ntej rau thaj chaw uas muaj tshuaj tua kab txuam rau lawm, lossis lwm thaj chaw uas muaj tshuaj siv tas rau lawm uas lub sijhawm txwv tseem tsis tau dhau restricted entry interval (REI).

Yog koj lub chaw ua haujlwm txib kom koj mus rau qhov chaw uas twb txuam tshuaj tua kab rau lawm tseem nyob rau REI, koj yuav tsum muaj li 18 xyoo lossis neeg laus, thiab twb muaj kev kawm tiav lawm ua ntej koj thiaj nkag tau rau thaj chaw txuam tshuaj tag no.



**DANGER PELIGRO**  
PESTICIDES PESTICIDAS



**KEEP OUT**  
**NO ENTRE**





### How can you minimize your family's exposure to pesticides?

You can minimize your, and your family's exposure to pesticides through routine decontamination after working in a treated area.

#### At HOME you can do the following:

- After coming home from work, leave your work shoes outside your house, and out of the reach of children.
- Wash your work clothes separately from the rest of your clothes and the family's laundry.
- After work bathe or shower right away before you hug, play, relax or have any physical contact with your family and children.
- Wash thoroughly from head to toe with plenty of soap, shampoo your hair, and change into clean clothes.
- Leave the area if pesticides are being applied.

#### If pesticides have been applied near your house, you can protect your family by:

- Washing toys left outside before children play with them.
- Covering bicycles and toys left outside.
- Cleaning your floors, and around the windows.
- Keeping children from playing in water runoff from the fields.
- Keeping children and non-working family members away from pesticide-treated areas.

If pesticides are being applied near your home, you can limit your family's exposure by closing your windows and turning off the air conditioner.

**IMPORTANT: NEVER** take pesticides or pesticide containers home from work.

Empty pesticide containers are not safe for use around the home. No amount of washing will remove the danger from pesticide residues in the containers.

#### Suggested Activity:

- ★ Re-used bottle demonstration



### Qhov koj yuav ua los pab koj tsev neeg kom txhob raug tej tshuaj tua kab?

Koj ua tau los pab koj thiab koj tsev neeg ces yog nco ntsoov hloov tej ris tsho txhua lub sijhawm tom qab koj ua dejnum tag tom koj qhov chaw ua haujlwm.

#### Tom TSEV koj yuav tau ua li ntawm no:

- Tom qab haujlwm tiav es los tsev, tso koj nkawm khau rau nraum zoov thiab koj tej menyuum txhob mus kov tau.
- Ntxhua koj cov ris tsho ua haujlwm tawm ntawm lwm yam ris tsho hnav.
- Tom qab koj ua haujlwm tiav da dej ua ntej koj los puag tej menyuum, uasi nrog lawv, los so, lossis los nrog koj tsev neeg thiab tej menyuum nyob ua ke.
- Zawv koj tej taub hau kom huvsu nrog koj tej kaw taw siv xavnpus ntxuav tej plaub hau, thiab hloov tej ris tsho kom huvsu.
- Txav deb ntawm thaj chaw uas muaj tshuaj tua kab txuam rau lawm.

#### Yog tias muaj tshuaj tua kab txuam rau nyob ze koj lub tsev, ces koj yuav tau tiv thaiv li no:

- Muab menyuum tej toys sab nraum zoov ntxuav ua ntej lawv siv uasi.
- Muab ntaub mus npog cov luvthij thiab tej toys nyob sab nraum zoov.
- So koj lub tsev tej chaw tsuj kom zoo, thiab tej qhov rai txhua nrho.
- Txhob cia menyuum yaus mus kov tej dej ntwis tom teb los.
- Qhia rau tej menyuum thiab tsev neeg txhua leej kom txav deb ntawm tej chaw uas twb txuam tshuaj rau lawm.

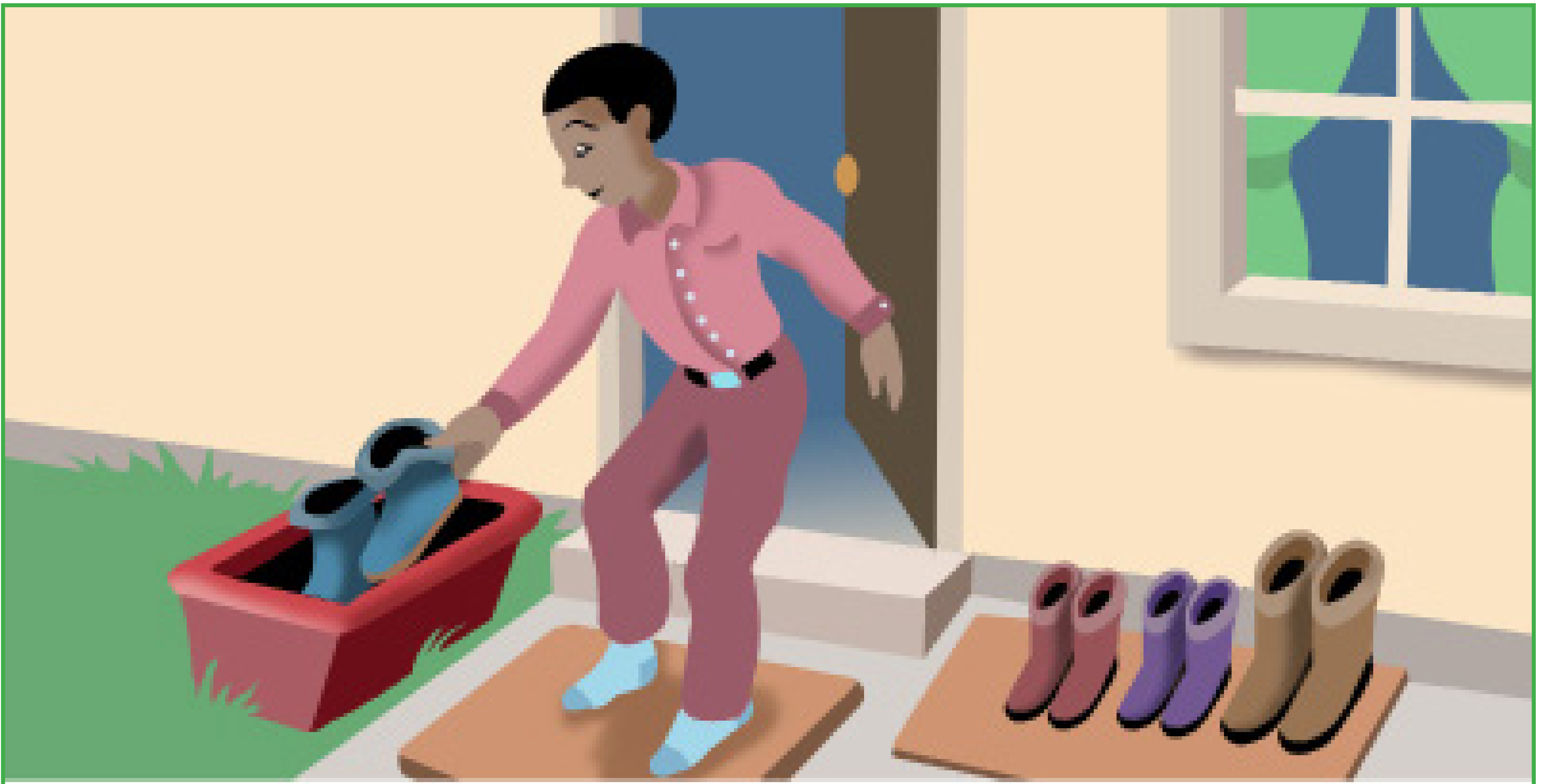
Yog tias muaj tshuaj tua kab tau siv nyob ze koj lub vaj lub tsev, ces qhov koj ua los pab kom txhob muaj neeg raug tej tshuaj tua kab yog kaw tej qhov rooj, qhov rai kom zoo thiab tua koj lub cua txias A/C hauv tsev.

**TSEEM CEEB: TSIS TXHOB** nqa cov tshuaj tua kab los tsev, lossis tej thoob ntim tshuaj tua kab tom haujlwm los tsev.

Cov thoob ntim tshuaj tua kab tsis zoo coj los nyob ze tej vaj tse. Tsis muaj tej yam uas yuav ntxuav tau cov tshuaj uas muaj kev phomsij tawm tau ntawm lub thoob hlo li.

#### Qhia ua cov Activity:

- ★ Muab lub phlaub bottle los demonstration



## Your employer must:

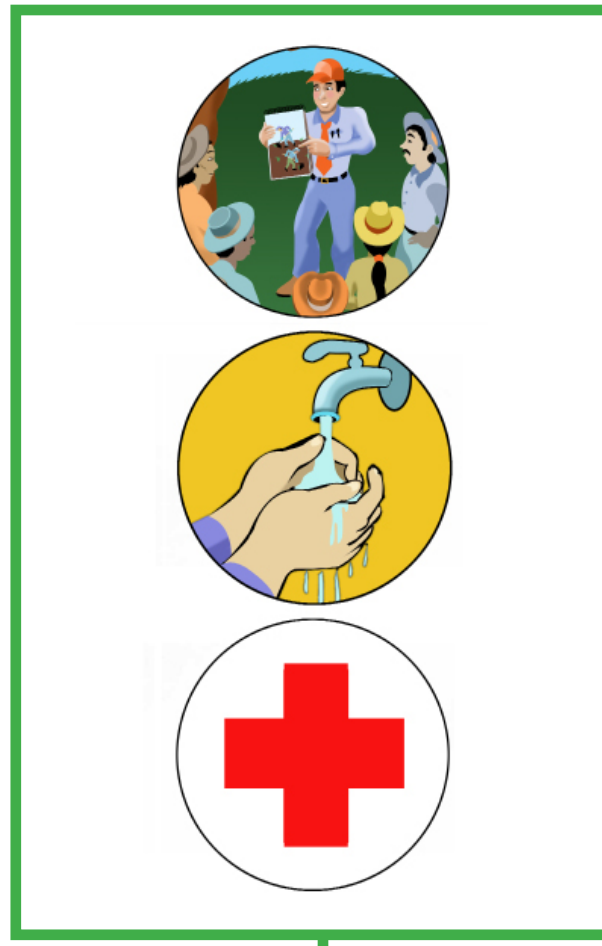
- Notify you of areas where pesticides will be applied and areas under an REI.
- Give you and/or your designated representative the information about the pesticides applied in or near areas where you work, if you request it.
- Be sure you are trained in pesticide safety every year and before you start your very first day of work.
- Provide you with soap, water, and disposable towels for washing.
- Make sure you get medical help right away if you think you have been poisoned at work by pesticides.
- Provide you with extra protections and information if you work in areas where entry is restricted. You must receive additional handler training to work as a flagger, or to mix, load, apply or otherwise handle pesticides.

If your employer does not comply with the WPS requirements, you can file a complaint with your State or Tribal Agency responsible for pesticide enforcement.

State or Tribal Agency contact information is available at the central location.

Your employer cannot punish you for following the WPS.

**IMPORTANT:** Your employer must not intimidate, threaten, coerce, or discriminate against you for complying with or attempting to comply with the requirements of the Worker Protection Standard, or for reporting a potential violation.



## Koj lub chaw ua haujlwm yuav tsum:

- Qhia rau koj txog thaj chaw uas yuav txuam tshuaj rau thiab tej chaw uas twb muaj REI Lawm.
- Muab rau koj lossis xa ib tug neeg tuaj qhia kiag rau koj kom paub txog tej tshuaj tua kab nyob ze ntawm thaj chaw koj ua haujlwm ntawv, yog tias koj xav tau.
- Paub kom meej tias koj yeej muaj kev kawm txog tej tshuaj tua kab txhua lub xyoo lawm, ua ntej koj yuav mus pib koj txoj haujlwm.
- Npaj rau koj tej xabnpus, dej huvsu, thiab cov ntawv so tes rau koj tau so tes thaum ntxuav tes tag.
- Paub meej txog koj tej kev mus kho mob yog tias koj xav hais tias koj raug mob los ntawm tej tshuaj tua kab thaum koj ua haujlwm.
- Npaj rau koj tej khoom siv tiv thaiv koj yog thaum koj ua haujlwm nyob rau thaj chaw uas twb txuam tshuaj tua kab rau lawm es tau txwv. Koj yuav tsum tau txais tej kev cob qhia hais txog tus handler training lossis tus mus tsa paib flagger lossis tov tej tshuaj, ntim tej tshuaj, siv tej tshuaj lossis mus nqa tej tshuaj.

Yog tias koj lub chaw ua haujlwm lawv tsis ua raws li txoj cai nyob hauv WPS qhia, koj muaj cai mus teev ntaub ntawv qhia rau hauv State lossis tej lub koomhaum uas paub tswj txog tej tshuaj tua kab.

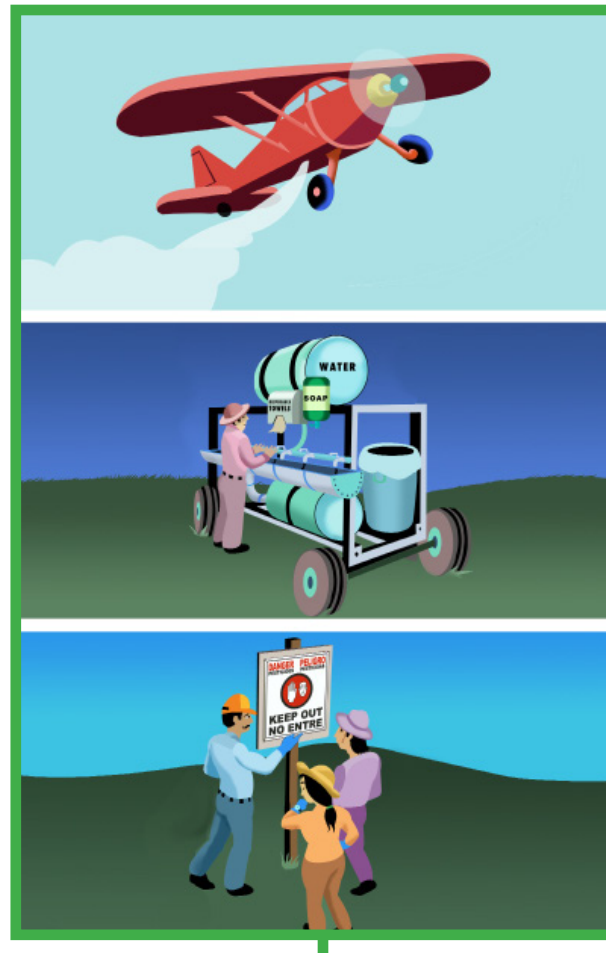
State lossis cov koomhaum lawv cov xovtooj yeej muaj nyob rau ntawm tej qhov chaw dav fo tibneeg mus so nyob ua ke.

Koj lub chaw ua haujlwm tsis muaj cai yuav rau txim rau koj vim koj ua raws nraim li WPS xwb.

**TSEEM CEEB:** Koj lub chaw ua haujlwm yuav tsum tsis txhob ua kom koj ntshai, ua phem, ntxias koj, lossis saib tsis taus koj vim koj tsuas ua kom raws txoj cai qhia uas muaj nyob rau hauv Worker Protection Standard, lossis koj tsuas hais txog tej yam uas twb pom tias txhaum txoj cai lawm xwb.



Your employer must apply pesticides safely and provide a safe workplace. But there are also steps you can take to minimize your exposure and prevent injuries. **Protect yourself!**



Koj lub chaw ua haujlwm yuav tsum siv tej kev cob qhia txog tshuaj tua kab thiab npaj tej kev pab nyabxeeb nyob ntawm koj thaj chaw ua haujlwm. Tiamsis nws tseem muaj tej yam uas koj tus kheej yuav tau nrhiav kev pab txhawb ntxiv kom tsis txhob muaj xwmtxheej dabtsi hlo uas yuav ua rau raug mob tau. **Tiv thaiv koj tus kheej!**

## PLEASE REMEMBER...

- Wear clean clothes that cover your skin.
- Stay out of areas your employer tells you not to enter.
- Move away if pesticides drift into or are being applied, in the area where you are working.
- Wash your hands with soap and water after work and before eating, drinking, smoking or using the toilet.
- Know where a nearby medical healthcare facility is located.
- In case of pesticide poisoning, notify your employer and get medical help immediately.
- Shower before touching your children when you get home.
- You can request a copy of the training record.

If you are unsure if an area or an activity is safe, ask your supervisor. If you believe your workplace is unsafe, contact your state or tribal agency responsible for pesticide enforcement.

**IMPORTANT:** Know the best ways to protect yourself and your family from pesticides, and share information with your family and co-workers for a safe environment for everyone.

## THOV NCO QAB NTSOOV...

- Hnav ris tsho huvsu npog koj tej tawv nqaig.
- Txav deb ntawm thaj chaw lawv kom koj txhob mus nkag rau.
- Txav tawm kom deb yog tias muaj tshuaj ya tuaj lossis twb siv tej tshuaj rau lawm, nyob ntawm koj thaj chaw ua haujlwm ntawv.
- Ntxuav koj txhais tes, siv xavnpuv thiab tej dej huvsu tom qab koj ua haujlwm tiav thiab ua ntej koj noj khoom, haus dej, haus luamyeeb lossis siv chav dej.
- Paub txog tej tsev kho mob uas nyob ze ib cheeb tsam ntawm koj.
- Yog thaum muaj tej tshuaj tua kab lom leejtwg lawm, qhia rau koj lub chaw ua haujlwm paub thiab mus nrhiav kev pab cuam maj nroos.
- Da dej ua ntej koj yuav nrog tej menyuum nyob ua ke thaum koj los txog tsev.
- Koj yeej muaj cai noog kom lawv muav ib daim ntawv uas tau muaj kev cob qhia rau koj.

Yog tias koj paub tsis meej txog thaj chaw saib pus muaj kev nyabxeeb, mus noog koj tus supervisor. Yog koj pom hais tias thaj chaw koj ua haujlwm yeej tsis muaj kev nyabxeeb li, qhiv rau hauv State lossis cov koomhaum tswj saib txog tej tshuaj tua kab kom lawv paub.

**TSEEM CEEB:** Paub meej txog txoj kev yuav tiv thaiv koj thiab koj tsev neeg los ntawm tej tshuaj tua kab, thiab qhia kom koj tsev neeg paub txog tej tshuaj thiab koj cov Co-workers kom sawvdaws paub txog tej chaw uas sawvdaws txhua tus nyob muaj kev nyabxeeb.



# WORKER PROTECTION STANDARD FLIPCHART GUIDE

The Worker Protection Standard (WPS) is required training for agricultural workers that helps protect them from exposure to pesticides used at work. WPS covers workers on farms, greenhouses, forest, and nurseries. This flipchart may be used by trainers to deliver pesticide safety training according to the requirements of the U.S. Environmental Protection Agency Worker Protection Standard for agricultural pesticides, revised in 2015.

## WHO IS THIS TRAINING FOR?

WPS requires safety training for all agricultural workers who work in areas where pesticides have been applied. This training is for workers who have jobs like harvesting, weeding and/or watering. Important! This WPS training does not meet the requirement for pesticide handlers who have jobs like mixing, loading, applying or assisting with the application of agricultural pesticides.

## WHEN MUST WORKERS BE TRAINED?

After January 2, 2017 agricultural workers must receive the WPS training before they enter an area where pesticides have been applied or an area that has an REI in place. Agricultural workers must receive the WPS training on an annual basis.

**Important!** The WPS trainer must provide the agricultural employer with a copy of the training roster that meets the WPS requirements.

## WHO CAN DELIVER WPS TRAINING?

To conduct WPS worker-safety training, you must meet at least one of the following criteria:

- Be designated as a trainer of certified applicators, handlers or workers by EPA or the State or Tribal agency responsible for pesticide enforcement,
- Have completed an EPA-approved pesticide safety train-the-trainer program for trainers of workers, or
- Be currently certified as an applicator of restricted use pesticides in accordance with 40 CFR Part 171.

[NOTE: After January 2, 2017, persons who have only been trained as WPS pesticide handlers will no longer be qualified to train workers under the revised WPS.]

If you do not meet any of these criteria, you may NOT deliver training that meets WPS requirements. You will need to find someone who meets one of these criteria to present the training so that WPS requirements may be met.

## WHAT ARE THE MAIN GOALS OF THE WPS TRAINING?

The most important goal for your training is to help workers stay safe and healthy around pesticides. Another goal is to provide training that complies with the WPS and any local requirements for worker safety training.

After training with the flipchart, workers should be able to help protect themselves by knowing:

- How to prevent exposure to pesticides
- What to do if they are exposed to a pesticide
- Where to get information about pesticides and emergency health facilities
- What employers must do to help protect workers from pesticides used at work

## USING YOUR FLIPCHART

Here are some tips on how to use the flipchart in a more efficient way:

- Place equipment stands, flipcharts, and any other training tools off to one side, not between you and the participants.
- Avoid speaking to a chalkboard or flipchart while you are writing information on them. When you face the participants, they can hear you better and you create a friendlier training atmosphere.
- Know the information included in the script so you can speak to the group instead of reading the text directly from the flipchart.
- Maintain eye contact with the participants so you do not give the impression that you are just reading to them.

## HELP PARTICIPANTS TO FEEL COMFORTABLE

- Participants should be seated in a quiet, comfortable place during your training.
- If outdoors, the training area should be shaded from the sun, protected from the wind, and not too warm or too cool. It is not fair to ask tired people to stand in hot or noisy places for your training.
- Arrange in advance to provide seats - even upside-down buckets will do.
- Turn off noisy fans or equipment in the area before starting.

## TRAINING LANGUAGE

- If you speak English and the participants do not, you must also arrange for an interpreter. You may need to rely on other employees who are bilingual, professional interpreters, or bilingual community members who may volunteer to do it.
- Other possible interpreters are bilingual individuals at community-based organizations. You could call other employers, the Farm Bureau, the local Cooperative Extension office, farmworker association, or other local agricultural associations and ask them for a referral to an interpreter.
- It is important that the interpreter has a clear understanding of pesticide terminology beforehand. You can help by providing the interpreter with a copy of the training materials you plan to use in both English and Spanish, and discussing these with him or her.

**Take in to consideration:** It is possible that some individuals are able to speak English but not read it. Others may understand it but may not be comfortable speaking it, so your training may need to be conducted in the native language of the participants.





## WPS 23 POINTS: WHAT DOES THE WPS COVER?

1. The responsibility of agricultural employers to provide workers and handlers with information and protections designed to reduce work-related pesticide exposures and illnesses. This includes ensuring workers and handlers have been trained on pesticide safety, providing pesticide safety and application and hazard information, decontamination supplies and emergency medical assistance, and notifying workers of restrictions during applications and on entering pesticide treated areas. A worker or handler may designate in writing a representative to request access to pesticide application and hazard information.
2. How to recognize and understand the meaning of the posted warning signs used for notifying workers of restrictions on entering pesticide treated areas on the establishment.
3. How to follow directions and/or signs about keeping out of pesticide treated areas subject to a restricted-entry interval and application exclusion zones.
4. Where and in what forms pesticides may be encountered during work activities, and potential sources of pesticide exposure on the agricultural establishment. This includes exposure to pesticide residues that may be on or in plants, soil, tractors, application and chemigation equipment, or used personal protective equipment, and that pesticides may drift through the air from nearby applications or be in irrigation water.
5. Potential hazards from toxicity and exposure that pesticides present to workers and their families, including acute and chronic effects, delayed effects, and sensitization.
6. Routes through which pesticides can enter the body.
7. Signs and symptoms of common types of pesticide poisoning.
8. Emergency first aid for pesticide injuries or poisonings.
9. Routine and emergency decontamination procedures, including emergency eye flushing techniques, and if pesticides are spilled or sprayed on the body to use decontamination supplies to wash immediately or rinse off in the nearest clean water, including springs, streams, lakes or other sources if more readily available than decontamination supplies, and as soon as possible, wash or shower with soap and water, shampoo hair, and change into clean clothes.
10. How and when to obtain emergency medical care.
11. When working in pesticide treated areas, wear work clothing that protects the body from pesticide residues and wash hands before eating, drinking, using chewing gum or tobacco, or using the toilet.
12. Wash or shower with soap and water, shampoo hair, and change into clean clothes as soon as possible after working in pesticide treated areas.
13. Potential hazards from pesticide residues on clothing.
14. Wash work clothes before wearing them again and wash them separately from other clothes.
15. Do not take pesticides or pesticide containers used at work to your home.
16. Safety data sheets provide hazard, emergency medical treatment and other information about the pesticides used on the establishment they may come in contact with. The responsibility of agricultural employers to do all of the following:
  - Display safety data sheets for all pesticides used on the establishment.
  - Provide workers and handlers information about the location of the safety data sheets on the establishment.
  - Provide workers and handlers unimpeded access to safety data sheets during normal work hours.
17. The rule prohibits agricultural employers from allowing or directing any worker to mix, load or apply pesticides or assist in the application of pesticides unless the worker has been trained as a handler.
18. The responsibility of agricultural employers to provide specific information to workers before directing them to perform early-entry activities. Workers must be at least 18 years old to perform early-entry activities.
19. Potential hazards to children and pregnant women from pesticide exposure.
20. Keep children and nonworking family members away from pesticide treated areas.
21. After working in pesticide treated areas, remove work boots or shoes before entering your home, and remove work clothes and wash or shower before physical contact with children or family members.
22. How to report suspected pesticide use violations to the State or Tribal agency responsible for pesticide enforcement.
23. The rule prohibits agricultural employers from intimidating, threatening, coercing, or discriminating against any worker or handler for complying with or attempting to comply with the requirements of this rule, or because the worker or handler provided, caused to be provided or is about to provide information to the employer or the EPA or its agents regarding conduct that the employee reasonably believes violates this part, and/or made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding, or hearing concerning compliance with this rule.

## HOW TO USE THE WPS FLIPCHART

This flipchart presents written information and illustrations for the Worker Protection Standard Pesticide Safety Training. It is designed to be portable and brief so that training may be done in a variety of settings.

- When training, hold the flipchart so everyone in the group can see the picture.
- For each picture, the information that you will read is on the page facing you, the trainer.
- The sections highlighted in yellow suggest a very important point to discuss with participants.
-  Indicates that you should ask this question to participants.
-  Suggests an activity or demonstration that a trainer can incorporate in their training.

## SUGGESTED ACTIVITIES

### Putting germ juice on fake fruit and have participants reveal “residues” with black light



**PAGE 4:** Discretely sprinkle ‘germ juice’ on fake fruit. Ask for volunteers to choose their favorite fruit and make sure they handle it. After turning out the lights, ask for another participant to use the black light to go over the fruit and participants’ hands. Ask participants what they notice. Emphasize the point by wiping your forehead as if you were wiping sweat away while working, and go over the ‘contaminated’ spot with the black light. Remind participants the forehead is one of the most absorbent points for pesticides to enter the body. You can also do this at the very end of the presentation, slowly ‘contaminating’ different things during the presentation, such as the rosters.

### Putting baby powder on a fake grape vine and shake “residues” off onto participant

**PAGE 4:** Hold up a fake grape vine or other leafy produce. Ask for a volunteer to stand underneath the grape vine. Put baby powder all over the grape vine, and ask the participant to pretend to be picking the fruit. As she/he picks, shake the vine to ensure the baby powder falls onto him/her. Ask participants where the volunteer was contaminated. Emphasize that the skin is the most frequent point of exposure and ask how such contamination could be avoided.

### Skit with another trainer demonstrating appropriate clothing

**PAGE 14:** With another trainer, come up with an impromptu (or rehearsed) skit to demonstrate appropriate and inappropriate clothing and how to use appropriate clothing to protect workers from pesticide exposure. You can also elicit the help of a volunteer “actor.” One character should be wearing shorts, flip-flops, and a tank-

top “because of the heat.” The other should be dressed in long sleeves, long pants, a hat, a bandana, boots, socks, and possibly gloves. The “lesser-dressed” character should make fun of the other for wearing so much clothing, but changes his/her mind as the “appropriately-dressed” character explains the importance of protecting one’s self from pesticides. Modify this scenario as appropriate.

### Removing work shirt that has been contaminated with pesticides

**PAGE 18:** Have a volunteer put on a long-sleeved, button-up shirt with buttoned sleeves. Sprinkle baby powder on one sleeve to demonstrate contamination with pesticides. Ask the participants and the volunteer what they would do in this situation. The volunteer should remove the shirt by slipping out of the uncontaminated sleeve first, turning the contaminated sleeve inside out without touching the “pesticides”, and dropping the shirt onto the floor or in a bag (see photo on next page). Emphasize this shirt should be thrown away and not used again.

### Demonstrate eye-washing technique with a piece of rubber hose

**PAGE 20:** Ask participants to demonstrate the proper way to lean your head to wash pesticides from a contaminated left eye (or vice versa). Emphasize leaning your head to the side of the contaminated eye so the pesticides do not run into the other eye as you rinse it. Ask how long you should run water over a contaminated area of skin or eye to remove the residues (15 minutes).

### Warning Sign

**PAGE 30:** Show workers a Do Not Enter/ Keep Out sign to reinforce the importance of staying out of an area where pesticides have been applied. (See photo on right).

### Decontamination supplies; demonstrating hand-washing with a song

**PAGE 16 (SUGGESTED):** After explaining the importance of hand-washing for decontamination, ask for someone to tell you where hand soap, water, and disposable towels are available at that particular farm. Add some humor by singing a fast-paced, ‘hand washing song’ (from a Ranchera to a pop song, etc.) while mock washing your hands with soap and water for 15-20 seconds, which is the recommended amount of time for decontamination, with the participants counting the time it takes. Play around with the idea of recommending they sing the song in their head or out loud. Note: using humor helps everyone relax and helps trainer to build a rapport with workers.

### Using a fan to demonstrate drift

Use a spray bottle to spray a fan while it is turned on at different speeds. Play with the participants by turning the fan towards them. Describe how wind can carry pesticides from their target to other places, and how weather can affect how strongly we sense pesticides.

## DURING YOUR TRAINING...

While you are providing WPS training you need to consider all factors that might affect your training positively or negatively. Below you will find several factors to consider.

### Your Attitude is Important

Your positive attitude and enthusiasm towards training is critical.

If you are not particularly interested in doing the training, the participants will notice, and this will influence their attitudes toward the training. During the training, move around to keep yourself and the participants alert, however not so much as to distract from the training. Use interactive training methods and involve everyone - this makes the training more stimulating for them and for you too.

### Respect Individuals

If someone asks a question, answer it seriously, even if you covered that information earlier.

- Never make the person seem foolish for asking a question.
- Never become defensive about questions or statements from participants. Be honest if you do not know the answer, but offer to find out the information and get back to the person asking the question.
- Never interrupt a speaker unless it is clear they are speaking for too long and getting off the topic. Be careful not to allow one person to dominate the conversation.
- Never allow one participant to demean another. People will appreciate you for being polite and will feel more comfortable participating in the training.

### Educate - Do Not Advocate

Remember, it is your job to train these individuals, not to be an advocate for them, for the agricultural community, or for any other cause. Remain neutral and avoid expressing personal opinions you may have. If participants have concerns about their workplace conditions or their employer's compliance with the provisions of the WPS, refer them to their employers or to regulatory agencies as appropriate. Explain that the purpose of your training is to provide them with information on how to protect themselves from exposure to pesticide residues in the workplace.

### Challenges when Conducting Training

Sometimes even the best trainers encounter obstacles that make training a challenge. You need to be able to anticipate these challenges and be prepared to deal with them effectively. For example, you may find that regulations do not always reflect real world situations.

Regulations may sometimes require you to tell participants to do things that are simply not possible for them to do.

Also, your training sites may be less-than-perfect. The background noise level may make it hard to hear, and unavoidable interruptions may disrupt the flow of your presentation and distract the participants.

Finally, some of the participants in the group may have personal traits that are disruptive. Trainers quickly discover that they must know how to work with many different kinds of personalities.

As a result, it is a good idea to have practiced these scenarios and to have some effective ways of dealing prior to encountering them in a training.

### Physical Obstacles to Effective Training

There may be physical or time-related problems that make effective training difficult or limit the types of training techniques you can use.

Some obstacles can be the amount of time you have available to train or even background noise or activity distracting participants. In either case, if possible we suggest moving to another location or rescheduling the training for a time when there are fewer distractions.

## SUGGESTIONS FOR OVERCOMING FEAR OF SPEAKING IN FRONT OF A GROUP

Everyone has felt some fear when speaking in public at least once in their life time. However you can overcome this fear overtime.

Here are some tips to help you overcome those fears:

- Know the material well—become an expert
- Practice, practice, practice
- Use the introduction as a way to warm up
- Involve the audience and get them to participate
- Use the participants' names when possible
- Make eye contact; the audience isn't as scary as you think!
- Practice responding to tough questions
- Check your props and materials in advance
- Imagine yourself as the best trainer in the world!
- Follow your outline
- Teach the material but use your own ideas and experiences
- Reward yourself at the end!

### Public Speaking Techniques

Part of your ability to be a good trainer is dependent upon your public speaking technique. Here are some points to consider:

- Speak loudly and clearly. Nothing is worse than not being able to hear the trainer
- Interact with your audience. Don't stand too far away or it will seem like you are afraid of the trainees
- Project a positive, friendly attitude. Smile and make small talk with the workers before training begins to set a positive tone
- Use stories to illustrate your material
- Try to anticipate questions. Be prepared to answer them



## TRAINING ENVIRONMENT

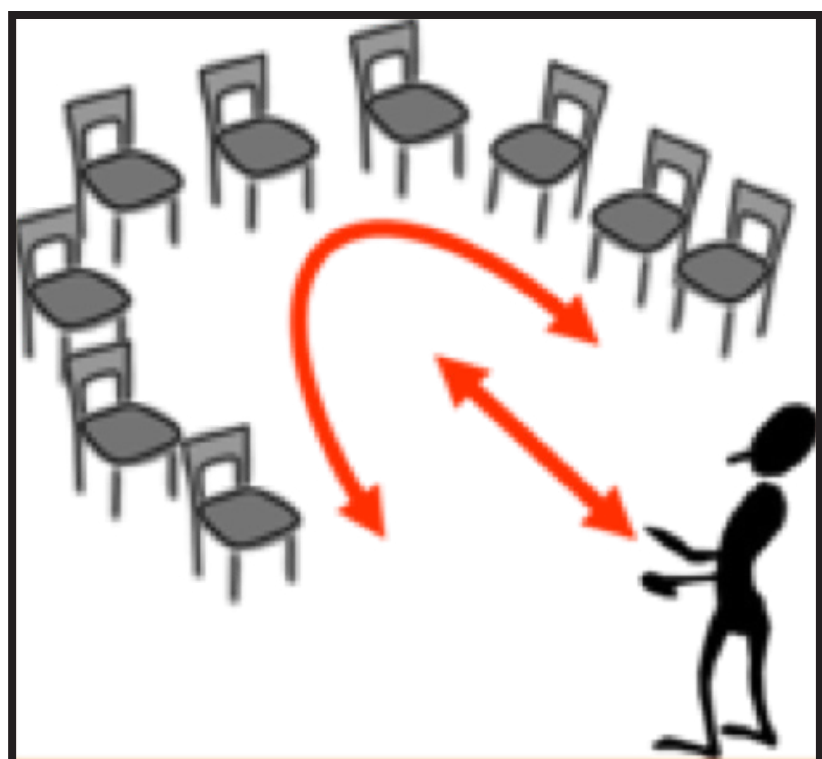
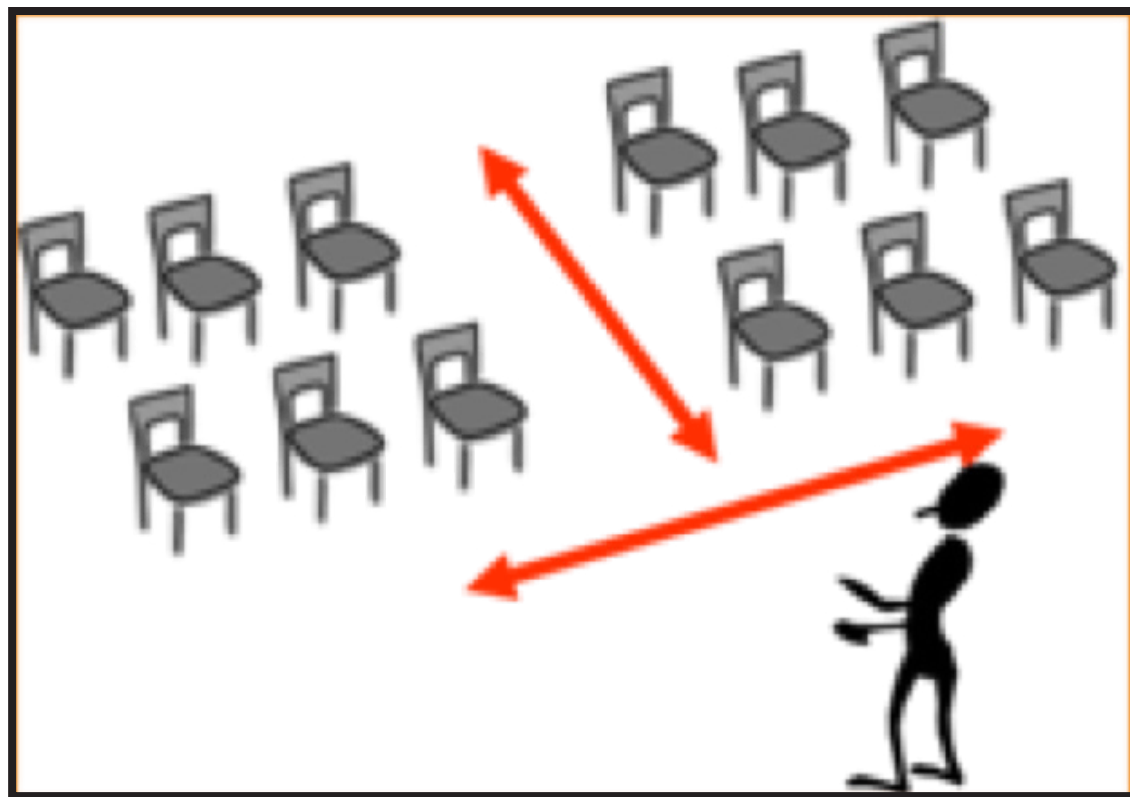
There are several environmental factors that can make a training more productive and effective; start by engaging all participants.

### SEATING

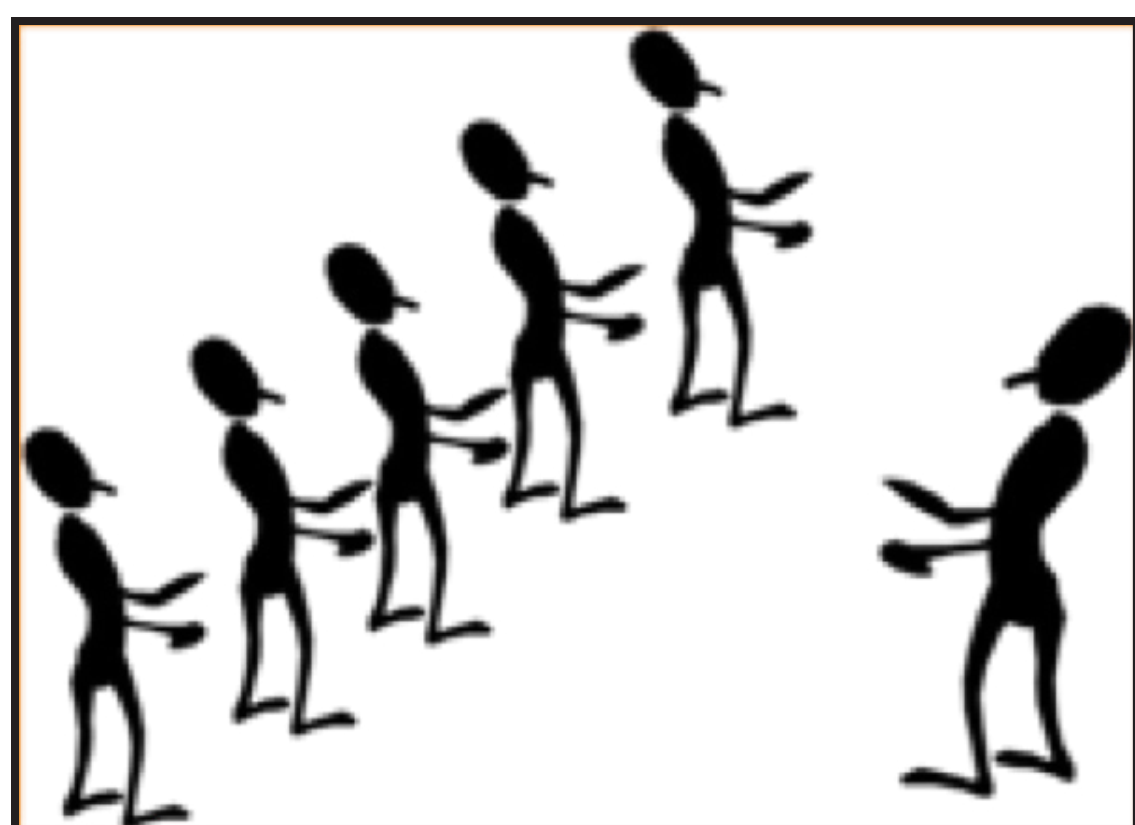
Having participants sit in a specific format will allow you to have more control of the group. If participants are standing or lying down they might get distracted thinking about their discomfort.

#### Effective Seating Ideas

Trainer can move around the room and maintain control and visual contact with participants.



**AVOID....** Having participants stand for a long period of time, or lying on the floor.



**Standing**



**Lying**

## ENVIRONMENT

Be aware of your environment. Sometimes you will have to deal with a lot of noise, wind and many other distractions in your training area.

- Make sure to speak loud and clear and make sure that each participant can hear you.
- If there are children crying, you might want to have a separate area for them to be calmed.
- If there is a lot of noise or wind, you can use a portable microphone (cost range between \$25-\$50)
- People can only learn in an environment that is conducive to learning. This can be challenging since you will have limited control over where you can hold your session.
- Make your trainings the best they can be by limiting the number of people in a training session to 20-30 attendees at most.
- Arrive early to set-up, and make sure everyone can sit in a cool, shady, quiet space.