United States
Environmental Protection
Agency

EPA 735-F-95-002
October 1995

Prevention, Pesticides,
and Toxic Substances (7506C)

EPA

Steps to Protect Yourself from Pesticides

Pasos a seguir para protegerse de los pesticidas

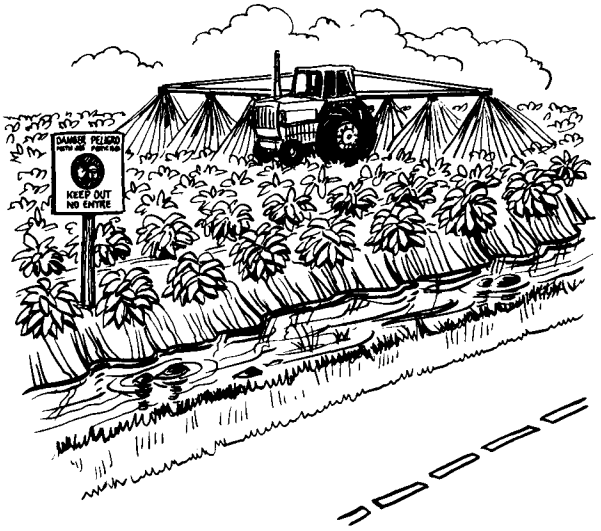
EPA REGION VII IRC
162860

English
Spanish

This booklet is intended to provide basic pesticide safety information to agricultural workers on agricultural establishments **before** they enter areas where pesticides have been recently applied **if** they have not already received pesticide safety training required by 40 CFR Part 170.130 of the Worker Protection Standard.

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

En el trabajo, los pesticidas pueden estar en las plantas, el suelo y el agua de riego.

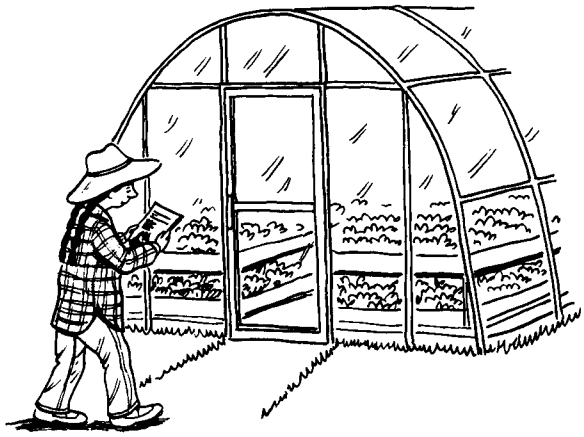

DANGER PELIGRO
KEEP OUT
NO ENTRE

Pesticides may drift from nearby applications.

El viento puede arrastrar los pesticidas desde el sitio de aplicación hasta los lugares cercanos.

6 steps to protect yourself
from pesticides.

6 pasos a seguir para
protegerse de los pesticidas.



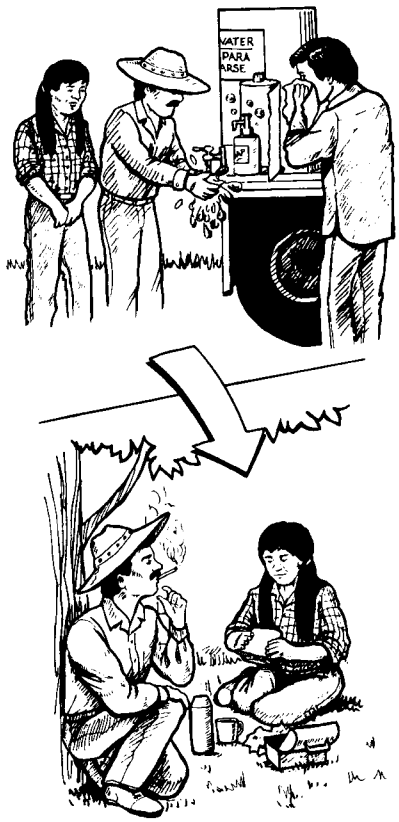
1 Follow directions and obey signs. Stay out of restricted areas.

1 Siga las direcciones y obedezca los letreros. No entre en las áreas restringidas.

DANGER PELIGRO
PESTICIDES PESTICIDAS
KEEP OUT
NO ENTRE

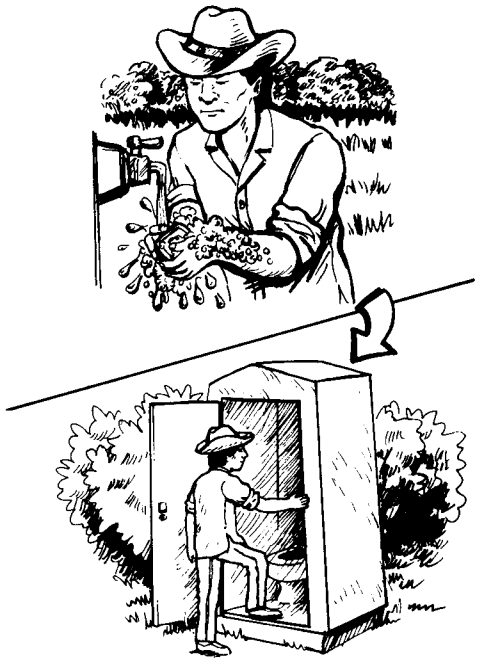
2 Wash your hands and face before you eat, drink, chew gum or tobacco. And...

2 Lávese las manos y la cara antes de comer, beber, masticar chicle o tabaco. Y . . .


WATER
PARA
ARSE

Wash your hands **before** you use the toilet.

Lávese las manos **antes de** usar el inodoro (excusado).

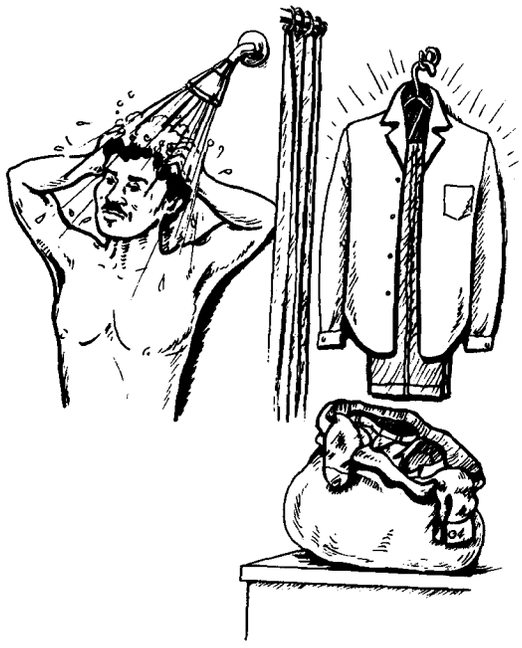


3 Wear work clothes that protect your body from pesticides.

3 Use ropa de trabajo que lo proteja de los pesticidas.

4 After work, shower or wash your body with soap and water, and shampoo your hair. Then put on clean clothes.

4 Después del trabajo, báñese o lávese el cuerpo con agua y jabón, y lávese el pelo con champú. Luego, póngase ropa limpia.



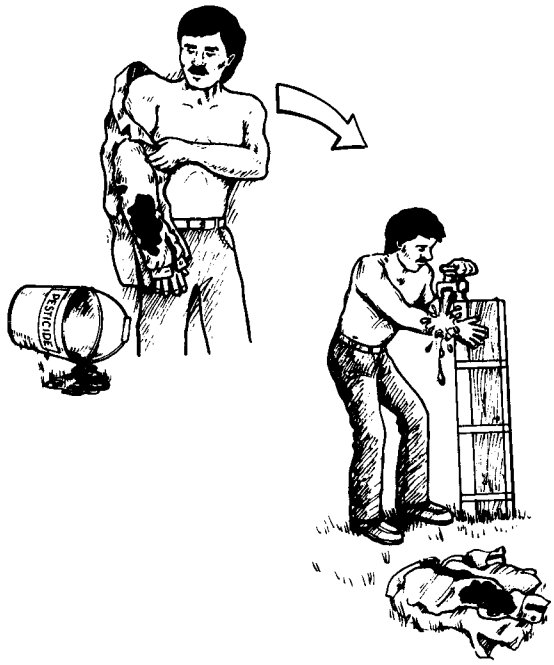
5 Wash your work clothes separately from other clothes before wearing them again.

5 Lave la ropa de trabajo separada de la otra ropa antes de ponérsela nuevamente.

FAMILY CLOTHES
ROPA DE FAMILIA
WORK CLOTHES
ROPA DE TRABAJO

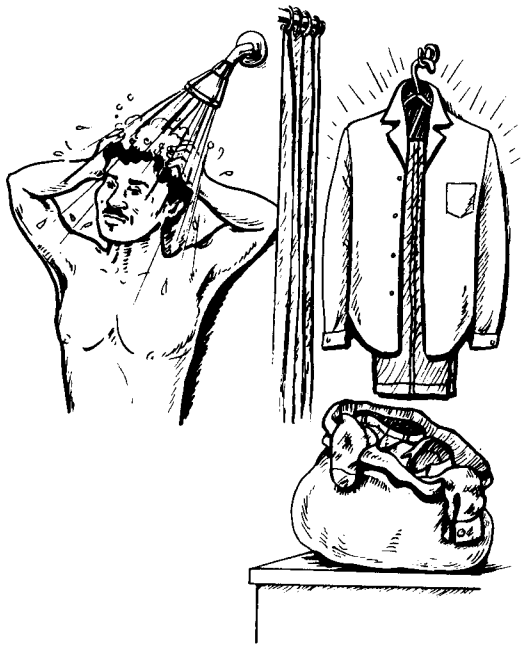
6 If a pesticide is spilled or sprayed on you, wash it off right away with clean water.

6 Si se le derrama o si le salpica el pesticida, lávese inmediatamente con agua limpia.


PESTICIDE

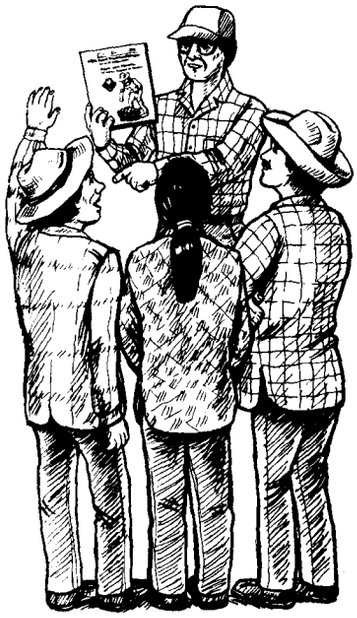
Shower or wash yourself with soap and water, shampoo your hair, and put on clean clothes as soon as possible.

Báñese o lávese con agua y jabón, lávese el pelo con champú, y póngase ropa limpia tan pronto como le sea posible.



Within **5 days** of working in a field recently treated with pesticides, more training in pesticide safety will be given to you.

Dentro de los **5 días** de trabajar en un campo recientemente tratado con pesticidas, se le(s) dará capacitación adicional sobre seguridad de pesticidas.



For more information, contact the State Lead Agency in your area or the EPA Regional Office nearest you.

Para mayor información, comuníquese con la Agencia Estatal Encargada en su área o con la Oficina Regional de la EPA más cercana a usted.

Region 1 (MA, CT, RI, NH, VT, ME)

U.S. Environmental Protection Agency, Region 1
Pesticides, Toxics and Radiation (CPT)
1 Congress St.
Boston, MA 02203 (617) 565-3492

Region 2 (NY, NJ, PR, VI)

U.S. Environmental Protection Agency, Region 2
Pesticides and Toxic Substances Branch
(MS-240)
2890 Woodbridge Ave., Building #209
Edison, NJ 08837-3679 (908) 321-6772

Region 3 (PA, MD, VA, WV, DE, DC)

U.S. Environmental Protection Agency, Region 3
Pesticides and Asbestos Enforcement Section
(3AT-11)
841 Chestnut Building
Philadelphia, PA 19107 (215) 597-0442

Region 4 (GA, NC, SC, AL, MS, KY, FL, TN)
U.S. Environmental Protection Agency, Region 4
Pesticides Section (4-APT-PS)
345 Courtland St., N.E.
Atlanta, GA 30365 (404) 347-3222

Region 5 (IL, MI, MN, IN, OH, WI)
U.S. Environmental Protection Agency, Region 5
Pesticides and Toxics Branch (DRT-14J)
77 W. Jackson Blvd.
Chicago, IL 60604-3590 (312) 886-7835

Region 6 (TX, OK, AR, LA, NM)
U.S. Environmental Protection Agency, Region 6
Pesticides and Toxics Branch (6PD-P)
1445 Ross Ave.
Dallas, TX 75202-2733 (214) 665-7563

Region 7 (MO, KS, IA, NB)
U.S. Environmental Protection Agency, Region 7
Pesticides Branch (WWPD-PEST)
726 Minnesota Ave.
Kansas City, KS 66101 (913) 551-7033

EPA Regional Offices continue on next page.

EPA Regional Offices/continued

Region 8 (CO, MT, ND, SD, UT, WY)
U.S. Environmental Protection Agency, Region 8
Pollution, Prevention, Toxics (8P2-TX)
One Denver Place, Suite 500
999 18th St.
Denver, CO 80202-2466 (303) 312-6023

Region 9 (CA, NV, AZ, HI, GU)
U.S. Environmental Protection Agency, Region 9
Pesticides and Toxics Branch (A-4-1)
75 Hawthorne St.
San Francisco, CA 94105 (415) 744-1087

Region 10 (WA, OR, ID, AK)
U.S. Environmental Protection Agency, Region 10
Ecosystem and Communities Office
Pesticides Unit (ECO-084)
1200 Sixth Ave.
Seattle, WA 98101 (206) 553-1980

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U.S. Environmental Protection Agency
Region VII
Information Resource Center
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Kansas City, KS 66101