


## What you need to know about...



## Protecting Yourself When Using Pesticides

 | Independent. Healthy. Safe.

### Getting help

If you think somebody has symptoms of pesticide exposure, **act now!**

Call the Oregon Poison Center Hotline at **1-800-222-1222**.

Help is available **24 hours a day, 7 days a week**.

For non-emergency information on pesticides, call the National Pesticide Information Center at [1-800-858-7378](tel:1-800-858-7378). Help is available between 6:30 a.m. and 4:30 p.m. PT, 7 days a week. Or visit [www.npic.orst.edu](http://www.npic.orst.edu).

Brochure produced by Oregon Department of Human Services in partnership with Oregon Department of Agriculture using material adapted with permission from the Pesticide Education Program at The Pennsylvania State University.



### After handling pesticides: WASH

- **Always wash your hands** before eating, drinking, using tobacco products (cigarettes or chew) or using the bathroom.
- **Wash** any other parts of your body that may have come in contact with the pesticide.
- **To prevent tracking pesticides inside**, remove or rinse your boots or shoes before entering your home.

- Use hot water;
- Use the highest water level;
- Use the longest wash cycle;
- Use heavy-duty liquid detergent;
- Wash clothing two to three times if it is heavily soiled or if pesticides are highly toxic, or consider discarding the clothing;
- Rinse twice with warm water;
- Line dry; outside is preferable;
- After washing, run the machine without clothes through a complete cycle with hot water and detergent.



### Treat all clothing worn while handling or applying pesticides as contaminated.

Tips for laundering pesticide-contaminated clothing:

- Wash contaminated clothing separately from family wash;
- Handle all contaminated clothing with gloves;
- If they are not going to be washed immediately, place contaminated clothing in a plastic bag to prevent spread of pesticide residue.
- Carefully empty all pockets and cuffs of any pesticide residue;
- Wash contaminated clothing as soon as possible;
- Prerinse, presoak or pretreat with stain remover;

## Why wear protective clothing?

Pesticides can enter your body by being inhaled, swallowed or absorbed through your skin or eyes.

To provide a barrier between the pesticide and your body, always wear protective clothing and/or equipment whenever handling pesticides (such as mixing, applying, storing and disposing), cleaning equipment, touching freshly treated surfaces, or laundering contaminated clothing.

Always read the product label to determine what protection is required.

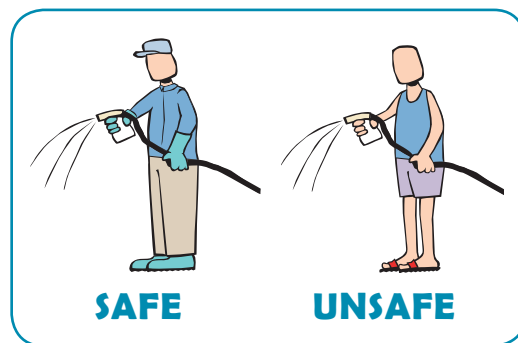
## Protective clothing and equipment

**Studies show that more than 90 percent of all pesticide exposure occurs through the skin.**

To reduce pesticide exposure, consider wearing:

- **Chemical-resistant gloves**
- **Long-sleeved shirt;** button all sleeves and collars
- **Long pants with pant legs over footwear** (shorts **do not** provide adequate protection)
- **Shoes or boots with socks; preferably unlined rubber boots** because canvas, cloth or leather footwear can absorb the pesticide

- **Safety glasses with side and brow shields or goggles** and a wide-brimmed rain hat or hooded raincoat when mixing. A face shield may protect you when spraying overhead.

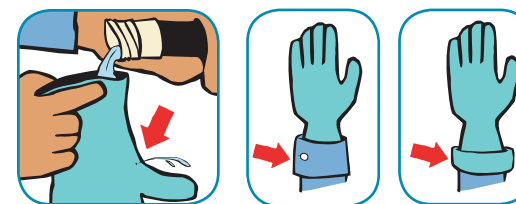


## Tips for using gloves safely

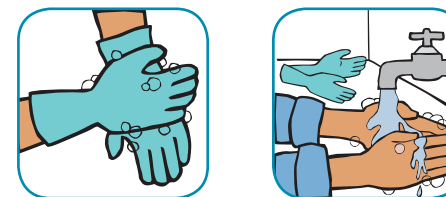
- **Nitrile, butyl and neoprene gloves** provide the best protection.
- **Never** use leather or fabric, or lined gloves because they absorb pesticides. If pesticides are absorbed, complete cleaning is not possible and disposal is the only choice.



- **Frequently check gloves** for holes by filling them with water. Dispose of gloves that leak.



- **For most jobs, wear shirt sleeves on the outside of the gloves.** Place an elastic band where the sleeve and glove overlap to prevent pesticides from running down into the gloves or up into sleeves. **But when working with arms overhead,** sleeves should be tucked into the gloves with the cuff of the glove turned up to catch any material that might run down into the gloves.
- **While still wearing gloves, wash them off with soap and water** to remove any chemicals to avoid contaminating your hands before taking off the gloves.



## Other types of protection that may be required

Always read the product label to learn what protection is required.



Besides wearing the minimum amount of protection, including gloves, other types of protection that may be required by the label include:

- **Goggles.** Goggles should be tight-fitting for best protection. They should be washed with soap and water, sanitized by soaking 2 minutes in 2 tablespoons of chlorine bleach in a gallon of water, then rinsed and air-dried.  
  
People who wear contact lenses may want to consult an eye doctor prior to handling pesticides.
- **Dust masks.** Dust masks **should be** tight-fitting for best protection. Dust masks **should not be** worn when mixing or applying liquids because splashed or spilled liquids or vapors can be absorbed by the mask. Consider a face shield instead.
- **Remember, wash your gloves with soap and water before removing them.** This will protect your hands from pesticide residue left on the gloves. Now you can safely remove your gloves, and wash your hands and face thoroughly with soap and water.