WHAT SHOULD I DO IF I START FEELING SICK AT WORK?

Pesticides can make you sick. Symptoms of pesticide poisoning can be the same as having the flu or other common illnesses. If you get a headache, dizziness, upset stomach, blurred vision, other flu-like symptoms, a rash, or eye pain while working in the field, ask your foreman to take you to the doctor. A pesticide might cause these symptoms. You can also get skin rashes from plants and insects in the field.

Your employer must plan for medical care before you start working where pesticides have been used. If you think that pesticides made you sick or hurt you at work, he must make sure that you are taken to the doctor immediately. Do not drive yourself to the doctor if you get sick at work. You do not have to pay for medical care if you get sick or hurt from pesticides at work.

Emergency medical care is available at

What are my rights?

1. You have the right to know about pesticides that have been used recently where you work. The farmer must keep records on
   • when and where the pesticide was applied
   • the restricted entry interval (REI)
• pesticide name
• active ingredient name
• the EPA registration number

Your employer must tell you where this information is kept as part of your training, and let you see the records anytime you want without having to ask.

You can find information about recent pesticide use at (employers, this is the application-specific information)

Records of all pesticides used and MSDSs are kept at

Your employer must explain your rights to you. If you need more help in understanding your rights, go to your local county agricultural commissioner’s office, local legal aid, worker’s rights office, union or the Department of Pesticide Regulation (DPR).

The DPR phone numbers are:
• Anaheim (714) 279-7690
• Fresno (559) 243-8111
• Sacramento (916) 324-4100

WHAT TRAINING DO I NEED?
You must be trained before working in fields where pesticides have been used recently. Then you must be trained every five years after that.

WHAT DOES MY TRAINING COVER?
You must be told about
Health effects
• how pesticides can injure you or make you sick
• how you may feel or look if you get pesticides in or on you
• ways pesticides can enter your body

Pesticide safety
• why you should wash after work
• what posting signs and restricted entry intervals mean
• the places at your work where you might get pesticides in or on you
• first aid and where to get emergency medical care
• why you should not take pesticides home
• your rights as an employee.
If you have to mix or apply pesticides, you must have more training on how to do that job safely.

**HOW CAN I PROTECT MYSELF FROM PESTICIDES?**

Pesticide labels tell you how to protect yourself from pesticides. That is why the label tells you to wear certain kinds of protection (such as gloves or pants and a long-sleeved shirt), and why there is a time after a pesticide application when you cannot go back into a field, called a restricted entry interval (REI). Wash your hands before eating, smoking or going to the bathroom. Take a bath or shower and use soap after working in fields to wash off pesticides.

**WHAT DOES ‘RESTRICTED ENTRY INTERVAL’ MEAN?**

A restricted entry interval (REI) is the time after a pesticide is used that you are not allowed to go into the field. If you touch a plant during an REI, you might become sick. After a pesticide is used on a plant it begins to go away. This takes longer for some pesticides than for others.

If you might go into or even near a sprayed field or greenhouse, the farmer or your foreman must tell you
- about the pesticide used
- what you must do to protect yourself
- how long to stay out of the field

Follow the directions about staying out of sprayed fields and greenhouses.

**Can I ever go into a field that has an REI in effect?**

Usually you must not go into a field until the REI is over. There are a few cases when you can. You may go into a field during the REI if you are doing a job where you will not touch anything that could have pesticides on it. For example, if you are driving a tractor.

There are a few other times when you can go into a field during an REI. However, you cannot go into the field until at least four hours after the pesticide application was finished. Then there are special rules that apply. Your foreman must know these rules and tell you about them before you go into the field. He must also tell you how long you can work in that field in one day. For some kinds of jobs, you may only be allowed to work in that field for one hour.

**WHAT DO I NEED TO KNOW IF I HAVE TO GO INTO A FIELD DURING THE REI?**

Your foreman must tell you
- the name of the pesticide sprayed and how long the REI is
- ways the pesticide can make you sick
- first aid
- how you may feel or look if you get pesticides in or on you
- what PPE you must wear
- how to keep from getting sick from being too hot
- how you may feel or look if you get sick from the heat, and first aid for this
- why you need to wash after you leave the field where pesticides have been used

Your employer must give you all the PPE you need to wear during the REI; and soap, water and towels to wash when you take off your PPE.

If you see a sign that looks like this, it means stay out of the field!
PROPOSITION 65

In 1986, a law called the Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65) was passed. Proposition 65 requires California to make a list of chemicals that cause cancer, birth defects, or other reproductive harm. The Proposition 65 list contains many different chemicals, including dyes, solvents, pesticides, drugs, and food additives. If a pesticide is on the Proposition 65 list, your employer must warn you if you could be exposed to enough pesticide to result in a significant health risk. Your employer may also choose to warn you if a pesticide on the Proposition 65 list has been used, even if health problems are not likely. Your employer is required to keep information on each pesticide application and allow you to look at it. If you are not sure of the record location, ask your foreman. The following table lists pesticides that are on the Proposition 65 list and that might be used in California.

CURRENTLY REGISTERED PESTICIDES ON THE PROPOSITION 65 LIST

<table>
<thead>
<tr>
<th>PESTICIDES KNOWN TO THE STATE TO CAUSE CANCER</th>
<th>PESTICIDES KNOWN TO THE STATE TO CAUSE BIRTH DEFECTS OR REPRODUCTIVE HARM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsine acid</td>
<td>Formaldehyde (gas)</td>
</tr>
<tr>
<td>Arsenic pentoxide</td>
<td>Iprodione</td>
</tr>
<tr>
<td>Arsenic trioxide</td>
<td>Lindane</td>
</tr>
<tr>
<td>Cacodylic acid</td>
<td>Mancozeb</td>
</tr>
<tr>
<td>Captan</td>
<td>Maneb</td>
</tr>
<tr>
<td>Chlorothalonil</td>
<td>Metam sodium</td>
</tr>
<tr>
<td>Chromic acid</td>
<td>Metiram</td>
</tr>
<tr>
<td>Creosote</td>
<td>Oxadiazon</td>
</tr>
<tr>
<td>Daminozide</td>
<td>Pentachlorophenol</td>
</tr>
<tr>
<td>DDVP (dichlorvos)</td>
<td>Propargite</td>
</tr>
<tr>
<td>p-Dichlorobenzene</td>
<td>Pronamide (propyzamide)</td>
</tr>
<tr>
<td>1,3-Dichloropropene</td>
<td>Propylene oxide</td>
</tr>
<tr>
<td>Dioctyl phthalate</td>
<td>Sodium dichromate</td>
</tr>
<tr>
<td>Dipropyl isocinchomeronate</td>
<td>Terrazole</td>
</tr>
<tr>
<td>Diuron</td>
<td>Thiodicarb</td>
</tr>
<tr>
<td>Ethylene oxide</td>
<td>Vinclozolin</td>
</tr>
<tr>
<td>Fenoxycarb</td>
<td></td>
</tr>
<tr>
<td>Folpet</td>
<td></td>
</tr>
<tr>
<td>Amitraz</td>
<td>Methyl bromide (as a structural fumigant)</td>
</tr>
<tr>
<td>Arsenic pentoxide</td>
<td>Methyl bromide (as a structural fumigant)</td>
</tr>
<tr>
<td>Arsenic trioxide</td>
<td>Myclobutanil</td>
</tr>
<tr>
<td>Bromoxynil octanoate</td>
<td>Nabam</td>
</tr>
<tr>
<td>Chlorosulfuron</td>
<td>Nitrapyrin</td>
</tr>
<tr>
<td>Diclofop methyl</td>
<td>Oxadiazon</td>
</tr>
<tr>
<td>Disodium cyan-o-dithioimidocarbonate</td>
<td>Oxymethon-methyl</td>
</tr>
<tr>
<td>EPTC (ethyl dipropyl-thiocarbamate)</td>
<td>Propargite</td>
</tr>
<tr>
<td>Ethylene glycol mononemethylene</td>
<td>Resmethrin</td>
</tr>
<tr>
<td>Ethylene oxide</td>
<td>Sodium dimethylthiocarbamate</td>
</tr>
<tr>
<td>Fenoxaprop ethyl</td>
<td>Streptomycin sulfate</td>
</tr>
<tr>
<td>Fluazifop butyl</td>
<td>Thiophanate methyl</td>
</tr>
<tr>
<td>Fluvalinate</td>
<td>Triadimefon</td>
</tr>
<tr>
<td>Hydramethylnon</td>
<td>Tributyltin methacrylate</td>
</tr>
<tr>
<td>Linuron</td>
<td>Triforine</td>
</tr>
<tr>
<td>Metam sodium</td>
<td>Vinclozolin</td>
</tr>
<tr>
<td>Metiram</td>
<td>Warfarin</td>
</tr>
</tbody>
</table>
Safety Tips

HOW TO PROTECT YOUR SKIN

• Wear clothes with long sleeves and long pants, shoes or boots, socks, a hat and/or scarf and gloves
• Make sure they are clean and without holes

• Always wash your hands before eating, drinking, smoking, chewing gum or going to the bathroom
• Do not cook food with wood found in the field

• Pesticides get on work clothes and then on your skin
• Wash work clothes before wearing them again
• Wash work clothes separate from other clothes

• Take a bath or shower as soon as you get home from work
• Wash with soap & water and use shampoo on your hair
• Put on clean clothes

WHAT TO DO IN CASE OF ILLNESS OR INJURY

• Pesticides get on your skin and clothes when you touch sprayed plants, soil, and irrigation water or are exposed to spray drift
• They can move from your clothes and onto your skin
• Some pesticides easily go through your skin and can make you sick
• Tell your foreman if you are sick or hurt at work
• If the illness/injury is work-related, your employer will pay for all medical care of that illness
• If the condition is work-related, you may be paid for your time off work while sick or hurt

Have someone else drive you to the doctor if you are sick or injured

FIRST AID

• Wash immediately with the closest clean water if pesticides are spilled or sprayed on your clothes or skin
• Change into clean clothes
• Tell your foreman about the spill after washing

• Wash if your eyes or skin begin to itch or burn
• Use lots of water
• Tell your foreman you should go to a doctor

• If you feel sick at work (headache, stomach ache, vomiting, dizzy) tell your foreman
• He or she can make sure you are taken to a doctor
• Have someone else drive you to the doctor if you are sick or injured

ALWAYS REMEMBER

• Never put pesticides in food containers
• Do not take farm pesticides or their containers home
• Keep children away from pesticides