

## Information

CALIFORNIA ENVIRONMENTAL PROTECTION AGENCY  
Translated by Santa Clara County Department of Agriculture

加州環境保護署  
聖塔克拉拉縣農業部翻譯

A N°9

## Pesticide Safety Rules For Farmworkers

The pesticide label, your training, and this leaflet tell you about pesticide dangers at work. Your employer must know and help you learn about the pesticides used where you work, and how to protect yourself. Pesticides are chemicals that are used to control unwanted insects, weeds, and plant disease.

EMPLOYERS: This is the hazard communication leaflet for fieldworkers. Fill in the blank lines in this leaflet and display this handout where employees work in treated field.

### FERTILIZERS ARE NOT PESTICIDES

#### What training do I need?

You must be trained before working in fields where pesticides have been used recently. You must be trained every year after that.

#### What does my training cover?

You must be told about:

##### 1. 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.

#### SAFETY TIP

# 9

TAKE A BATH OR SHOWER  
and use soap after  
working in fields to  
wash off any  
pesticides

## 農場工人農藥安全守則

請閱讀農藥標籤、此宣導小冊，並從訓練過程中，瞭解工作中使用農藥的危險性。僱主必須知道並協助您瞭解工作時施藥及自我防護方法。農藥是指用於控制害蟲、雜草及植物病害的化學藥品。

僱主須知：此危險物品宣導小冊是提供給農場工人的。請在此宣導小冊空白行填寫內容，並張貼在已施藥的工人作業區域。

### 肥料不屬於農藥

#### 我需要哪些訓練？

在最近剛施農藥的農地工作以前，您必須接受訓練。此後，您必須每年接受一次訓練。

#### 訓練內容包括什麼？

您必須瞭解：

##### 1. 健康影響

- 農藥如何令您受傷或感到不適。
- 吸入或沾染農藥後的身體症狀或表現。
- 農藥進入身體的途徑。

#### 安全需知

# 9

在農地工作後必須  
用肥皂洗澡或淋浴，  
清洗掉任何農藥

## 2. Pesticide safety

- The places at your work where you might get pesticides in or on you.
- First aid information and where to get emergency medical care.
- Job safety information.
- Why you should wash after work.
- Why you should not take pesticides home.
- What posting signs and restricted entry intervals mean.
- Your rights as an employee.

If you mix or apply pesticides, you must have more training on how to do that job safely (See the A-8 safety leaflet for more information about safety rules for pesticide handlers on farms).

### How can I protect myself from pesticides?

Pesticide labels tell you how to protect yourself. Labels tell you the hazards of the pesticide, when to wear certain kinds of protection (such as gloves or pants with 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). BE SAFE, 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 any pesticides or plant juices you might have on you, your clothes, or your shoes.



### What does “Restricted Entry Interval” (REI) mean?

An REI is the time after a pesticide has been applied when you are not allowed to go into a field. If you touch a plant during its REI, you might become sick. After a pesticide is used on a plant it will begin to go away. But this takes time and may take longer for some pesticides than for others.

If you go into or near a sprayed field or greenhouse, the farmer or your employer must tell you:

1. About the pesticide(s) used.
2. What you must do to protect yourself.
3. How long to stay out of the field (the REI).

Follow the directions about staying out of sprayed fields and greenhouses. If you see a sign like this, it means stay out of the field!

## 2. 農藥安全須知

- 工作時可能吸入或沾染農藥的地方。
- 急救護理須知，以及從何處獲得緊急醫療救護。
- 工作安全須知。
- 為什麼工作後要清洗身體。
- 為什麼不該將農藥帶回家中。
- 標語告示及限制進入時間間隔代表什麼。
- 您的受僱權益。

混合或噴灑農藥前，您必須接受安全作業訓練（請參閱 A-8 安全宣導小冊更多關於農場施藥員安全守則）。

### 如何自我防護以免受農藥傷害？

農藥標籤有說明自我防護的方法。標籤會標明農藥危害事項、何時要穿戴特定的防護裝備（例如手套或長褲及長袖上衣），以及為什麼噴灑農藥後有段時間不能回到農地工作（即所謂的「限制進入時間間隔」(REI)）。**注意安全**，進食、吸煙或如廁前請先洗手。在農地工作後必須用肥皂洗澡或淋浴，清洗掉身上、衣物或鞋子上可能沾染的農藥或植物汁液。

### 什麼是「限制進入時間間隔」(REI)？

「限制進入時間間隔」是指噴灑農藥後限制進入農地的時間。「限制進入時間間隔」期間如觸摸植物，您可能會感到不適。農藥施灑在植物後藥性會逐漸消退；但這需要時間，有些農藥的消退時間可能會比較長。

如進入或靠近已噴灑農藥的農地或溫室，農場主或僱主必須告知：

1. 所使用的農藥詳情。
2. 您必須採取的自我防護措施。
3. 多久不可進入農地（限制進入時間間隔，REI）。



請依指示勿進入噴灑農藥的農地及溫室。如看見此類標示，表示切勿進入農地！

## Can I ever go into a field with an REI in effect?

Usually you must not go into a field until the REI is over. But, sometimes there are times 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. There may also be other rules that apply. Your employer 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 a short period of time.



## What do I need to know if I have to go into a field during the REI?

Your employer must tell you:

1. The name of the pesticide sprayed and how long the REI is.
2. What special protective clothes or equipment (PPE) you must wear.
3. Ways the pesticide can make you sick.
4. How you may feel or look if you get pesticides in or on you.
5. What emergency first aid steps to take if a pesticide makes you sick.
6. How to keep from getting sick from being too hot while using any PPE
7. How you may feel or look if you get sick from being too hot and what first aid steps to take.
8. 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. They must give you soap, water, and towels for you to wash up with after you take off your PPE.

## 限制進入時間間隔生效期間，我可以進入農地嗎？

通常情況下，限制進入時間間隔期間一律不得進入農地。但也有例外情況。如確實需要到農地工作，但不會接觸被噴灑了農藥的植物，則可進入農地。例如駕駛拖拉機。

此外，還有幾種情況下可在限制進入時間間隔期間進入農地，但必須在施灑農藥至少 4 小時後方可進入農地。此外，還須遵守其他作業守則。僱主必須瞭解這些守則，並在您進入農地作業前告知守則內容。此外，僱主必須告知您一天能在農地工作的時間。對於某些工作類型，您可能只能在此農地短時間工作。



## 限制進入時間間隔期間如需進入農地工作，我需要知道什麼？

僱主必須告訴您：

1. 所施灑的農藥名稱以及限制進入時間間隔有多久。
2. 您必須穿著哪些特殊防護衣物或裝備 (PPE)。
3. 農藥使人感到不適的方式。
4. 吸入或沾染農藥後的身體症狀或表現。
5. 因農藥感到身體不適時應採取的急救護理措施。
6. 使用個人防護裝備時，如何避免因過熱而不適。
7. 因過熱不適的症狀或表現，以及應採取的急救護理措施。
8. 離開施藥農地後，為什麼要清洗身體。

在限制進入時間間隔期間，僱主必須為您配備所有必要的個人防護裝備；同時，他們必須提供肥皂、清水及毛巾，以便您脫下個人防護裝備後可用來清洗。

### 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, flu-like symptoms, a rash, or eye pain while working in the field, ask your employer 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, your employer 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:  
(Space for listing where care facilities are)

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### What are my rights?

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).
- Name of the pesticide and active ingredient(s).
- The U. S. EPA registration number.

As part of your training, your employer must tell you where this information is kept. They must also 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)*:

### 工作時如感到身體不適，應採取什麼措施？

農藥可能會令您感到身體不適。農藥中毒的症狀與流感或其他常見疾病相似。在農地工作時，如出現頭痛、暈眩、作嘔、視力模糊、流感症狀、紅疹或眼睛疼痛，請要求僱主帶您就醫。此類症狀可能是由農藥所致的。您也可能會因農地植物或昆蟲叮咬而出現皮膚紅疹。

在您開始在施藥區域工作以前，僱主必須訂好醫療護理措施。工作時如覺得農藥令您身體不適或受傷，僱主務必立即帶您就醫。工作時如感到身體不適，請勿自行駕車就醫。工作時如因農藥感到身體不適或受傷，您無須支付醫療護理費用。

可獲得緊急醫療護理的地方：  
(請在空白處列出護理設施地點)

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### 我擁有哪些權益？

您有權瞭解工作所在地剛施灑的農藥詳情。農場主必須記錄以下事項：

- 施藥時間及地點。
- 限制進入時間間隔 (REI)。
- 農藥名稱及有毒成分。
- 美國環境保護署登記編號。

僱主必須讓您知道這份安全須知的位置，這是訓練的一部份。此外，僱主必須讓您不必要求即可隨時查看記錄。

**迅速、免費的專家協助**  
**加州有毒物品管制局**  
**1-800-222-1222**

您可查詢最近剛施灑的農藥資訊 *(由僱主填寫具體的施藥資訊)*：

You have the right to report unsafe work conditions without being punished or fired. Neither the farmer nor your employer will be told who made the complaint. Your statements about the safety problems must be checked out right away.

Pesticides are only one kind of danger at your work. If you have a complaint about a pesticide safety problem, you should call your County Agricultural Commissioner. You can look up the Commissioner's number in the government pages of your local phone book, or by calling DPR's toll-free complaint information line, 1-87PestLine (1-877-378-5463). Other health and safety complaints (bathrooms, heat stress, drinking water, etc.) should be filed with the California Department of Industrial Relations Cal/OSHA office.

If you get sick or hurt BECAUSE OF YOUR JOB, you have the right to file for worker's compensation. Workers' compensation will pay for your medical bills, and sometimes, lost pay.

You have the right to look at Safety Data Sheets (SDS) and records for all pesticides used where you work. The SDS tells you about the pesticide and its dangers.

**These records are kept at:**

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



您有權舉報不符合安全的工作環境，而不會受到處罰或解僱。農場主及僱主不會得知投訴人的資料。相關單位必須立刻查核您對安全問題的投訴。

農藥只是您工作時的其中一種危害。如要投訴農藥安全問題，可致電您所在縣城的農業委員會主委。您可在當地電話簿中的政府專頁查閱農業委員會主委的電話號碼，或致電農藥監管部免費投訴諮詢電話 1-87PestLine (1-877-378-5463)。若有其他健康及安全投訴 (洗手間、高溫環境、飲用水等)，請向加州工業關係局加州職業健康及安全處 (California Department of Industrial Relations Cal/OSHA Office) 提出。

如因工作原因生病或受傷，您有權提出工傷補償申請。工傷補償將可支付您的醫療費用，有時還可支付補償薪資損失。

您有權查看《農藥安全資料表》(SDS) 及在工作區域施灑的所有農藥記錄。安全資料表列明了農藥及危害詳情。

**這些記錄保存在：**

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僱主必須向您講解您的權益。如需瞭解您的權益，可前往您所在縣城的農業委員會主委辦公室、當地法律援助、工人權益保護處、工會，或農藥監管部諮詢求助。

**農藥投訴**  
**1-877-378-5463**  
**諮詢熱線**

## 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. Your employer may also choose to warn you if a pesticide on the Proposition 65 list has been sprayed, 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 employer.

The list of pesticides that are on the Proposition 65 list and that might be used in California, can be found at

<http://www.cdpr.ca.gov/docs/dept/factshts/prop65.htm>

**DOWNLOAD** current Proposition 65 list of chemicals known to the State to cause cancer or reproductive toxicity:

[http://www.oehha.ca.gov/prop65/prop65\\_list/Newlist.html](http://www.oehha.ca.gov/prop65/prop65_list/Newlist.html)

If you don't get all the information you need in your training, you should call your County Agricultural Commissioner, or the Department of Pesticide Regulation (DPR) for more information. You can find the Commissioner's number in your local white pages phone directory, by calling 1-87PestLine, or at:

<http://www.cdpr.ca.gov/exec/county/countymap/>

DPR's Regional Offices are:

- Northern (West Sacramento) 916/376-8960
- Central (Fresno) 559/243-8111
- Southern (Anaheim) 714/279-7690

Santa Clara County Agriculture:

- North County (408) 918-4600
- South County (408) 201-3900



## 第 65 號提案

1986 年，政府通過了《1986 年安全飲用水及有毒物執行法 (第 65 號提案)》。《第 65 號提案》要求加州政府列明會引發癌症、生育缺陷或其他生殖傷害的化學藥品清單。《第 65 號提案》清單列有染色劑、溶劑、農藥、藥物及食品添加物等多種化學藥品。此外，如已噴灑《第 65 號提案》清單上的農藥，即使不會產生健康問題，您的僱主也可能會決定向您提出警告。僱主必須妥善保存每次施灑的農藥資料，並允許您查看。如果不清楚這類記錄的擺放位置，請向僱主詢問。

如需查詢《第 65 號提案》清單所列農藥，且可能在加州範圍內使用的農藥，請瀏覽

<http://www.cdpr.ca.gov/docs/dept/factshts/prop65.htm>

**下載** 目前《第 65 號提案》清單中已知在本州引發癌症或生殖毒性的化學藥品：

[http://www.oehha.ca.gov/prop65/prop65\\_list/Newlist.html](http://www.oehha.ca.gov/prop65/prop65_list/Newlist.html)

訓練期間如無法獲得全部資訊，您可致電所在縣城的農業委員會主委，或向農藥監管部瞭解詳情。您可在當地電話通訊錄中查閱農業委員會主委電話，致電 1-87PestLine 或者瀏覽：

<http://www.cdpr.ca.gov/exec/county/countymap/>

農藥監管部各區辦事處：

- 北區（西沙加緬度）916/376-8960
- 中區（佛雷斯諾）559/243-8111
- 南區（安納罕）714/279-7690

農藥投訴

1-877-378-5463

諮詢熱線



## HOW TO PROTECT YOUR SKIN – 皮膚防護須知

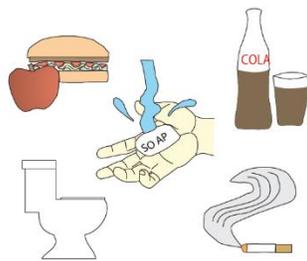
- Wear clothes with long sleeves and long pants, shoes or boots socks, a hat and/or scarf and gloves
- Make sure they are clean and without holes



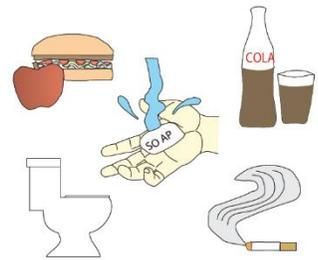
- 請穿著長袖上衣、長褲、布鞋、靴、長襪、帽子及/或圍巾及手套
- 確保衣物乾淨、無破洞



- 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



- 進食、飲水、吸煙、嚼口香糖或如廁前請先洗手
- 請勿使用野外拾到的木柴生火煮食



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



- 沾染在衣物上的農藥會滲透到皮膚
- 請先清洗工作服後再穿上
- 工作服要與其他衣服分開清洗



- 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

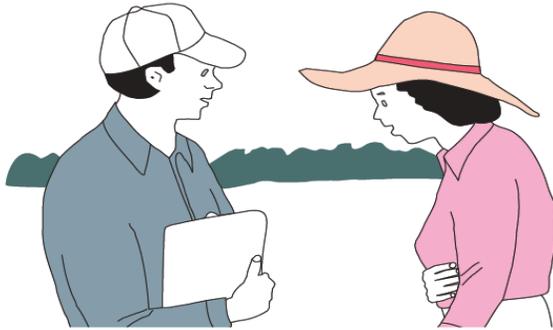


- 工作回家後，請盡快洗澡或淋浴
- 要用肥皂及清水沖洗身體，並用洗髮精清洗頭髮
- 換上乾淨的衣服



## WHAT TO DO IN CASE OF ILLNESS OR INJURY

--- 生病或受傷時應採取的措施 ---



- 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 employer 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



- 接觸已噴灑農藥的植物、土壤、灌溉水源或被水滴噴灑到時，都會令皮膚及衣物沾染農藥
- 農藥可能會經衣物滲透到皮膚上
- 有些農藥能輕易滲入皮膚，引發身體不適
- 如在工作期間生病或受傷，請告知雇主
- 若是因工作而生病或受傷，雇主將支付其所有的醫療護理費
- 如病況是與工作相關，您將獲得帶薪病假

如已生病或受傷，請他人代為駕車送院就診

## ALWAYS REMEMBER – 切記

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



- 切勿使用食物容器盛裝農藥
- 請勿將農場的農藥或容器帶回家中
- 請將農藥放在兒童無法觸及的地方

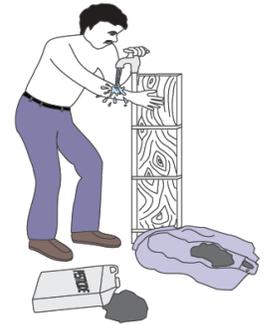


## FIRST AID – 急救護理

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



- 如農藥濺到或噴灑到衣服或皮膚上，請立即使用離您最近的清水沖洗
- 更換乾淨衣物
- 清洗後，告知僱主有關被農藥濺灑一事



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



- 如眼睛或皮膚發癢或有灼燒感，請立即清洗
- 使用大量清水沖洗
- 告知僱主您要就醫



- If you feel sick at work (headache, stomach ache, vomiting, dizzy) tell your employer
- 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



- 工作期間如感到不適（頭痛、胃痛、嘔吐、暈眩），請及時告知僱主
- 確保您能及時就醫
- 如已生病或受傷，請他人代為駕車送院就診

