

Know Your Rights

You have a right to know what pesticides are used at your worksite and when.

Safety information and information about:

- what pesticides have been used in a field
- when it will be applied
- when it is safe to reenter the field
- who to call and where to go in an emergency

should all be displayed in a location where workers can go to see it.

Your boss should teach you basic pesticide safety when you are hired, and has to make sure you are trained in pesticide safety within 5 days after you start.

Your boss should provide water, soap, and single-use towels at your worksite if pesticides have been applied where you are working.

If you are exposed, your boss has to take you to get medical care or call 911 to get help for you. Your boss also has to tell you or your doctor what you have been exposed to, how it happened, and any treatment information on the label. Your boss is not allowed to punish you for reporting problems or refusing to do something that you know is dangerous.



How to protect yourself when working around pesticides

If you handle pesticides, use the proper equipment. The label says what you need to use.

Wear long-sleeved shirts, long pants, and shoes or boots when you are working.

If you have been working in a field where pesticides have been applied, wash your hands with soap and water before you eat, drink, smoke, or go to the bathroom.

When you get home, take off your work clothes and wash them separately from other clothes. Wear clean clothes that touch your skin every day.

After work, wash your whole body and your hair right away and put on clean clothes. Do not play with your children or hold them until you have washed and changed.

Do not eat fruit or vegetables from the field without washing them first.

Do not drink, swim, or bathe in irrigation water. Wash your hands after you touch irrigation water before you touch your mouth or eyes.

Stay out of fields where your boss tells you not to go or that have signs saying to keep out. Keep your children and pets out of those fields.

Never take pesticides or empty containers home. They may not be safe or legal to use at home. If you are pregnant, ask your doctor if it is safe for you to be around pesticides.

Symptoms of pesticide exposure:

If you have been exposed to pesticides you might feel:

- Nausea, vomiting
- Stomach cramps
- Burning, stinging, or itching skin
- Dizziness
- Rashes or blisters
- Headache
- Weakness
- Chest pain
- Sweating

Exposure to pesticides may sometimes mimic cold/flu symptoms. If you think you have been exposed to pesticides, see your doctor.



What if you are exposed?

First

- If you think you got pesticides on your clothes, take them off.
- If you have pesticides on your skin, wash it off with water.
- If you breathe pesticides, get away from the pesticides and breath fresh air.
- If you get pesticides in your eyes, hold your eyes open and rinse them with cool water for 15 minutes.

Second

- Get Help! Call 911.
- Your boss has to drive you to the emergency room or call 911.

Later

- Put your clothes in a plastic bag and put them away in case you need them later to see what you were exposed to. Call the Department of Agriculture to report the exposure.

For more information:

Poison Control Center
1-800-222-1222

National Pesticide Information Center
1-800-858-7378

Idaho Department of Agriculture

Boise: 208-332-8613
Nampa: 208-465-8474
Twin Falls: 208-736-4790
Pocatello: 208-236-6091
Idaho Falls: 208-525-7158
Coeur d'Alene: 208-762-9586

**Call and tell us your story
about working with pesticides**

Idaho Community Action Network
I.C.A.N.
Toll free: 1-866-385-9146
Boise office: 208-385-9146