EPA

Protect Yourself from Pesticides—
Guide for Agricultural Workers (Chinese—Mandarin)

保護自己，預防農藥中毒—
農業職工指南
The Environmental Protection Agency revised the Worker Protection Standard for agricultural pesticides in August 1992. The revised Worker Protection Standard requires that agricultural workers be given training in basic pesticide safety.

Protect Yourself from Pesticides: Guide for Agricultural Workers was developed by the Environmental Protection Agency; it presents all of the information required for training under the Worker Protection Standard. Some States and Tribes have additional requirements for pesticide safety training for agricultural workers. Contact the State or Tribal agency responsible for pesticide enforcement in your area to obtain information needed to comply with all State or Tribal training requirements.

There are other materials about the Worker Protection Standard that are being developed by EPA. They include a safety poster, a handbook on pesticide safety for pesticide handlers, and a manual for agricultural employers. For more information about safety training and about the revised Worker Protection Standard, contact

Occupational Safety Branch (H7506C)
Office of Pesticide Programs
U.S. Environmental Protection Agency
401 M Street, S.W.
Washington, D.C. 20460
(703) 305-7666

環境保護署（BPA）在一九九二年八月，校訂農業職工保護法，新職工保護法規定，農工必須接受使用農藥的基本安全訓練。

保護自己，預防農藥中毒：環境保護署訂有農工指南，其內容包含有關職工保護法所規定的
所有有關安全訓練的資料。某些州政府及印地安部落，對於農藥使用安全訓練，有特別的規範，有關這些州政府及印地安部落的特別規定，可向當地州政府或印地安部落，負責農業管理的部門洽詢。

環境保護署另外還製訂有，其他有關職工保護法的資料，其中包括安全海報，農藥使用手冊，以及農業雇主手冊等等，有關使用農藥的安全訓練資料，以及新修訂的職工保護法，可照下列地址向職業安全部索取：

Occupational Safety Branch (H7506C)
Office of Pesticide Programs
U.S. Environmental Protection Agency
401 M Street, S.W.
Washington, D.C. 20460
(703) 305-7666

Project Coordinator
Coordinador del Proyecto
Ann Leary, EPA
Pesticides help control pests, but they can also hurt—even kill—people.

Pesticides control pests such as insects and weeds. Pesticides can also hurt—even kill—people. The law helps protect you from pesticide poisoning. You can also help protect yourself.

農藥被用來控制有害物質如害蟲及雜草等，但是如果使用不當的話，農藥也能傷害—甚至殺害—人類。法律的規定，是要預防農藥中毒。同樣地，你也要學習如何保護自己，不受農藥的侵害。
Learn how to protect yourself. If you don't understand, ask for help.

If pesticides are used where you work, your boss must make sure you are trained in pesticide safety.

This book has facts about pesticide safety. If you do not understand this book or your safety training, ask for help.

學習如何保護自己，如果有不瞭解的地方，要問清楚。

如果你工作的場所使用農藥，你的主管要提供使用農藥安全訓練，這本小冊提供有關農藥使用安全資料。如果你對這本小冊內容或安全訓練有不懂的地方，要問清楚。
Wear clothes that cover your skin.

You should wear clean work clothes each day that will cover your skin:

- Long pants.
- A long-sleeved shirt.
- Shoes and socks.

穿著能遮蓋皮膚的衣服

每天上班，你應該穿下列乾淨的衣服，來遮蓋你的皮膚。

- 長褲
- 長袖襯衫
- 鞋及襪子
At work, look for soap and water.

At work, you must be provided with soap, water, and towels if the areas where you work have had pesticides applied in at least the last 30 days. Pesticides dry on crops as a powder—this powder is the residue. A residue can remain on a crop many days after spraying.
How can you protect yourself from pesticides?

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

Your hands and face may get pesticides on them.

在進食時，抽煙、
吃口香糖、或嚼嚼
草間，洗頭手和腳
農藥可能附在你的手和腳上，
洗頭手和腳，可防止中毒。
Wash your hands before using the toilet at work.

在使用工地洗手间前，要先洗手
How can you protect yourself from pesticides?

Stay out of areas where pesticides are being applied. If pesticides drift to where you are working, get out!

It is against the law for anyone to apply pesticides in an area where you are working, or to let pesticides drift onto you.

遠離噴灑農藥的地方。如果農藥飄到你工作的地方，趕快離開。

法律嚴禁任何人，在你工作的場所，噴灑農藥或容許農藥飄到你的身上。
If you see this sign, or ones like it, keep out!

This sign means that pesticides are in the area. You must have special training and protection to go into the area.
How can you protect yourself from pesticides?
怎麼來預防農藥中毒呢？

 Stay out of areas your boss tells you not to enter...

Even if no sign is posted.

要遠離，你的主管
曾警告你，不可
進入的地方。

就算這地區沒有“禁止入
內”的標示，也不可進入。
How can you protect yourself from pesticides?

Never take pesticides or pesticide containers home from work.

They are not safe for use around the home.
How can you protect yourself from pesticides?

Keep children away from areas where pesticides might be.

At home, keep pesticides away from children.

不要讓小孩子接觸到農藥

在家裡，要把農藥貯存在小孩子拿不到的地方。
After work each day, wash your whole body, including your hair.

Use plenty of soap and water. Then put on clean clothes.
How can you protect yourself from pesticides?

Keep dirty work clothes away from non-work clothes and from the family laundry.

Pesticides may get on your clothes at work. Wash your work clothes, including your cotton gloves before using them again.

不要把髒的工作服和家用衣服混在一起

當工作時，你的工作服可能會染到農藥。工作服，包括棉質手套，必須洗乾淨後，才能再使用。
Pesticides are applied in different ways:

- Liquids or sprays.
- Powders or granules.
- Gases.

Pesticides may be in many places. Pesticides may be on plants and on the soil. Often you can't tell pesticides are there.
Where are pesticides?
農藥會殘留在哪些地方呢？

Pesticides may be in irrigation water and on irrigation equipment.
農藥可能殘留在灌溉水或灌溉用具上
Pesticides may be in storage areas and in places where pesticides are mixed and loaded.

Where are pesticides?
農藥會殘留在那些地方呢？
Where are pesticides?
農藥會殘留在哪些地方呢?

Sometimes pesticides drift from where they are being applied.
農藥可能會飄離噴霧的地方

Move Away!
趕快離開
How Can Pesticides Hurt You?
農藥的毒性怎幺傷害你呢?

Pesticides can hurt you if:

- They get on your skin.
- They get in your eyes.
- You breathe them.
- You swallow them.

Workers are hurt most often by getting pesticides on their skin.

農藥會傷害你，當下列的情況發生時：

- 蟲藥接觸到你的皮膚。
- 蟲藥進入你的眼睛。
- 你吸入蟲藥。
- 你吞下了蟲藥。

農藥可以傷害你，因為他們的毒性會傷害到農藥。
How can pesticides hurt you?
農藥的毒性怎麼傷害你呢？

- Pesticides may hurt you right away.

If pesticides get on or in you, they may make you sick right away, or hours later.

- 毒藥的發作是很快的。

如果你的皮膚接觸到農藥或你吞食了農藥，你可能會馬上感到不舒服，也可能數小時後，才會有中毒的症狀。
How can pesticides hurt you?

Pesticides may cause skin rashes or hurt your nose, throat, or eyes.
How can pesticides hurt you?
農藥的毒性怎麼傷害你呢?

- How can pesticides hurt you?

- Pesticides can make you feel sick in different ways.

- Pesticides can make you feel sick in different ways.

  - Sweaty/ 出汗

  - Headache/ 頭痛

  - Dizziness/ 眩暈

  - Muscle pains and cramps/
    皮膚紅腫
    痛和抽筋

  - Tired/ 疲倦

  - Throwing up/ 嘔吐
Other signs of pesticide poisoning are:

- Drooling.
- Trouble breathing.
- Very small pupils of your eyes.
How can pesticides hurt you?
農藥的毒性怎麼傷害你呢?

- Pesticides may harm some people more than others.

- 農藥中毒症狀的輕重，因人而異
Getting pesticides on or in you may have effects after months or years have passed.

Delayed effects may be cancer, or harm to your kidneys, liver, or nervous system.

Another delayed effect may be birth defects, if pregnant women are exposed to pesticides.

皮膚感染或吸入農藥，對身體造成的傷害，可能在數月，甚至數年後，纔會顯現出來。

這種慢性的中毒，可能會導致癌症，或傷害你的腎臟，肝，或神經系統。

此外，如果孕婦接觸到農藥，這種慢性的中毒，也可能導致畸形兒的產生。
What If You Get Sick at Work?
工作時身體不舒服，該怎麼辦呢?

- Medical help is listed on or near a pesticide-safety poster at your work.
  Make sure you know where this and the nearest phone are.

- 农药中毒的急救方法，應張貼在工地的農藥安全海報上或在海報附近
  你應該知道，有關救護資料招貼以及最近的電話機，在什麼方……
If you or someone else gets sick while working, tell your boss right away.

Your boss must make sure you get to medical help if you think you've been poisoned at work by pesticides.
What if you get sick at work?
工作時身體不舒服，該怎麼辦呢？

Your boss will provide information about the pesticide.
Your boss must give you or your doctor the name and other information about the pesticide that might have made you sick.

你的主管必須提供有關農藥的資料
你的主管必須把導致你中毒的農藥名稱，以及其他資料告訴你或你的醫生
If a pesticide gets on you, get it off right away!

1. Take off clothing that has pesticide on it.
2. Rinse skin right away with water.
3. Wash with soap and water as soon as possible.

![Diagram of a person washing their hands and face with soap and water.](Image)
What if pesticides get on or in you?
如果你感染或吸入了農藥，該怎麼辦呢？

If you begin to feel sick or your eyes, skin, or throat hurt, go to a doctor right away.

Your boss must make sure you are taken to a clinic or doctor.

- 如果你感到不舒服，或你的眼睛，皮膚，或喉嚨感到疼痛，應該馬上去看醫生
  你的主管要馬上把你送醫
If you or someone else swallows a pesticide, get medical help right away!

1. Call a poison control center or doctor, or go to the doctor if it’s faster. Give the name of the pesticide and the first aid directions from the label.

2. If you can’t call for help, or while you wait for help, follow the first aid steps on the label.

3. Get to a doctor as soon as possible! Have the name of the pesticide with you.
What if pesticides get on or in you?

如果你感染或吸入了農藥，該怎麼辦呢？

1. 打電話給農藥管制中心或醫生，或直接去看醫生，把農藥的名稱以及箱標上的急救方法，告訴他們。

2. 如果你自己無法打電話或正等待救援，依照箱標上的急救方法去做。

3. 把農藥的名字帶在身上，儘早得到醫生的診救。
Leave closed areas right away if you start to feel sick or dizzy.

If you are working in an enclosed area, like a greenhouse, get to fresh air right away if you begin to feel dizzy or have trouble breathing.
If someone gets sick from breathing a pesticide...

1. Get them to fresh air right away.
2. Loosen their clothing.
3. If not breathing, give mouth-to-mouth (CPR).

如果有人身体不舒服，因为吸入了农药，应该以下的程序急救：

1. 马上把他移到有新鲜空气的地方
2. 松开他的衣服
3. 如果他们停止呼吸，使用口对口人工呼吸急救
If someone passes out in an enclosed area, get help—don’t go in!

Never try to rescue someone who has passed out in a greenhouse or other enclosed area unless you have special training and breathing equipment. Find someone who can help.

If someone passes out in an enclosed area, get help—don’t go in!

Never try to rescue someone who has passed out in a greenhouse or other enclosed area unless you have special training and breathing equipment. Find someone who can help.
Eye damage can happen fast! Rinse your eyes for 15 minutes.

If a pesticide gets in your eyes, hold them open and rinse them with a gentle stream of cool water. Rinse for 15 minutes if possible. Then go to a doctor.

農藥對眼睛造成傷害很快，用冷水冲洗十五分鐘

如果農藥進入你的眼睛，把眼皮撐開，用冷水沖洗，可能的話，連續沖洗十五分鐘，然後去看醫生。
Get medical help!

In all cases of pesticide poisoning, get medical help as soon as possible.

得到醫療救護

任何農藥中毒，應儘快得到醫療救護。
Your boss must tell you about pesticide use at work.

Your boss must: Warn you about areas where pesticides are to be applied and areas you may not enter. Your boss must post: The name of the pesticide, exactly where it was applied, when it was applied, the restricted entry interval, and when the workers may return to the work area. This information has to be written and posted in a central location that is easily accessible to all workers before the pesticides are applied.
Your boss must not let you work in some areas.

Your boss must not let you work in an area where:

- Pesticides are being applied.
- Or pesticides may drift onto you.

After a pesticide is used, you may not enter a field during the Restricted Entry Interval (REI).

The laws set different safety periods or REIs for different pesticides.

・ 你的主管不能要求你，在某些地区工作。

你的主管不能要求你在下列地区工作：

- 正在喷洒农药的工地
- 农药可能飘到你身上

农药喷洒后，在禁止入内期间，你不能进入此区。

对不同的农药，法律上规定有不同的安全期。
You must have special training and protection for some jobs.

Without extra training and protection, your boss must not let you:

- Mix, load, apply, or handle pesticides.
- Work as a flagger.
- Work in an area where entry is restricted.

某些工作，你必須接受特別訓練及有防護器具，才能做。

沒有額外的訓練及防護器具，你的主管不能要求你，做下列的工作：

- 混合、添加、使用、
  和處理農藥。
- 作標誌旗者。
- 在“禁止入內”區工作。
Your boss must not punish you for trying to follow these rules.
Know how to protect yourself!

Your boss must protect you from pesticides, but your safety is your responsibility, too.

- 知道如何保護自己

你的主管必須防止你，受到農藥的毒害，但是維護你自己的安全，也是你的責任。
Remember:

- Wear clothes that cover your skin.
- Stay out of areas as instructed by your boss.
- Move away if pesticides drift into the area where you are working.
- Wash with soap and water after work and before eating, drinking, smoking, or using the toilet.

Your boss must:

- Give you information about pesticides applied in or near areas where you work.
- Be sure you are trained in pesticide safety.
- Provide you with soap, water, and towels.
- Make sure you get to medical help if you think you've been poisoned at work by pesticides.
- Provide you with extra training if you work in areas where entry is restricted, work as a flagger, mix, load, apply, or handle pesticides.
記住：

* 穿著能遮蓋皮膚的衣服

* 避開你主管警告你不可進入的地區

* 如果你頻繁進入你的工作區，迅速離開

* 下班後，在進食、抽煙或使用洗手間前，要用肥皂和水，把手和臉洗乾淨

你的主管必須：

* 告訴你，有關使用在你工作場所，或附近的農藥資料

* 要你接受農藥安全訓練

* 提供你肥皂、水和毛巾

* 把你送去接受醫療救助，如果你認為，你在工作時已受農藥的毒性

* 提供特別訓練，如果你在某區工作，曾接觸農藥、混合、灌灑、應用或處理農藥
For more information about the Worker Protection Standard, or if you have questions or concerns about pesticides, contact the agency responsible for regulating pesticides in your area or the EPA Regional Office nearest you.

Region 1 (MA, CT, RI, NH, VT, ME)
U.S. Environmental Protection Agency, Region 1
Pesticides and Toxic Substances Branch (APT)
1 Congress St.
Boston, MA 02203
(617) 565-3273

Region 2 (NY, NJ, PR, VI)
U.S. Environmental Protection Agency, Region 2
Pesticides and Toxic Substances Branch (MS-105)
2890 Woodridge Ave., Building #10
Edison, NJ 08837-3679
(908) 321-6765

Region 3 (PA, MD, VA, WV, DE)
U.S. Environmental Protection Agency, Region 3
Toxics and Pesticides Branch (3AT-30)
841 Chestnut Building
Philadelphia, PA 19107
(215) 597-8598

Region 4 (GA, NC, SC, AL, MS, KY, FL, TN)
U.S. Environmental Protection Agency, Region 4
Pesticides & Toxic Substances Branch (+APT-MD)
345 Courtland St., N.E.
Atlanta, GA 30365
(404) 347-5201

Region 5 (IL, MI, MN, IN, OH, WI)
U.S. Environmental Protection Agency, Region 5
Pesticides and Toxic Substances Branch (5SPT)
77 W. Jackson Blvd.
Chicago, IL 60604
(312) 886-6006

Region 6 (TX, OK, AR, LA, NM)
U.S. Environmental Protection Agency, Region 6
Pesticides and Toxics Branch (6T-P)
1445 Ross Ave.
Dallas, TX 75202-2733
(214) 655-7235

Region 7 (MO, KS, IA, NE)
U.S. Environmental Protection Agency, Region 7
Toxics and Pesticides Branch (TOPE)
726 Minnesota Ave.
Kansas City, KS 66101
(913) 551-7020

Region 8 (CO, MT, ND, SD, UT, WY)
U.S. Environmental Protection Agency, Region 8
Toxic Substances Branch (8ART-TS)
One Denver Place, Suite 500
999 16th St.
Denver, CO 80202-2405
(303) 293-1730

Region 9 (CA, NV, AZ, HI, GU)
U.S. Environmental Protection Agency, Region 9
Pesticides and Toxics Branch (A-4)
75 Hawthorne St.
San Francisco, CA 94105
(415) 744-1090

Region 10 (WA, OR, ID, AK)
U.S. Environmental Protection Agency, Region 10
Pesticides and Toxic Substances Branch (10T-083)
1200 Sixth Ave.
Seattle, WA 98101
(206) 553-1418