Agência de Protecção
ao Ambiente
dos Estados Unidos

EPA 735-F-95-006
October 1995

Prevenção, Pesticidas e Substâncias
Tóxicas (7506C)

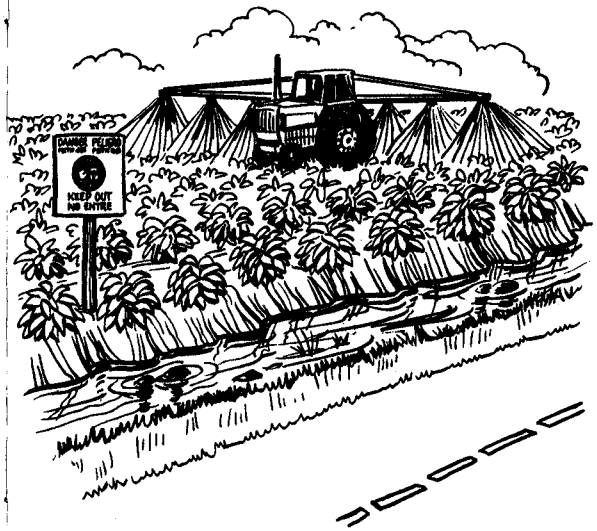
EPA

Steps to Protect Yourself from Pesticides

Medidas de Protecção Pessoal contra Pesticidas

At work, pesticides can be on plants and in soil and irrigation water.

No trabalho podem encontrar-se pesticidas em plantas, no solo e na água da irrigação.



Pesticides may drift from nearby applications.

Pesticidas podem desviar-se de aplicações próximas, pelo vento.

6 steps to protect yourself from pesticides.

6 medidas de protecção pessoal contra pesticidas.

1. Follow directions and obey signs. Stay out of restricted areas.

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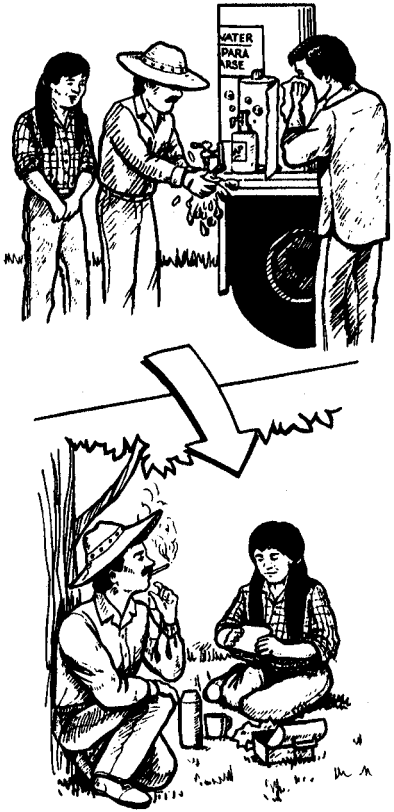
1. Siga instruções e obedeça aos sinais. Não entre em áreas restritas.

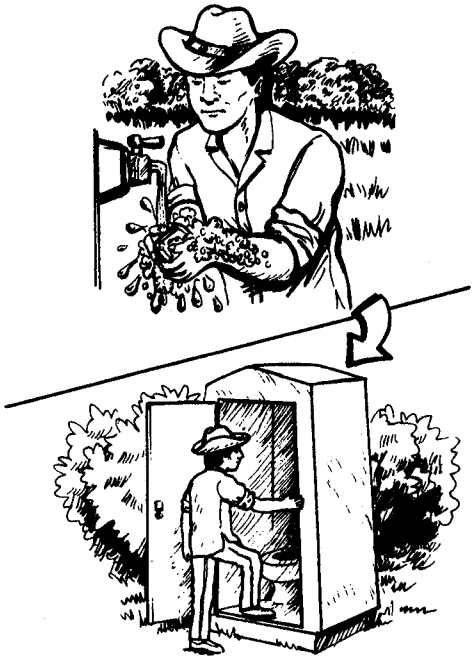
2 Wash your hands and face before you eat, drink, chew gum or tobacco. And...

2 Lave as mãos e a cara antes de comer, beber, mastigar gama ou tabaco. E...



Wash your hands **before** you use the toilet.

Lave as mãos **antes de** ir à latrina (urinol).



3 Wear work clothes that protect your body from pesticides.

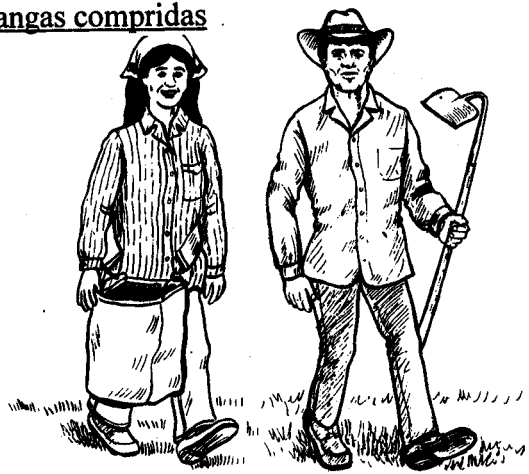
3 Use roupes de trabalho que protejam o corpo contra pesticidas.

hat or scarf

chapéu ou lenço

long-sleeved shirt

camisa de mangas compridas



shoes and socks

Sapatos com meias

long pants

calças compridas

4 After work, shower or wash your body with soap and water, and shampoo your hair. Then put on clean clothes.

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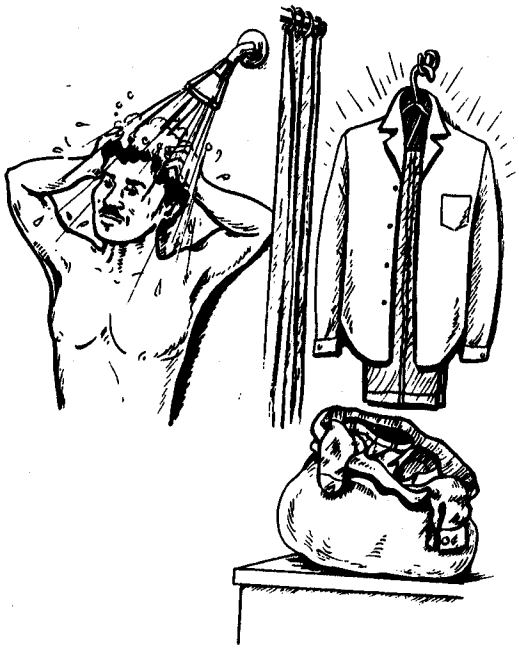
4 Depois do trabalho, tome um chuveiro ou lave o corpo com água e sabão, e lave o cabelo com loção da cabeça (shampoo). Depois vista roupa lavada.

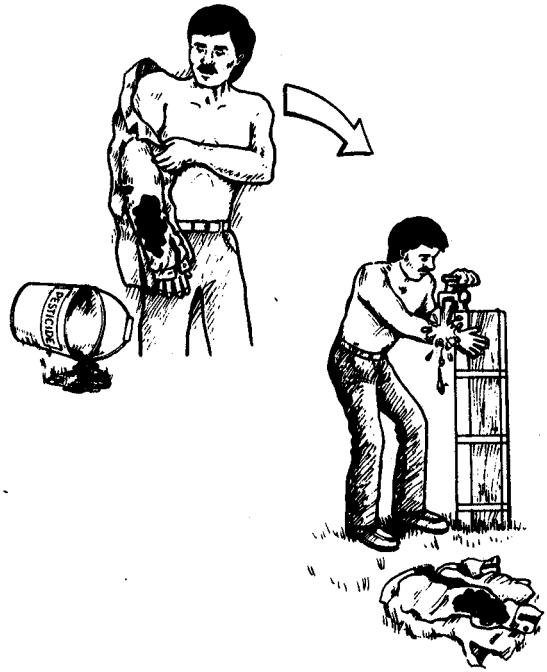


5 Wash your work clothes separately from other clothes before wearing them again.

5 **Lave as suas roupas do trabalho separadamente das outras roupas antes de as usar outra vez.**

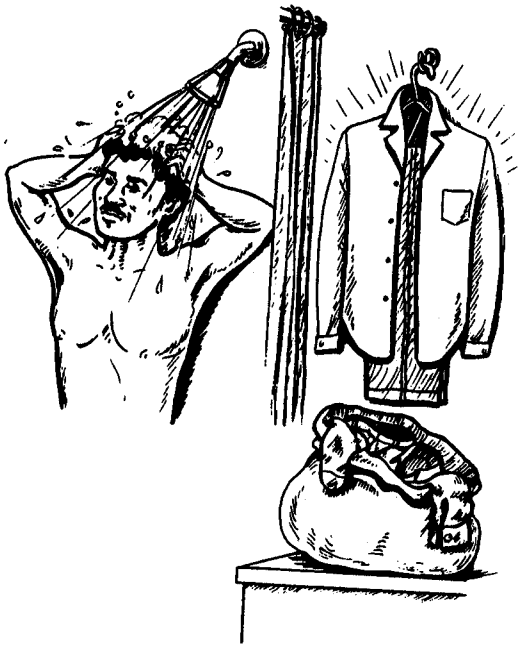
6 If a pesticide is spilled or sprayed on you, wash it off right away with clean water.

6 Se lhe cair pesticida em qualquer parte do corpo, lave imediatamente com água limpa.



Shower or wash yourself with soap and water, shampoo your hair, and put on clean clothes as soon as possible.

Tome um chuveiro ou lave-se com água e sabão, lave o cabelo com loção da cabeça, e vista roupa limpa logo que possível.



Within **5 days** more training in pesticide safety will be given to you.

Dentro de **5 dias** ser-vos-á dada mais informação de treino sobre segurança contra pesticidas

For more information, contact the State Lead Agency in your area or the EPA Regional Office nearest you.

Para mais informação contactem a agencia de Estado responsavel por toxicos na vossa área, ou o Escritório Regional da EPA mais próximo.

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 Woodbridge 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 and Toxic Substances Branch
(4-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, NB)
U.S. Environmental Protection Agency, Region 7
Toxics and Pesticides Branch (TOPE)
726 Minnesota Ave.
Kansas City, KS 66101 (913) 551-7020

EPA Regional Offices continued on back

EPA Regional Offices/continued

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 18th 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 (AT-083)
1200 Sixth Ave.
Seattle, WA 98101 (206) 553-1091