



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



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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

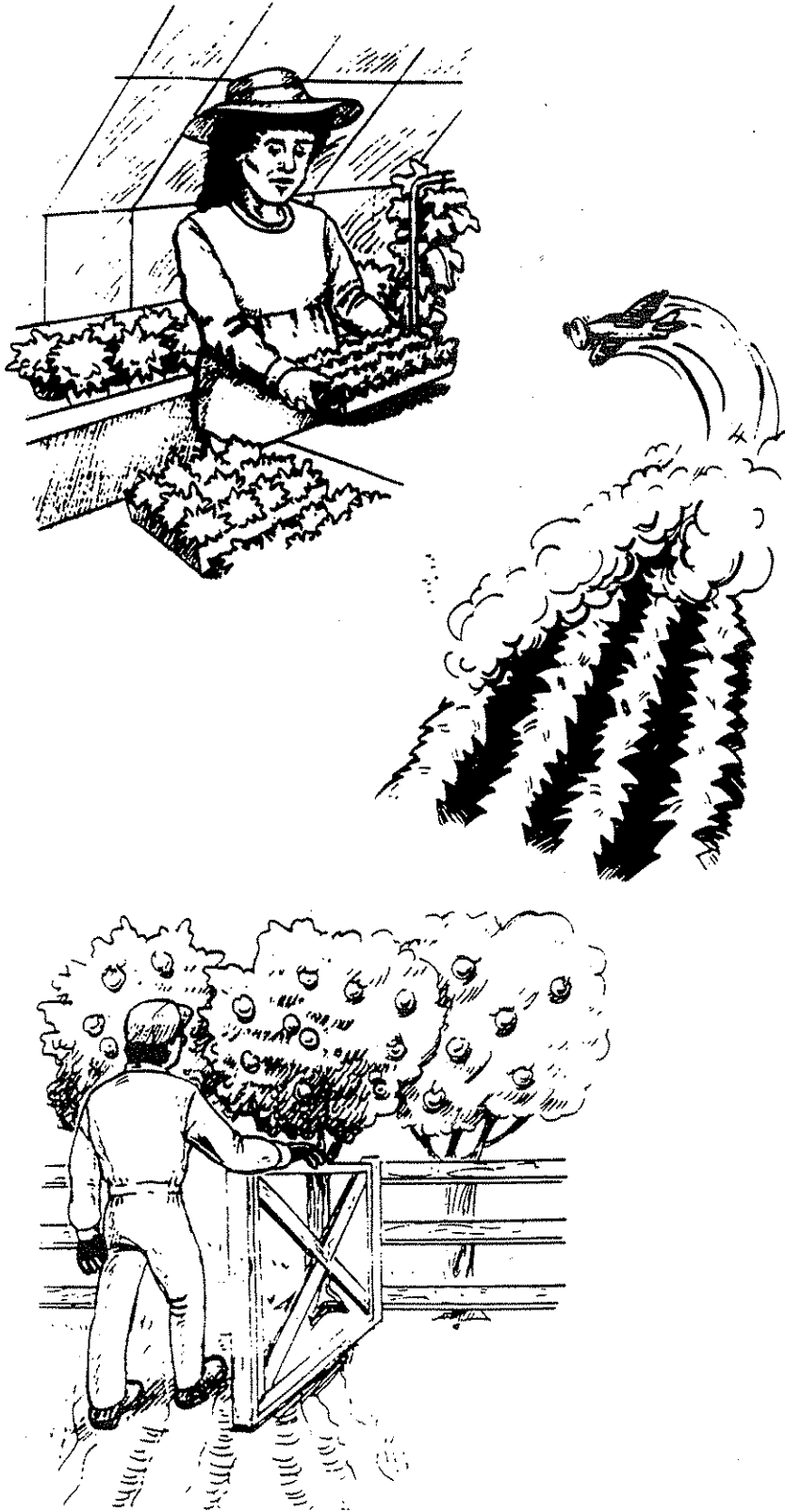
環境保護署 (EPA) 在一九九二年八月，校訂農藥職工保護法，新職工保護法規定，農工必須接受使用農藥的基本安全訓練。

保護自己，預防農藥中毒：環境保護署製訂有農工指南，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，有特別的規定。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，負責農藥管理的部門洽詢。

環境保護署另外還製訂有，其他有關職工保護法的資料，其中包括有安全海報，農藥使用手冊，以及農業雇用手冊等等。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.

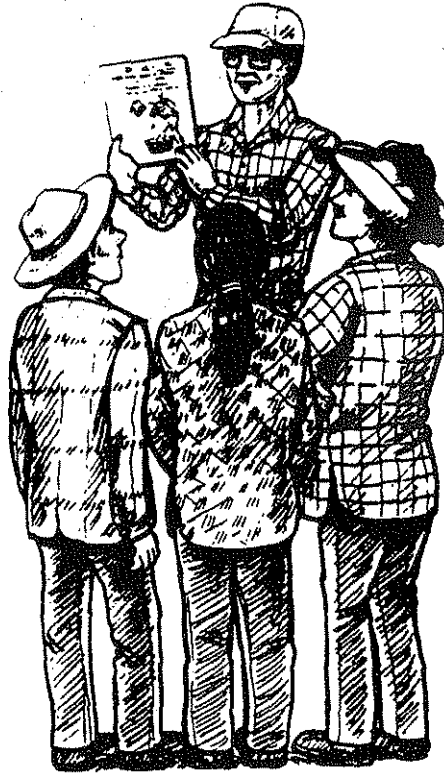
□ 農藥被用於控制有害物，但它也能傷害—殺害—人類

農藥用來控制有害物諸如昆蟲及雜草等，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，不受農藥的傷害。

■ 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。



How Can You Protect Yourself from Pesticides?
怎麼來預防農藥中毒呢？

2



■ 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

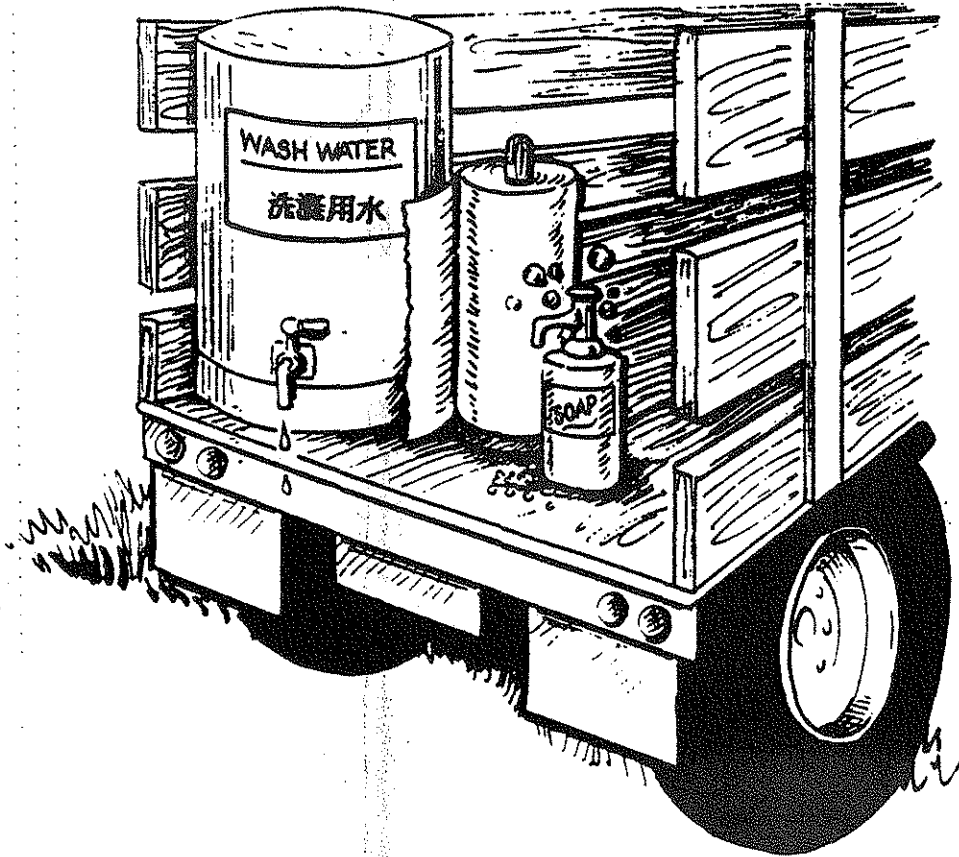
■ At work, look for soap and water.

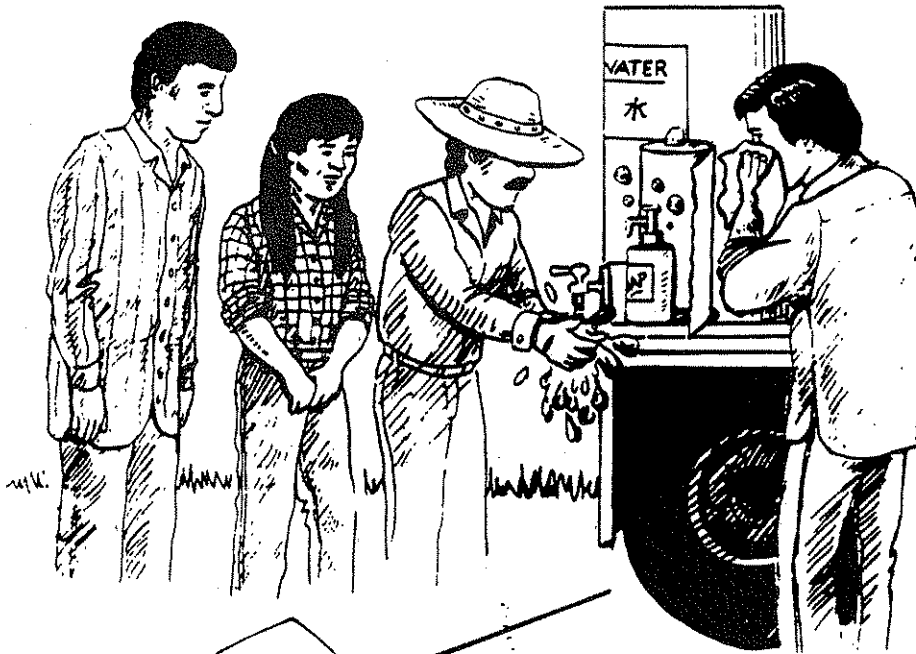
At work, you must be provided with soap, water, and towels if the areas where you work have had pesticides applied in at least the last 30 days. Pesticides dry on crops as a powder—this powder is the residue. A residue can remain on a crop many days after spraying.

□ 在工地要熟悉肥皂和水，存放的地方。

你工作的場所，如果在三十天內，曾經噴灑過農藥，雇主必須供給肥皂、水及毛巾。

農藥噴到農作物上，乾燥後，成粉狀物存在，這種粉狀物就是殘餘物，殘餘物可在農作物上，停留好幾天。





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

Your hands and face may get pesticides on them.

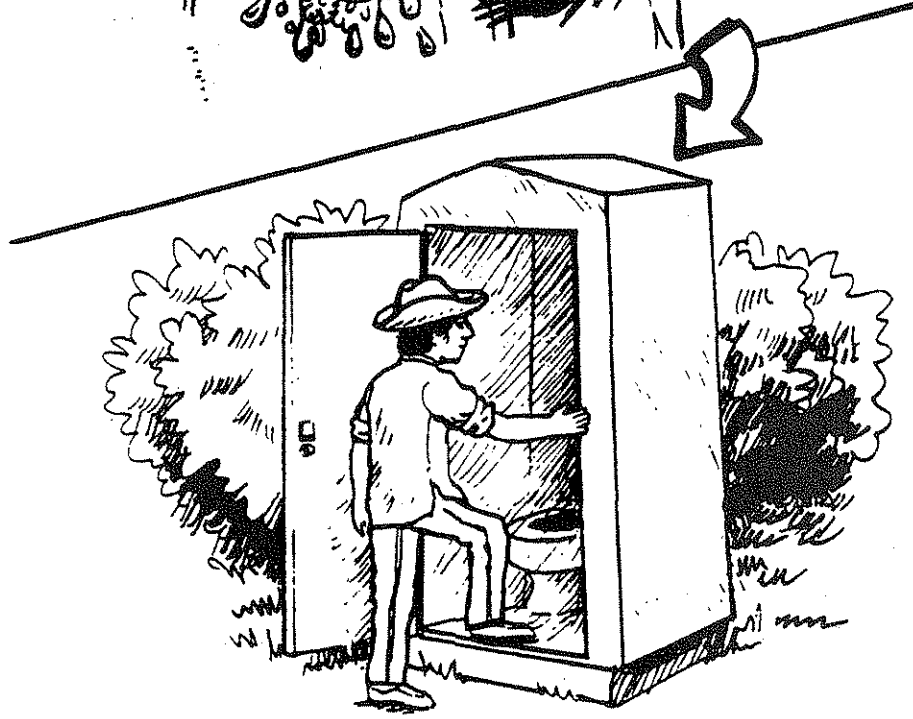
□ 在進飲食、抽煙、吃口香糖、或嚼煙草前，洗滌手和臉

農藥可能附在你的手和臉上，洗滌手和臉，可防止中毒。



■ Wash your hands before using the toilet at work.

□ 在使用工地洗手間前，要先洗手





- 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。

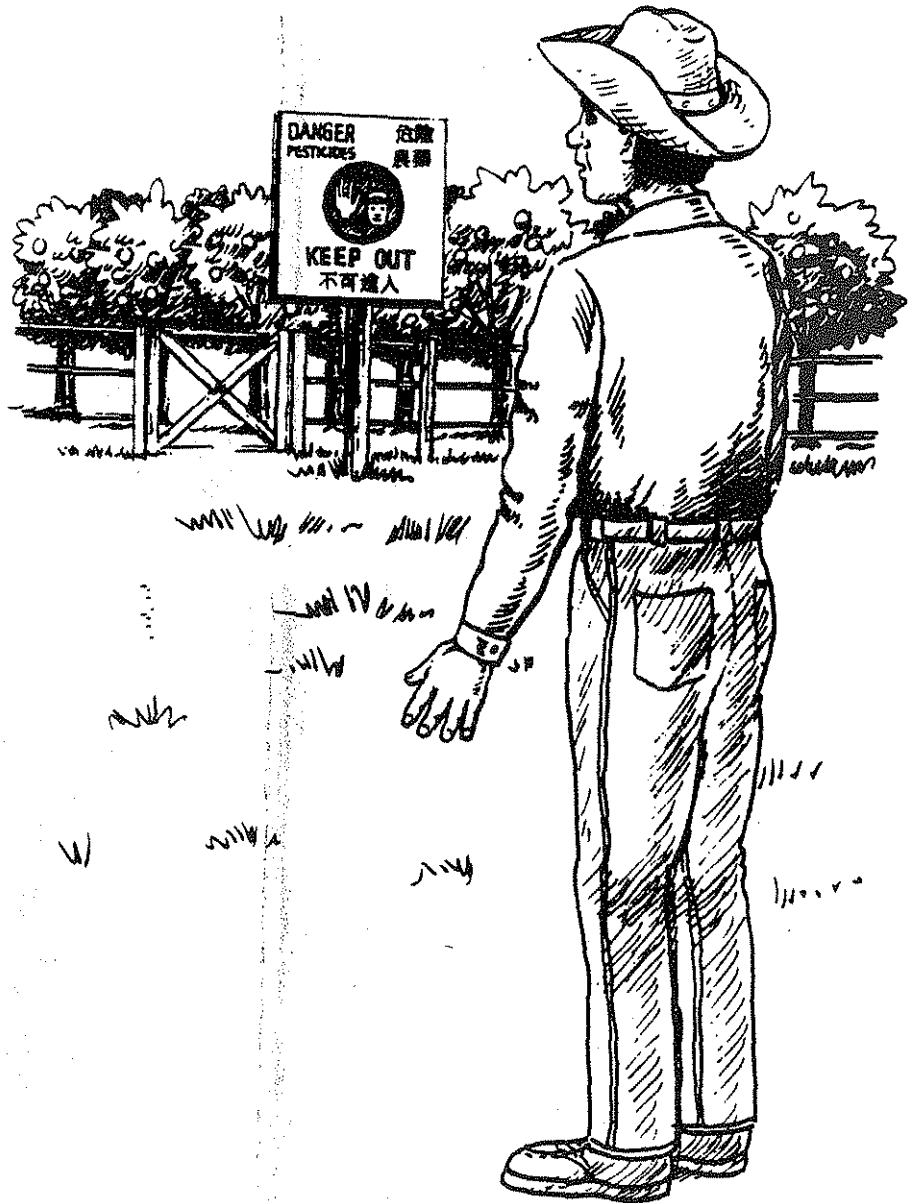
法律嚴禁任何人，在你工作的場所，噴灑農藥或容許農藥飄到你的身上。

■ 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.

- 要遠離任何標有“禁止入內”或類似標示的場所。

這個標示是說，此地曾經噴灑過農藥，你必須受過特殊訓練，和穿著保護器具，才能進入此區。





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

Even if no sign is posted.

□ 要遠離，你的主管曾經警告你，不可進入的地區。

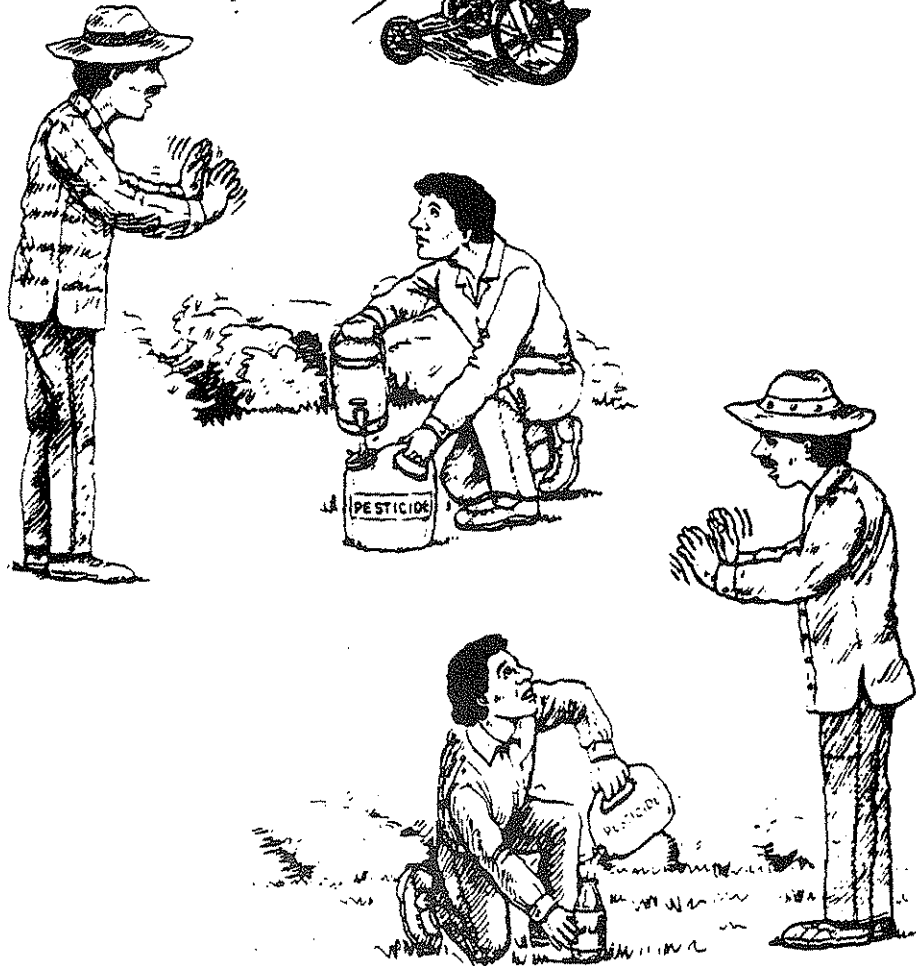
縱使這地區沒有“禁止入內”的標示，也不可進入。

Never take pesticides or pesticide containers home from work.

They are not safe for use around the home.

決不可把工地的農藥或農藥罐帶回家

把工地的農藥或農藥罐帶回家使用，是不安全的。



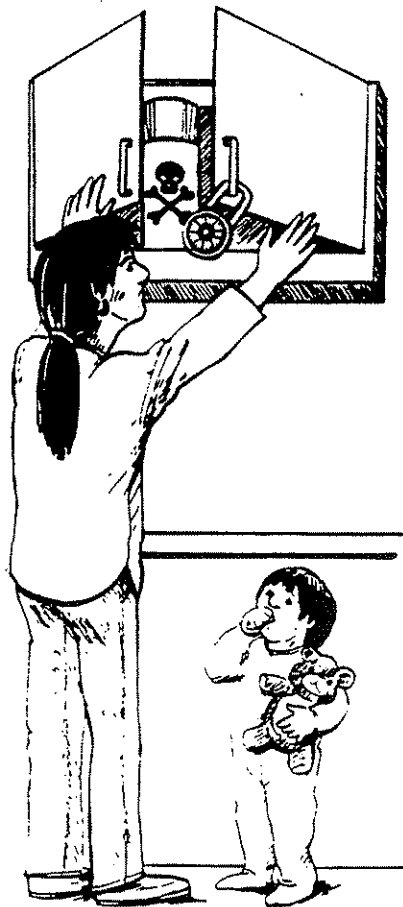


- Keep children away from areas where pesticides might be.

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。

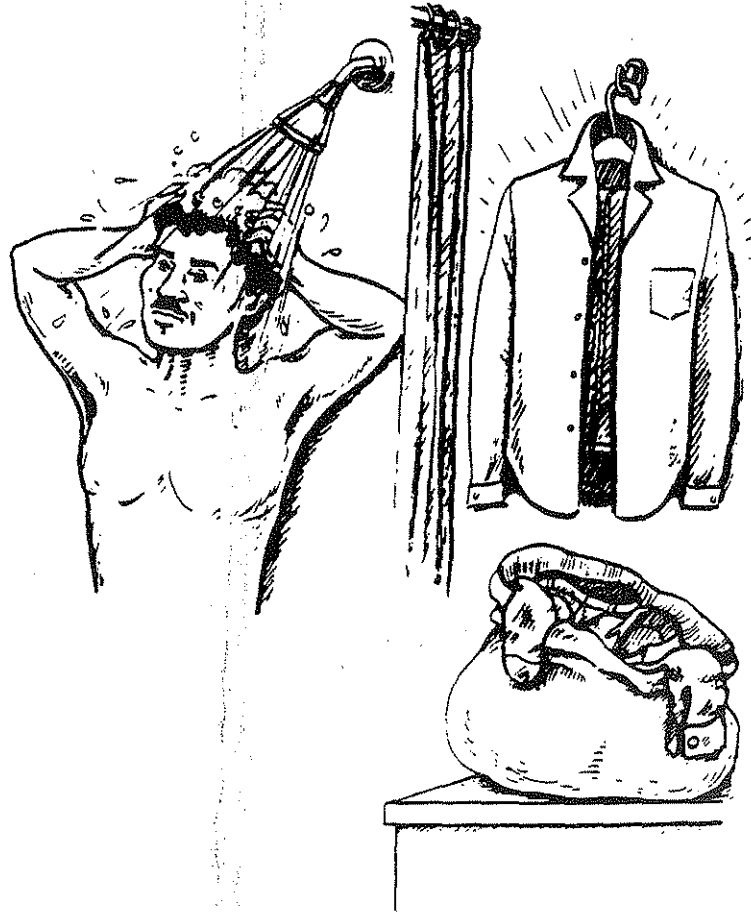
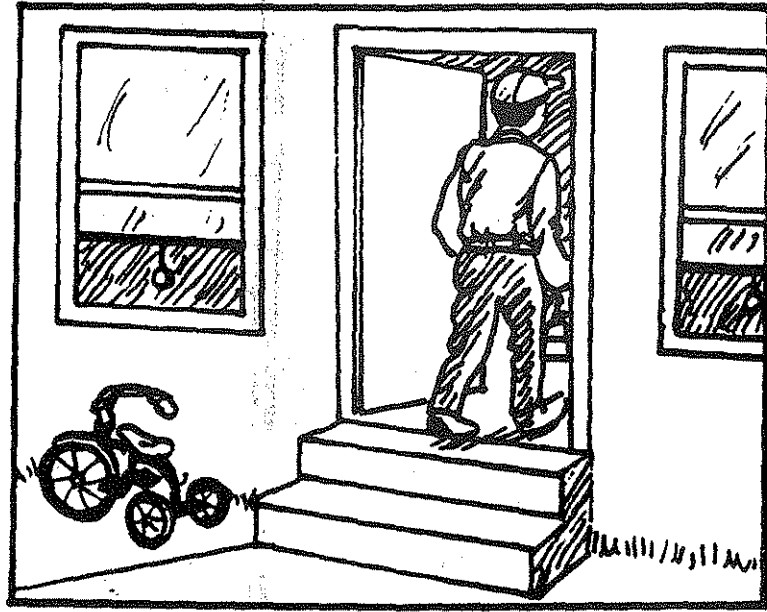


- After work each day, wash your whole body, including your hair.

Use plenty of soap and water. Then put on clean clothes.

- 下班後，沖洗全身，包括頭髮。

使用足量的肥皂和水，沖洗全身，然後換穿乾淨的衣服。





■ 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，你的工作服可能感染到農藥，工作服，包括棉花手套，必須洗滌乾淨後，才能再使用。

■ Pesticides are applied in different ways:

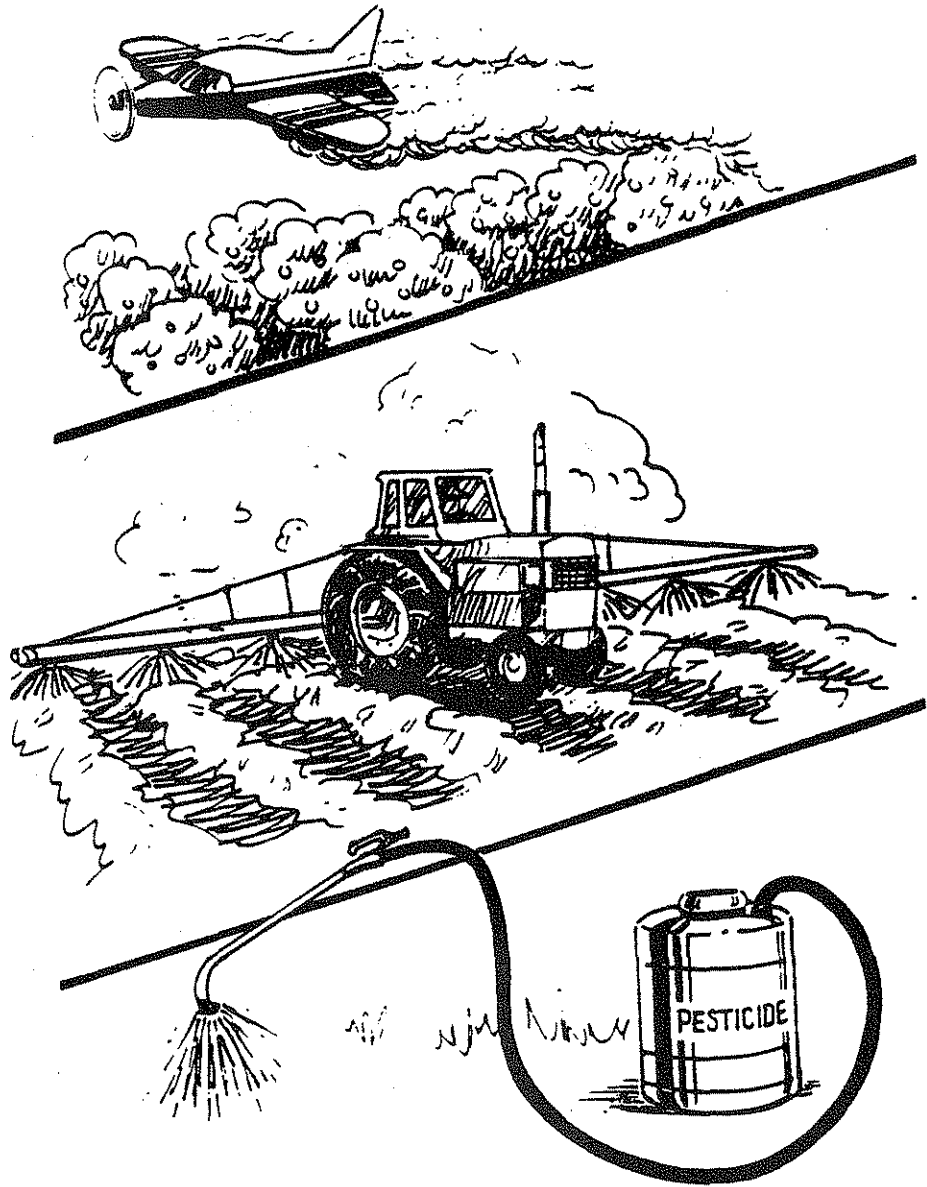
- Liquids or sprays.
- Powders or granules.
- Gases.

Pesticides may be in many places. Pesticides may be on plants and on the soil. Often you can't tell pesticides are there.

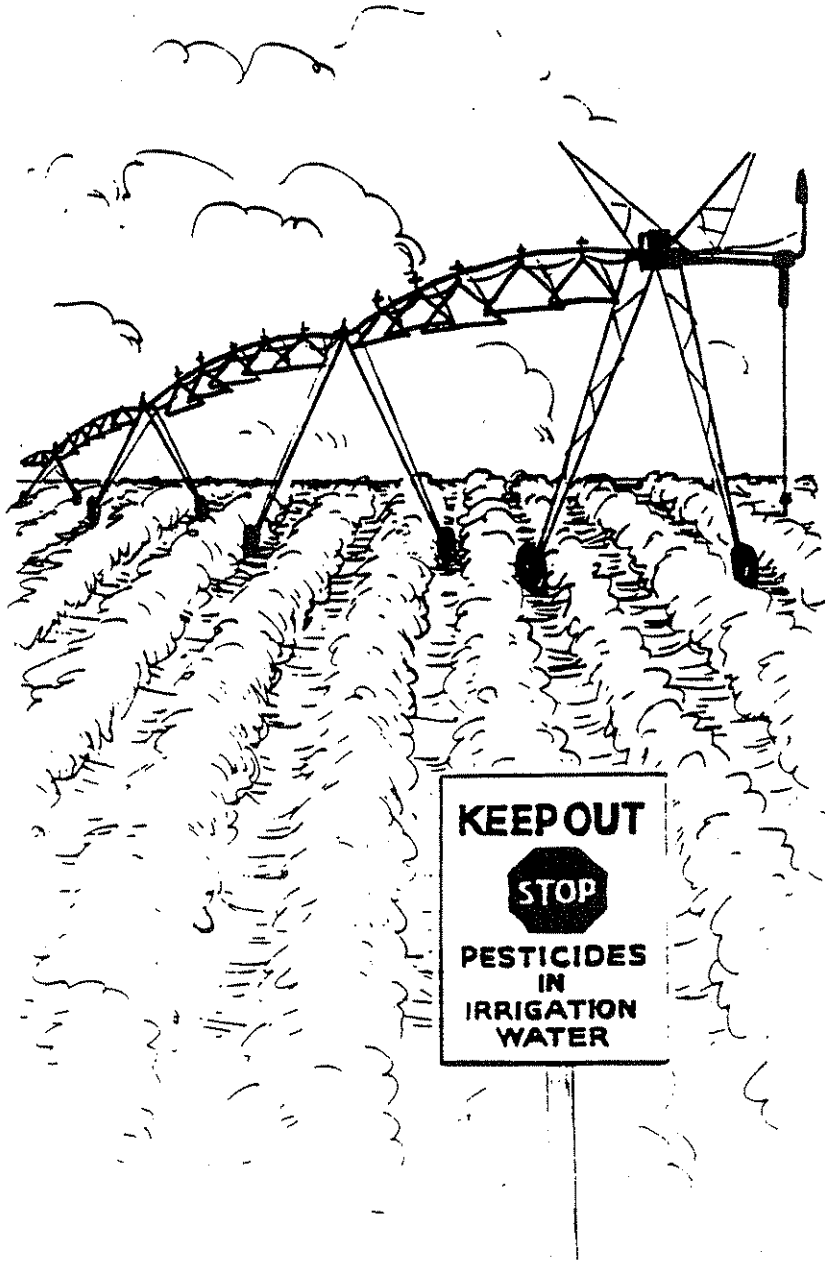
□ 農藥的施用，有不同的方式：

- 液體或噴霧
- 粉質或顆粒
- 氣體

農藥可能殘留在不同的地方
農藥可能殘留在農作物上或土壤裡，通常是看不出來的



Where are pesticides?
農藥會殘留在那些地方呢?



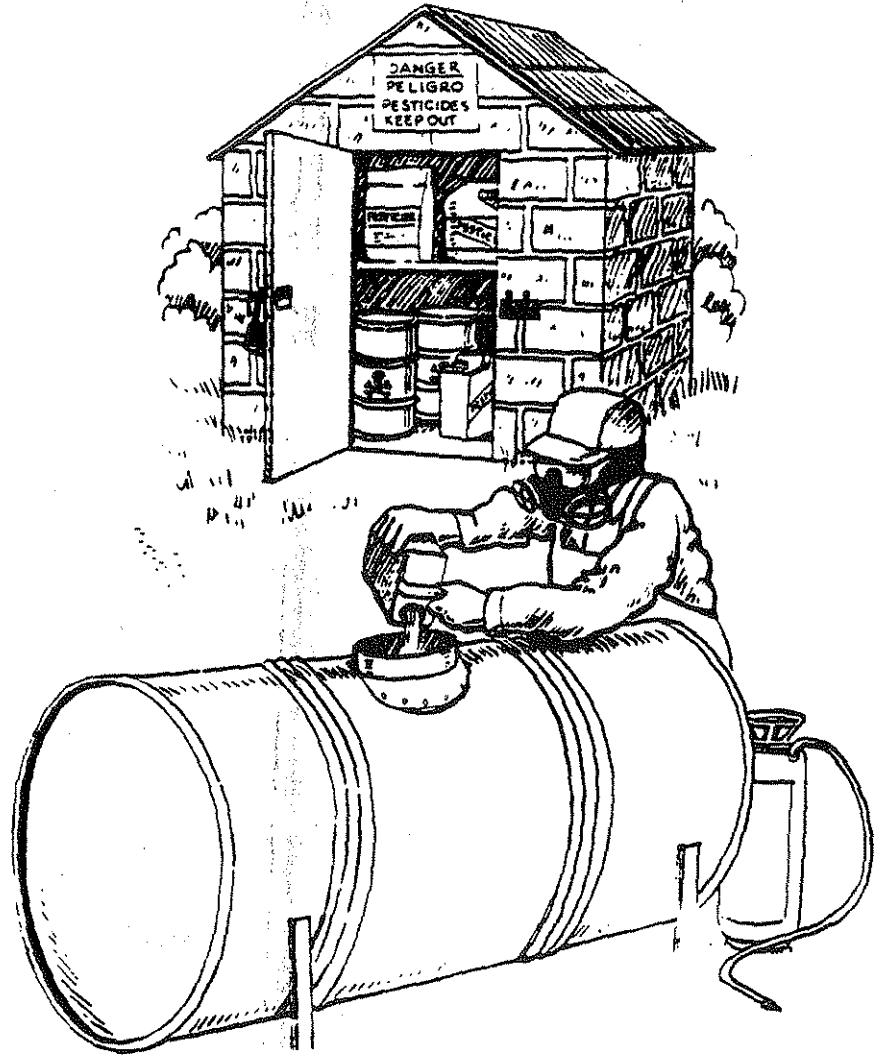
■ Pesticides may be in irrigation water and on irrigation equipment.

□ 農藥可能殘留在灌溉水或灌溉用具上

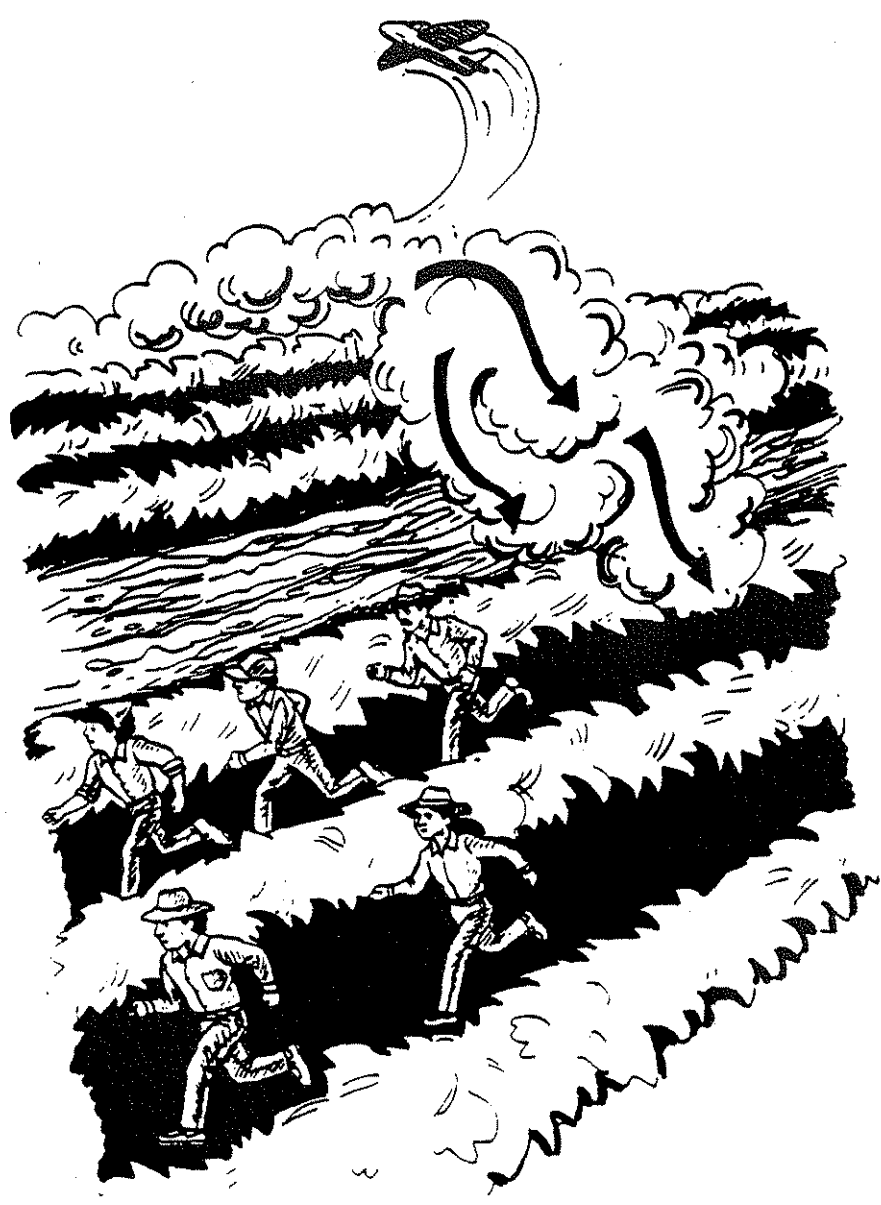
Where are pesticides?
農藥會殘留在那些地方呢?

■ Pesticides may be in storage areas and in places where pesticides are mixed and loaded.

☐ 農藥可能殘留在貯藏以及稀釋、混合和添罐的地方。



Where are pesticides?
農藥會殘留在那些地方呢?



■ Sometimes pesticides drift from where they are being applied.

□ 農藥可能會飄到噴灑的地方。

Move Away!

趕快離開

■ Pesticides can hurt you if:

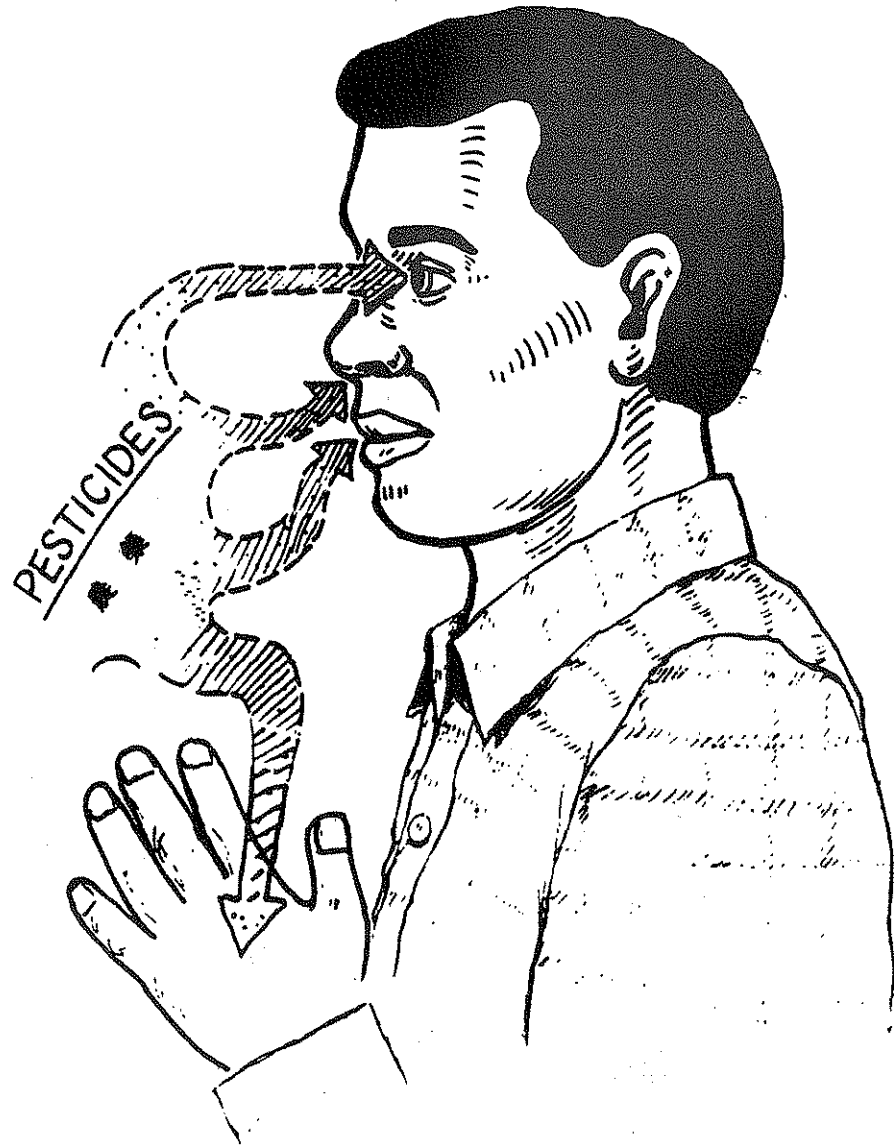
- They get on your skin.
- They get in your eyes.
- You breathe them.
- You swallow them.

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：

- 農藥接觸到你的皮膚。
- 農藥進入你的眼睛。
- 你吸入農藥。
- 你吞下農藥。

農藥的毒性怎麼傷害你呢？
農藥的毒性怎麼傷害你呢？
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.

□ 農藥毒性的發作是很快的。

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?
農藥的毒性怎麼傷害你呢?

■ Pesticides may cause skin rashes or hurt your nose, throat, or eyes.

□ 農藥會導致皮膚起水疹，傷害你的鼻子，喉嚨，或眼睛。

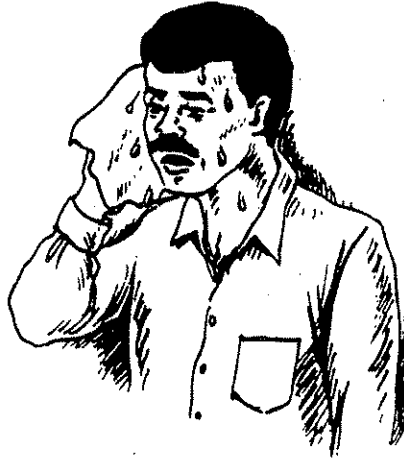


Throwing up/ 嘔吐

Tired/ 疲倦



Sweaty/ 出汗



Headache/ 頭痛

Dizziness/ 眩暈



Muscle
pains and
cramps/

皮膚紅腫
痛和抽筋

■ Pesticides can
make you feel
sick in different
ways.

□ 農藥中毒有不同的
症狀

■ Other signs of pesticide poisoning are:

- Drooling.
- Trouble breathing.
- Very small pupils of your eyes.

□ 其他農藥中毒的症狀有：

- 流涎
- 呼吸困難
- 瞳孔變小





■ 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.

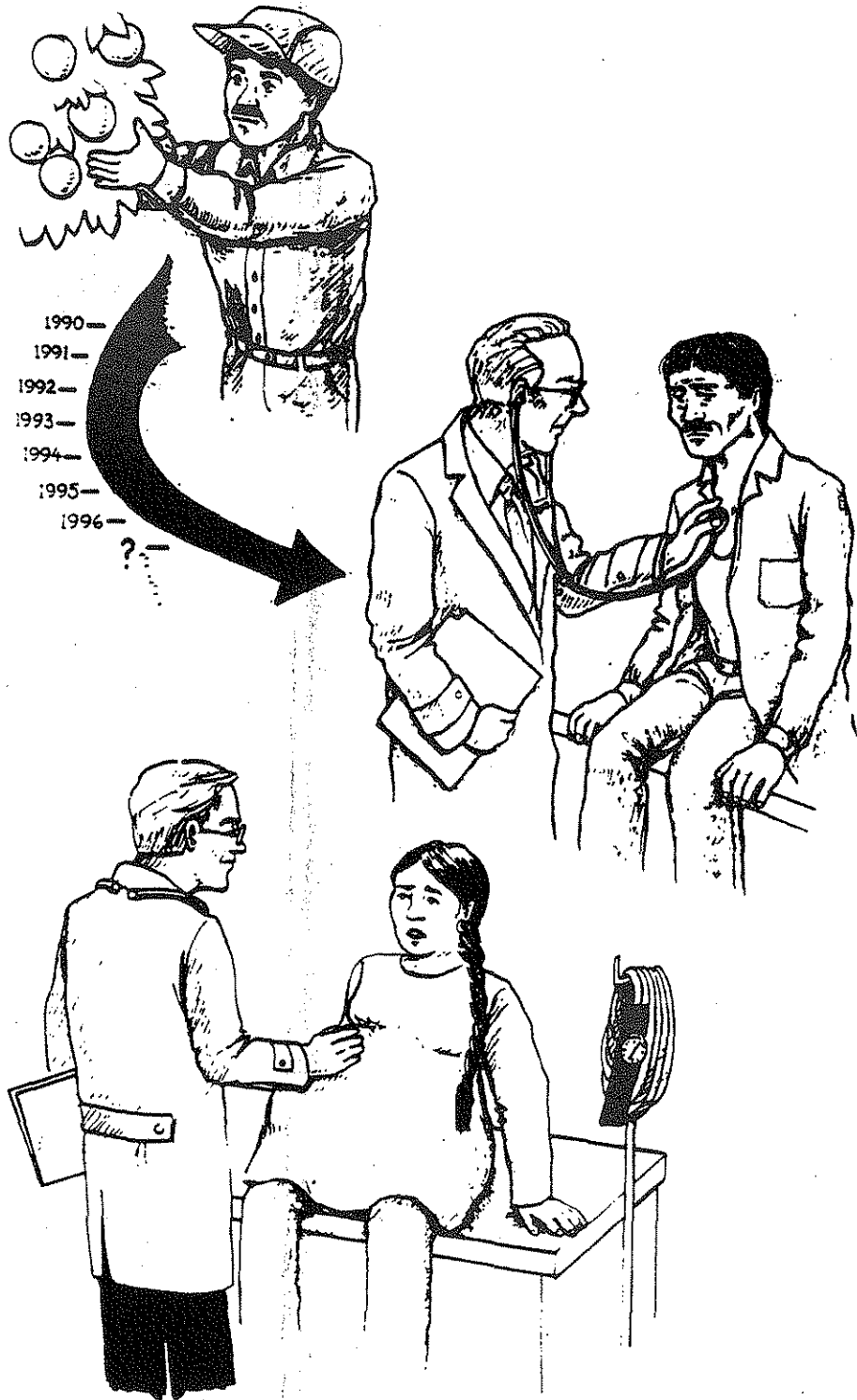
Delayed effects may be cancer, or harm to your kidneys, liver, or nervous system.

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，才會顯現出來。

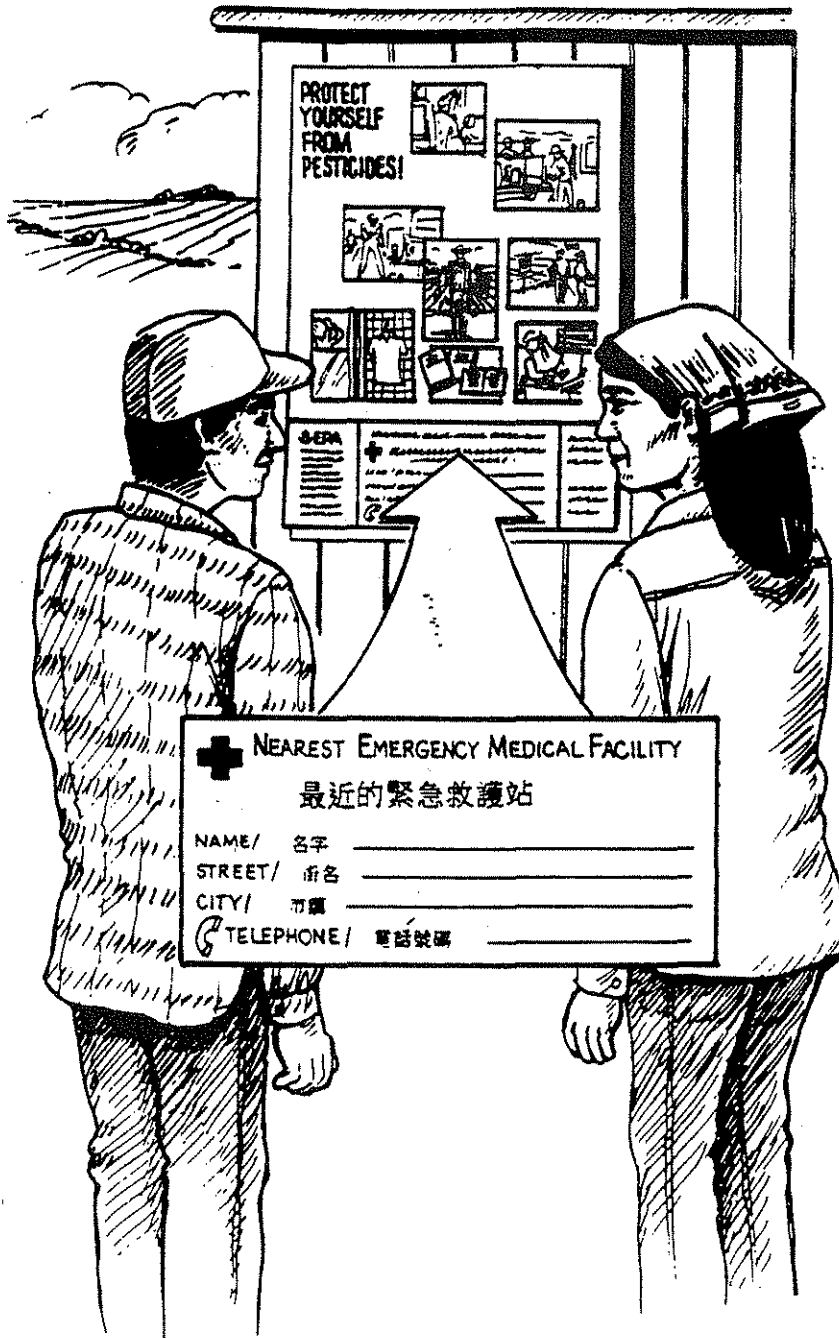
這種慢性的中毒，可能導致癌症，或傷害你的腎臟，肝，或神經系統。

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？

5



■ 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.

□ 農藥中毒的急救方法，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，在什麼地方。

- 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.

- 如果你自己或別人在工作時，感到身體不舒服，要馬上告訴你的主管

如果你在工作中，受到農藥中毒，你的主管必須馬上送你到救護站。





■ 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!

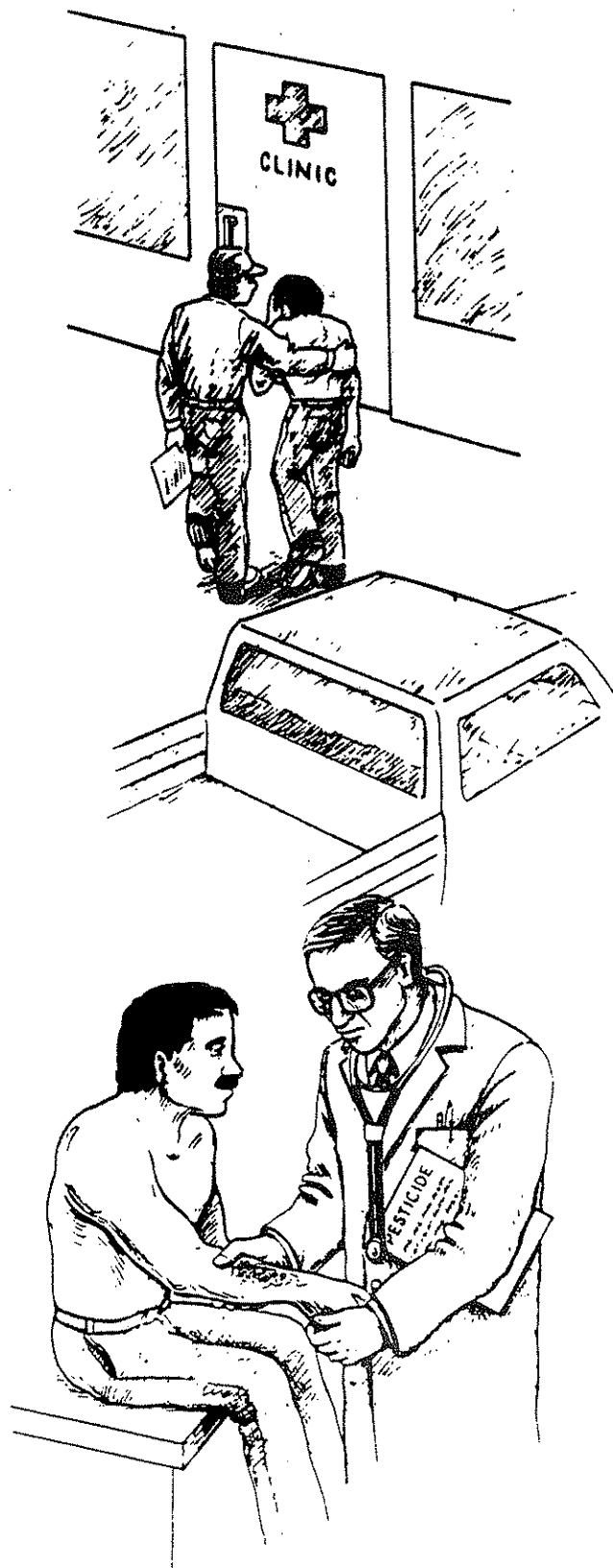
1. Take off clothing that has pesticide on it.
2. Rinse skin right away with water.
3. Wash with soap and water as soon as possible.

□ 如果你的身體接觸到農藥，照下列順序，馬上把它洗掉

1. 脫掉已感染了農藥的衣服。
2. 馬上用水沖洗皮膚。
3. 儘早用肥皂和水，清洗皮膚。



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.



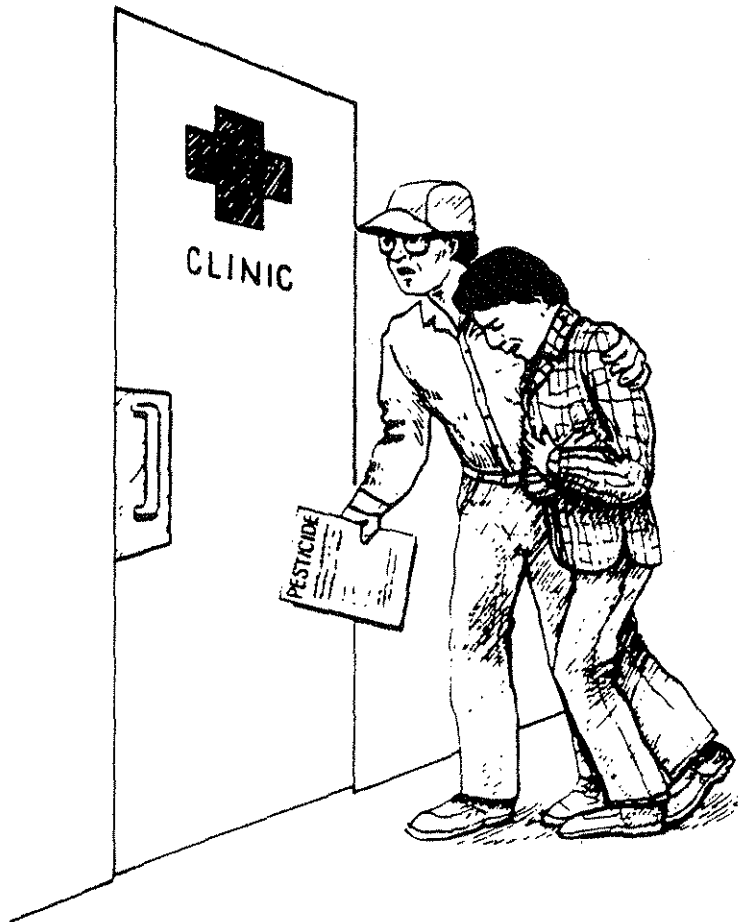
What if pesticides get on or in you?
如果你感染或吸入了農藥，該怎麼辦呢？

6



如果你或他人，吞食了農藥，要馬上送醫

1. 打電話給毒物管制中心或醫生，或直接去看醫生，把農藥的名稱以及商標上的急救方法，告訴他們。
2. 如果你自己無法打電話，或正等待救護，依照商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。

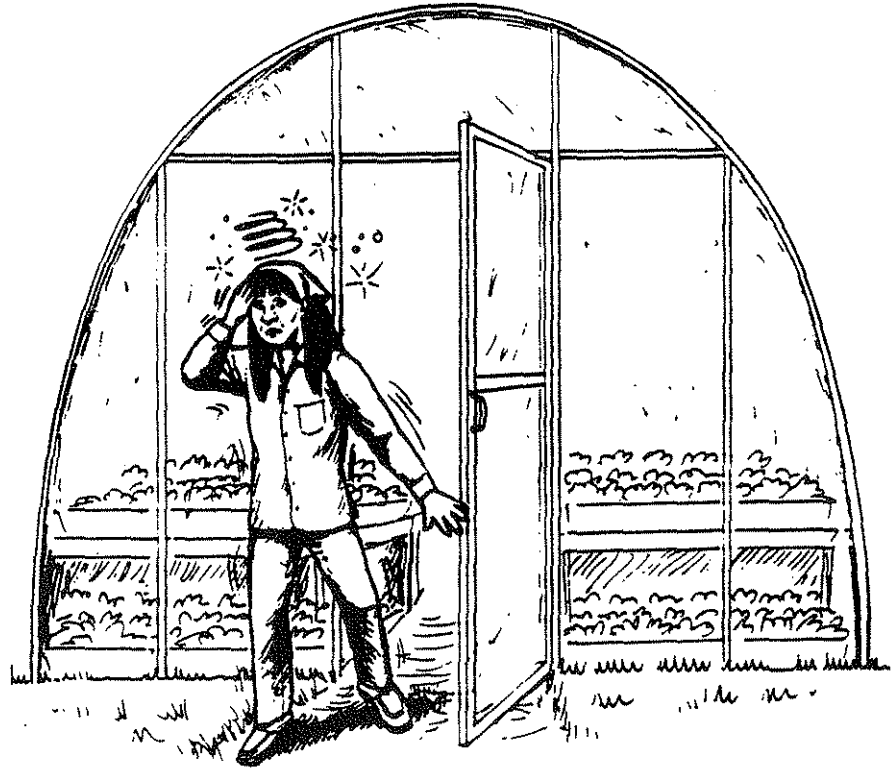


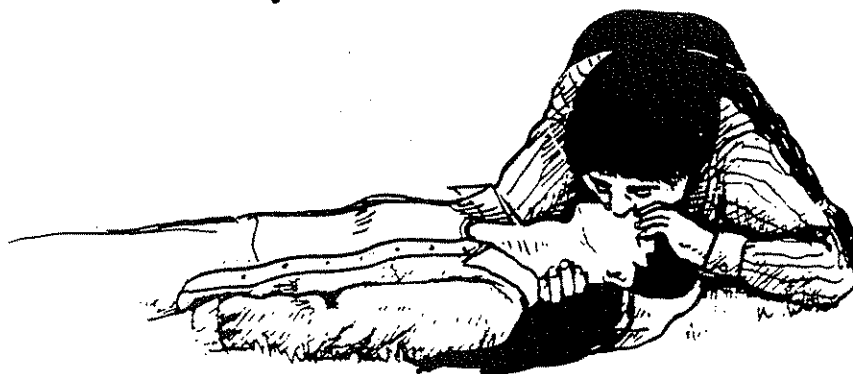
■ Leave closed areas right away if you start to feel sick or dizzy.

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.

□ 如果你開始感到不舒服或眩暈，馬上離開不通風的地方

在密閉不通風的場所工作，譬如溫室，如果你開始感到眩暈或呼吸困難，馬上到外面吸取新鮮空氣。





■ 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).

□ 如果有人身體不舒服，因為吸入了農藥.... 照以下的順序急救：

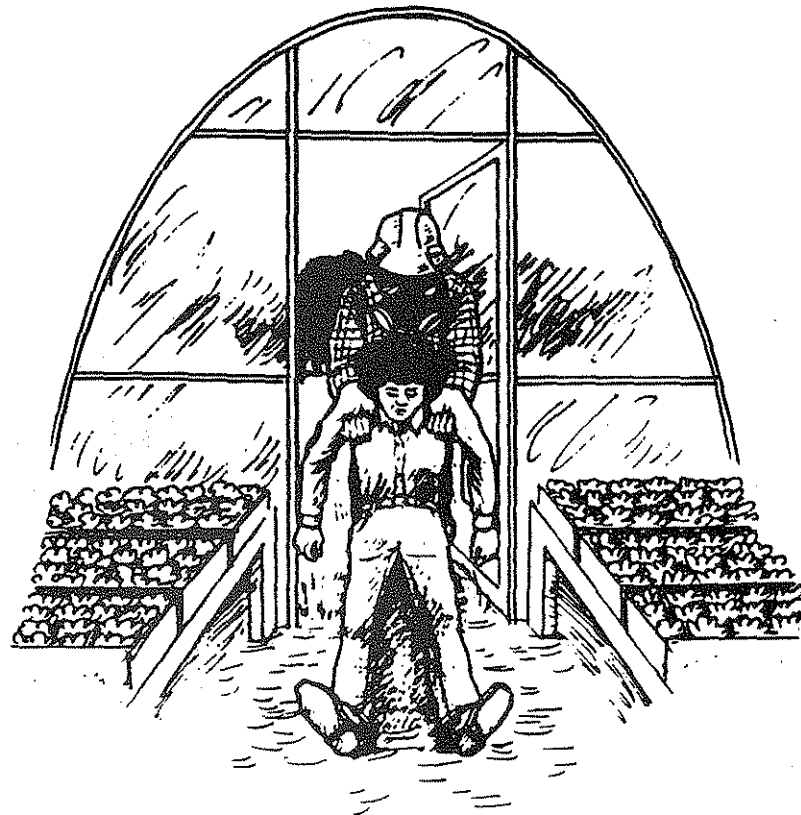
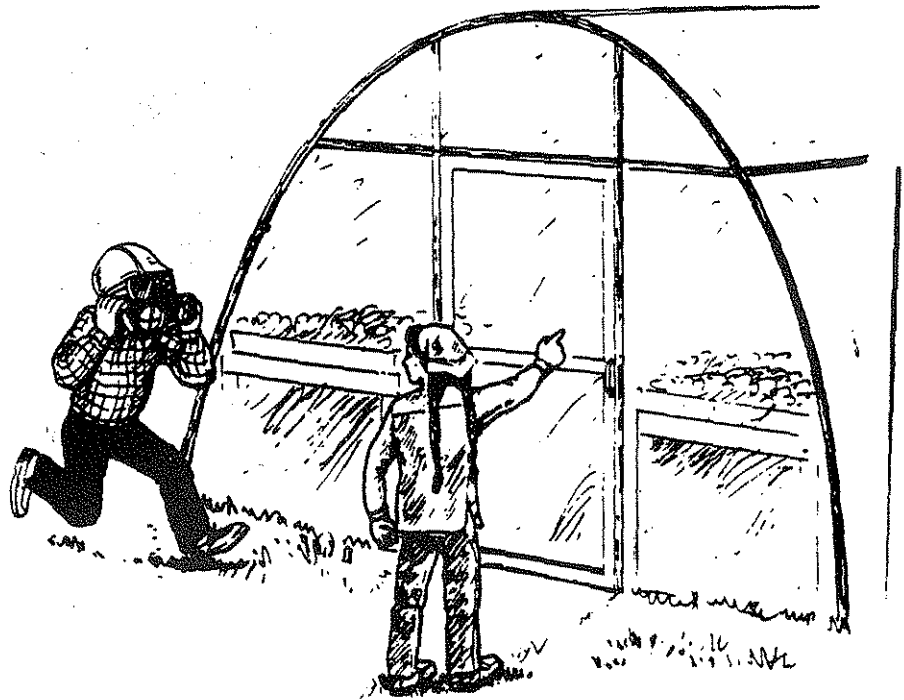
1. 馬上把他們移到有新鮮空氣的地方。
2. 鬆寬他們的衣服。
3. 如果他們停止呼吸，使用口對口，人工呼吸急救。

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

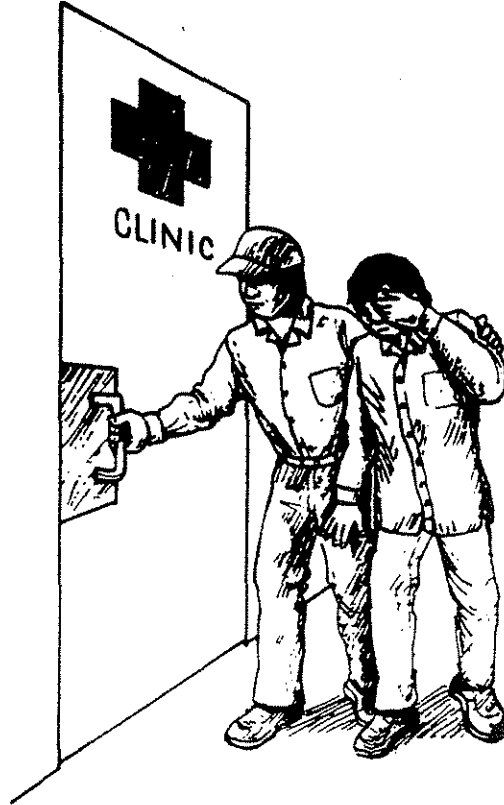
Never try to rescue someone who has passed out in a greenhouse or other enclosed area unless you have special training and breathing equipment. Find someone who can help.

- 如果有人，在密閉不通風的地方昏倒了，立刻找人來救護，自己不可進去

如果你沒有受過特別訓練，或戴有防毒面具，切不可試著去營救。在溫室或其他密閉地方昏倒的人，要立刻找人來幫忙。



What, if pesticides get on or in you?
如果你感染或吸入了農藥，該怎麼辦呢？



■ 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，用冷水沖洗十五分鐘

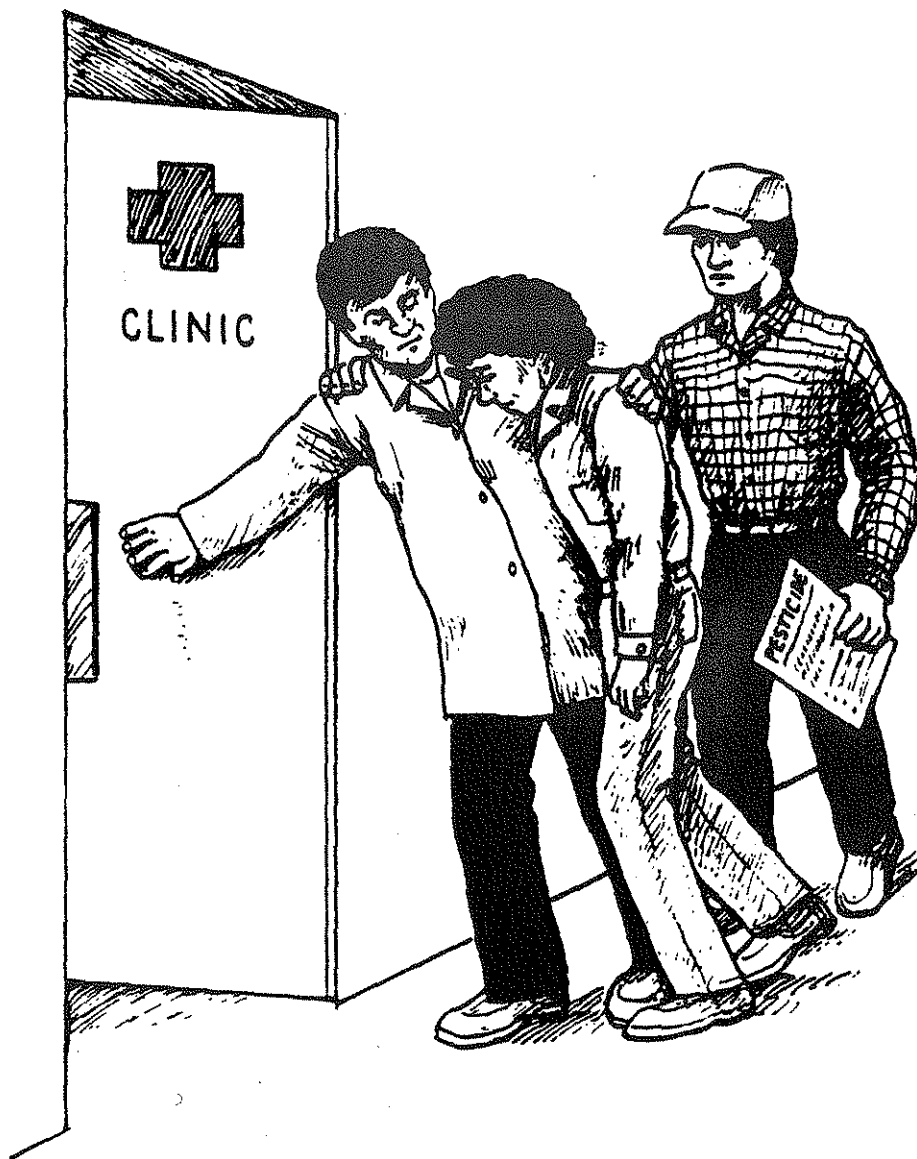
如果農藥進入你的眼睛，把眼皮撐開，用冷水沖洗，可能的話，連續沖洗十五分鐘，然後去看醫生。

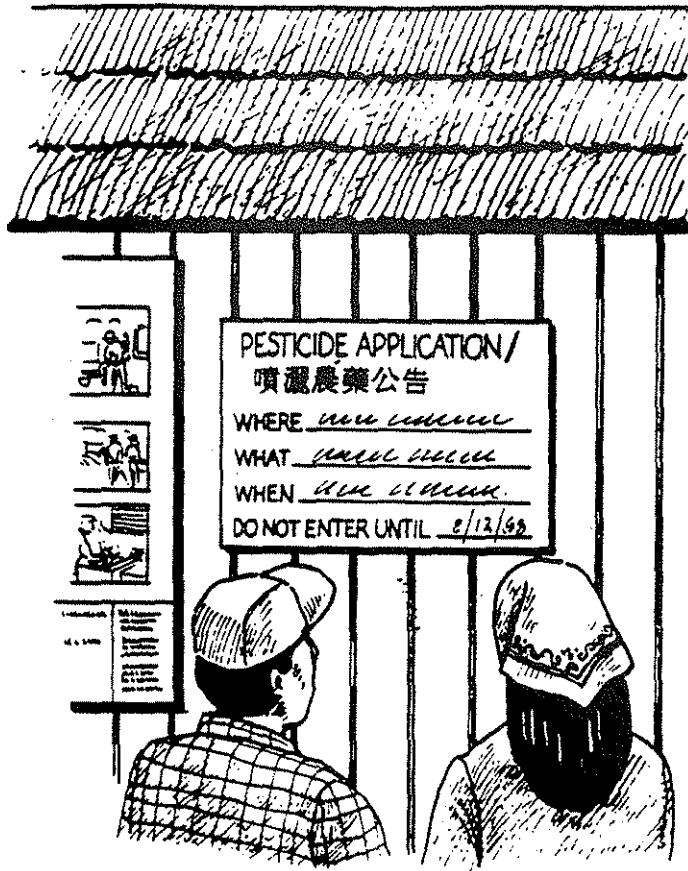
■ Get medical help!

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。



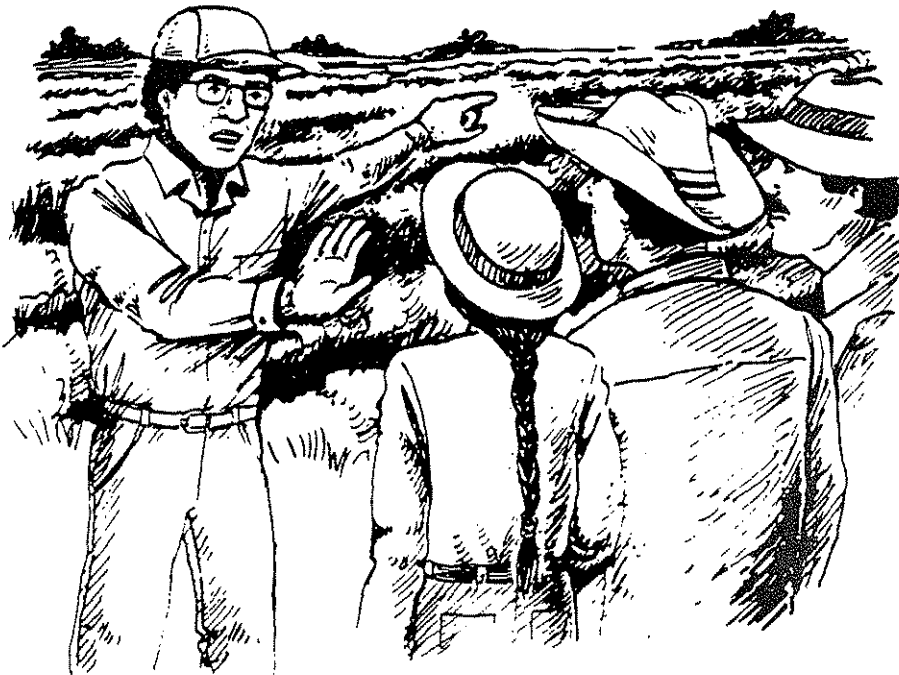


■ Your boss must tell you about pesticide use at work.

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.

□ 你的主管必須告訴你，在工地使用的農藥名稱

你的主管必須警告你，那些區正在噴灑農藥，那些區你不可進入。主管必須公告：農藥的名稱，噴灑的正確地點，噴灑的時間，禁止入內期限，以及什麼時候工人可以再回到工區。在農藥沒有施用前，這些資料必須標示在，所有工人能看到的處方。



■ 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，在某些地區工作。

你的主管不能要求你在下列地區工作：

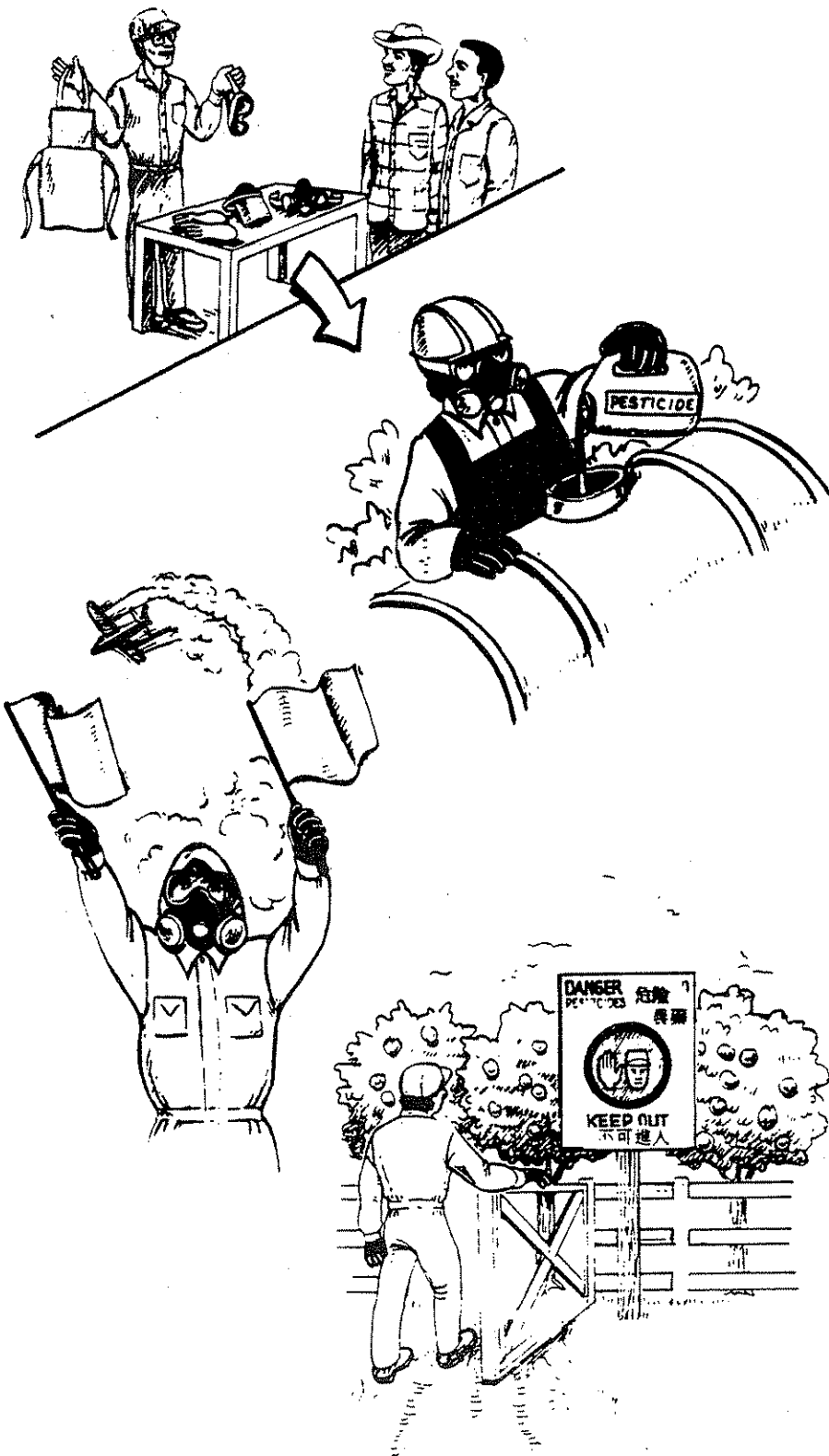
- 正在噴灑農藥的工地。
- 農藥可能飄到你身上。

農藥噴灑後，在禁止入內期間，你不能進入此區。

對不同的農藥，法律上規定有不同的安全期。



The law helps protect you!
 法律的規定，是要預防農藥中毒！



■ 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.

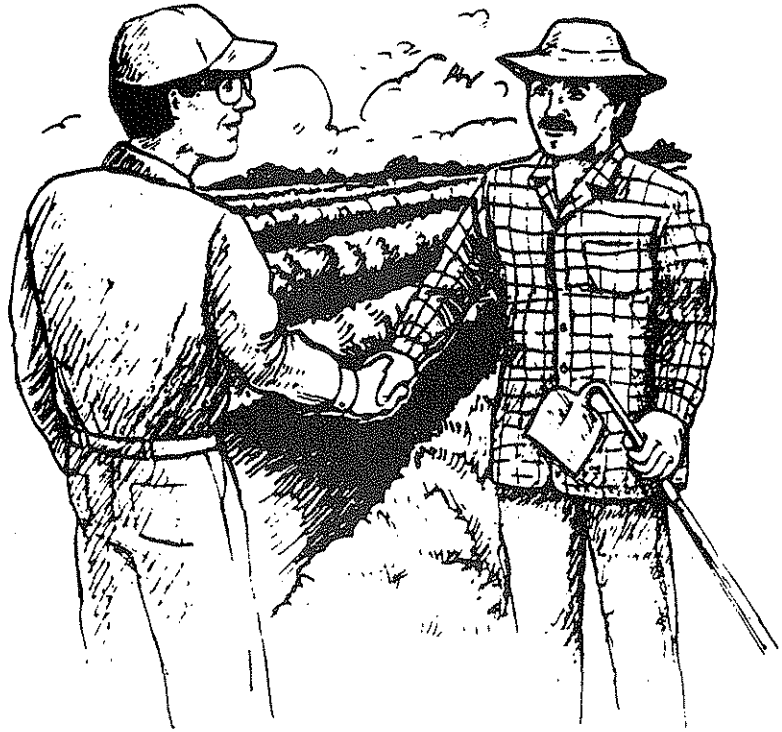
□ 某些工作，你必須受過特別訓練及有防毒器具，才能做。

沒有額外的訓練以及防毒器具，你的主管不能要求你，做下列的工作：

- 混合，添罐，噴灑，和處理農藥。
- 充當標旗者。
- 在“禁止入內”區工作。

■ Your boss must not punish you for trying to follow these rules.

□ 你的主管不能，因為你要遵守這些安全規則，而處罰你。



Help Protect Yourself!
保護自己，不受農藥的傷害!

8



■ 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

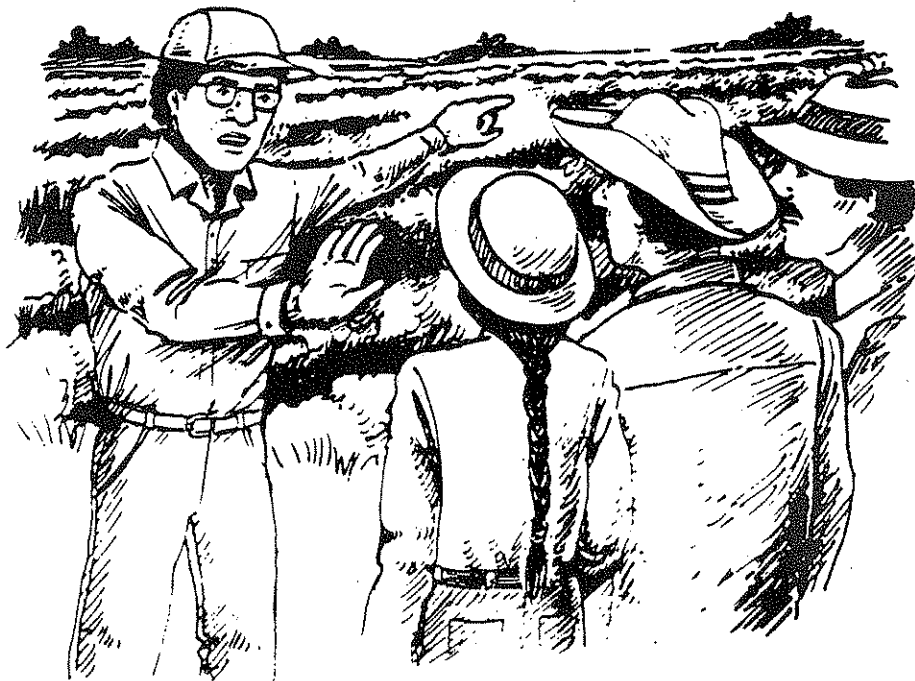
你的主管必須防止你，受到農藥的毒害，但是維護你自己的安全，也是你的責任。

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.



Help protect yourself!
保護自己，不受農藥的傷害!

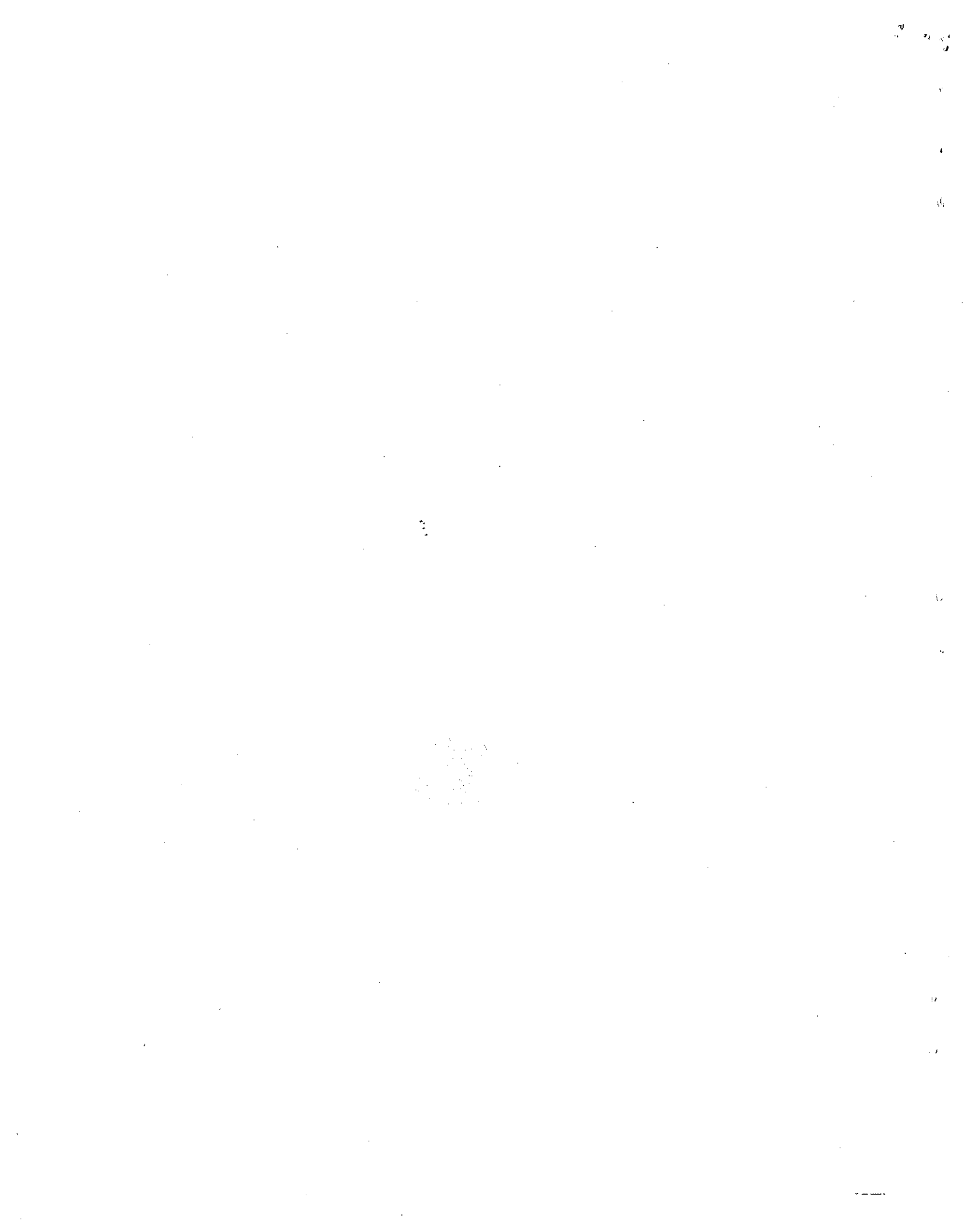


記住：

- 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。
- 如果農藥飄進你的工作區，趕快離開。
- 下班後，在進飲食，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。
- 把你送去接受醫療教護，如果你認為，你在工作時，已中了農藥的毒性。
- 提供特別訓練，如果你在果園工作，充當標旗者、混合、採摘、施用或處理農藥。



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.

有關工人保護法詳情，或有關農藥方面的疑問，可向當地農藥管制當局或環境保護署地方管區辦公室洽詢。

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 Woodgridge 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 (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

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 98191
(206) 553-1918



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