

PESTICIDE SAFETY



Information

CALIFORNIA ENVIRONMENTAL PROTECTION AGENCY

A No. 8

Txoj Cai Qhia Txog Kev Tiv Thav Txog Tej Tshuaj Tua Kab Nyob Rau Ntawm Kev Ua Liaj Ua Teb Rau Cov Uas Siv Tej Tshuaj Tua Kab

Daim qauv tshuaj tua kab qhia koj, thiab daim Ntawv Qhia Txog Kev Nyab Xeeb uas yog daim Pesiticide Safety Series (PSIS) leaflets qhia koj txog ntawm qhov kev muaj phomsij yuav loj npaum licas rau tej kev ua haujlwm. Thaum sawvdaws ua dejnum nrog tej tshuaj tua kab nyob rau tom tej liaj teb (tom vaj, hav zoov, tsev ua yub qoob) koj yuav tsum muaj hnub nyoog yam tsawg yuav tsum yog 18 xyoo. Koj lub chaw ua dejnum yuav tsum muaj kev cov qhia kom koj paub tiv thaiv koj thaum koj siv tej tshuaj tua kab Tshuaj tua kab (pesticides) nws yog tshuaj lom luag siv los tswj tej kab uas tsis zoo xwb: nws muaj ntau yam kab tsis zoo, tej tsiaj, tej nroj tsuag thiab tej kab mob. Cov Spray adjuvants los yeej yog tej tshuaj tua kab uas nyob rau hauv California txoj cai tswj tib yam nkaus.

KEV MUS KHO MOB NYOB EMERGENCY

Koj lub chaw ua dejnum yuav tsum muaj kev cob qhia rau koj kom koj paub txog tej kev yuav tiv thaiv koj tus kheej ua ntej koj mus pib ua dejnum siv tej tshuaj tua kab. Yog koj xav tias tshuaj tua kab ua rau koj raug mob lossis raug mob hnyav thaum koj tab tom ua haujlwm, qhia rau koj tus thawj tom haujlwm nrawm nroos. Lawv yuav tsum maj nroos koj mus ntsib kws kho mob tamsim ntawv. **TSIS TXHOB MUS IB LEEG**

Chaw kev mus kho mob emergency muaj li ntawm no:

NPE: _____

CHAW NYOB: _____

XOV TOOJ: _____

Yog xav tau chaw rau kev kho mob ntxiv, koj lub chaw ua dejnum yuav tau muaj ib daim ntawv los nrog thiab sau tias, "saib cov lus sau ntawm daim ntawv no" nyob rau qhov chaw saum no. Yog muaj tej yam uas tau hloov, koj lub chaw ua dejnum yuav tsum muab los qhia nyob li ntawm 24 xojmoo.

NGO CIA: Koj TSI TXHOB them cov nuj nqes kho mob yog tias koj raug mob lossis ntsib kev muaj mob los ntawm kev ua dejnum siv tej tshuaj tua kab.



CHAW UA DEJNUM: Daim ntawv no qhia txog tej yam yuav muaj kev phomsij rau tus neeg uas ua dejnum lossis kov tej tshuaj tua kab. Sau ntawv qhia rau cov kab ntawv uas seem ntawm daim ntawv tais nov thiab muab lo rau ntawm lub chaw so (thaj chaw cov tub ua dejnum los so). Daim ntawv qhia ntawm no yuav tsum muaj lo rau ntawm thaj chaw uas mus ntxuav tej tshuaj tawm, kom txhob muaj lo tej tshuaj uas dav fo kom txaus li 11 leeg cov tub ua dejnum rov sauv. Yog lawv noog, koj yuav tsum nyeem tej ntaub ntawv hais ua yam lus uas kom lawv nkag siab meej.



KUV PUS MUAJ TXOJ CAI THIAB?

Koj lub chaw ua dejnum yuav tsum qhia rau koj txog tej cai uas koj muaj rau koj. Yog koj xav tau kev pab kom koj nkag siab zoo txog tej cai uas koj muaj, hum mus noog lossis mus ntsib koj lub County Agricultural Commissioner's office, tej lub chaw pab cuam txog kev hais plaub thiab cov worker's rights koomhaum pab cuam, lossis Department of Pesticide Regulation (DPR).

1. Muaj Cai Paub Txog

Koj muaj cai paub txog cov tshuaj tua kab uas tau siv tsis ntev dhau los no rau ntawm koj qhov chaw dejnum:

- Tej qoob lossis tau siv tshuaj tua kab rau lawm thiab nyob rau thaj chaw twg kiag.
- Lub sijhawm thaum txuam tshuaj thaum pib thiab thaum xaous.
- Sijhawm tua tshuaj tag yuav tos ntev licas Restricted Entry Interval (REI).
- Lub npe ntawm cov tshuaj tua kab, U.S. EPA Tus naj npawb rau npe, thiab cov keeb ingredient(s).
- Cov Ntaub Ntawv Kev Nyab Xeeb Safety Data Sheet (SDS) Rau kev siv cov tshuaj tua kab. Daim ntawv SDS yuav qhia koj txog ntawm cov tshuaj tua kab thiab qhov kev phomsij ntawm cov tshuaj.

Thaum koj kawm training, koj tus thawj coj yuav tsum qhia saib cov ntaub ntawv yuav muab los pab koj nws nyob thaj chaw twg. Koj lub chaw ua dejnum yuav tsum muab rau koj saib tej ntaub ntawv qhia uas yuav los pab koj txhua lub sijhawm, tsis tas koj yuav noog lawv kom muab los

Koj muaj peevxwm mus nrhiav tau tej tshuaj tua kab uas tau siv dhau los lawm nyob nov:

(Chaw ua dejnum: Nov yog cov ntaub ntawv rau tus yuav siv)

CHAW NYOB: _____

2. Muaj Cai Siv Worker's Compensation

Yog tia koj muaj mob lossis raug mob LOS NTAWM KOJ TXOJ HAUJ LWM, koj muaj cai mus ua ntaub ntawv nrog rau worker's compensation. Hauv worker's compensation yuav tau them koj tej nqe kho mob, thiab qee zaus yuav tau them koj txog cov nyiaj uas tau poob lajkam.

3. Muaj cai mus muab tej ntaub ntawv thiab tshawb fawb saib cov records

Koj muaj cais mus muab tej ntaub ntawv uas qhia txog kev siv tshuaj tua kab, mus saib cov pesticide safety series leaflets, thiab cov SDS's rau tag nrho tej ntaub ntawv uas dhau li ntawm o blub xyoo tag los nyob ntawm koj lub chaw ua dejnum. Koj muaj cai mus muab tej ntaub ntawv uas koj tau muaj kev cob qhia ntaub ntawv teev tseg, kev cov qhia txog kev kho mob, thiab lwm yam uas hais txog tej tshuaj ua rau yus raug mob, lossis yuav raug mob los ntawm tej tshuaj yus ua dejnum nrog. Koj yuav tsum muaj kev cov qhia txog thaj chaw khaws tej ntaub ntawv qhia uas los pab ua ntej uas koj ua dejnum siv tej tshuaj tua kab, thiab muaj kev cob qhia rau koj ntawm txhua lub xyoo.

Cov ntaub ntawv khaws tseg cia nyob ntawm no:

CHAW NYOB: _____

Yog thaj chaw tau hloov, koj lub chaw ua dejnum yuav tsum qhia koj txog thaj chaw tshiab tamsim ntawv.

KEV THAV KOM MUAJ KEV NYABKEEB

8

YUAV UA LICAS KUV THIAJ YUAV PAUB TXOG HOM TSHUAJ TUA KAB TWG THIAJ YOG HOM UAS PHOMSIJ TSHAJ?

Cov tshuaj tua kab uas feem ntau muaj lo lus ceebtoom ("Danger," "Warning," "Caution") no nyob ntawm daim qauv tshuaj tua kab. Gov lus hais qhia no yuav qhia koj txog cov tshuaj yuav ua tau rau kom yus muaj mob sai heev los kuj muaj nyob ntawm cov tshuaj tua kab ntawd.

YOG KOJ XAV TIAS

tshuaj tua kab ua rau koj mob nyob ntawm chaw hauj lwm, qhia rau koj tu thawj coj tamsim ntawv. Koj lub chaw ua dejnum yuav tsum paub meej tias lawv yuav tau coj koj mus ntsib kws kho mob tamsim ntawv.

4. Muaj Cai Mus Muab Tej Ntaub Ntawv ULos Pab Qhia

Koj, koj tus kws kho mob, lossis tus sawv cev ntawm koj uas tau muaj kev tso cai sau ua ntaub ntawv cia muaj feem mus muab cov ntaub ntawv uas qhia txog koj tau raug tej tshuaj tua kab ntawv lossis lwm yam uas koj tau ua dejnum nrog tej tshuaj tua kab, koj lub chaw ua dejnum yuav tsum muaj ntaub ntawv khaws tseg cia.

5. Muaj Cai Qhia Tawm Txog Tej Yam UasTsis Muaj Kev Nyab Xeeb

Pesticide Safety uas yog kev nyab xeeb rau cov tub ua dejnum nrog tej tshuaj tua kab nws yogi b yam loj tseem ceeb nyob rau hauv County Agricultural Commissioner thiab hauv DPR. Koj yeej muaj cai hais qhia tau rau lawv txog tej yam kev siv tshuaj tua kab uas tsis muaj kev tiv thaiv kom muaj kev nyab xeeb thaum koj ua dejnum, thiab yog koj pom hais tias koj lub chaw ua dejnum hla txoj cai lawm es koj qhia yeej tsis txhaum, lawv tsis muaj cai yuav rho koj tawm dejnum lossis rau txim ntxiv rau koj. Txawm yog tus tub liaj tub teb, lossis koj lub chaw ua dejnum yuav tsum leejtwg los koj yeej qhia tau. Qhov koj qhia txog tej no yuav tsum muab hais tawm thiaj yog rau tamsim ntawv.

6. Muaj Cai Los Tiv Thaiv Tsis Pub Leejtwg Ntxub Ntxaug Rov Qab Tau

Koj muaj txoj cai uas los pab tiv thaiv koj lawv rho tsis tau koj tawm haujlwm, kev ntxub ntxaug koj, thiab txhua yam uas lawv yuav tig rov ua tsis zoo rov rau yus, vim yus muaj kev cai los tiv thaiv yus txog txhua yam.

UA GAS ES KUV THIAJ YUAV PAUB TXOG TEJ KEV PHOMSIJ NYOB TOM CHAW UA HAUJLWM?

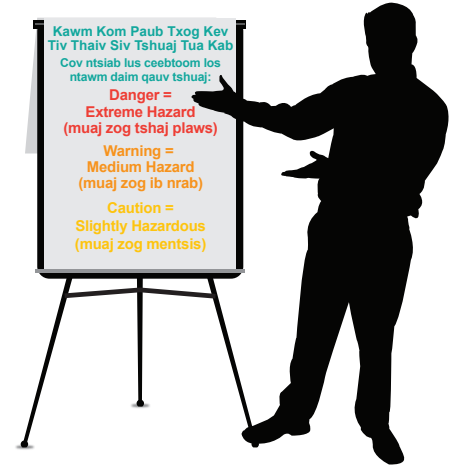
Tshuaj tua kab yog ib yam uas yuav muaj kev phomsij nyob tom koj qhov chaw ua haujlwm. Yog tias koj xav qhia tej uas yuav ua rau koj raug cov tshuaj uas yuav ua rau koj raug mob taus, hu rau koj lub County Agricultural Commissioner qhia rau lawv. Lossis DPR mus nrhiav kev pab information line, 1-87PestLine (1-877-378-5463). Yog koj ho muaj lwm yam kev ceebtoom uas yuav tsis muaj kev nyab xeeb xws li tej xwm txheej nyob rau (Kev mus siv chav dej, kev raug tshav ntuj kub, tej dej haus ob peb yam. Koj yuav tau teev ntaub ntawv nrog rau (California Department of Industrial Relations Cal/ OSHA los ntawm tu xov tooj: 1-844-522-6734.

KUV YUAV TAU MUS KAWM TXOG HOM TSHUAJ TUA KAB TWG?

Koj lub chaw ua haujlwm yuav tsum muab kev cob qhia rau koj kom koj paub meej **UA NTEJ** koj yuav pib ua haujlwm nrog tej tshuaj tua kab,txhua lub sijawm koj mus ua dejnum nrog tej tshuaj tua kab tshiab.

Koj yuav tsum muaj kev kawm txog tej tshuaj tua kab **Txhua Lub Xyoo** los pab koj ua haujlwm nrog tej tshuaj kom nws muaj kev nyab xeeb. Koj lub chaw ua haujlwm yuav tsum:

- Qhia rau koj tias tej tshuaj tua kab yuav ua rau koj raug mob, koj yuav tsum paub siv txhua yam tshuaj tua kab uas koj ua dejnum nrog, (nug koj lub chaw ua haujlwm txog daim ntawv qhia A-1 safety Leaflet los qhia kom paub txog).
- Qhia koj txog tshem tej tshuaj tua kab ntawm thaj chaw tso cov tshuaj mus rau lwm qhov chaw, lossis muab cov thoob ntim tshuaj coj mus pov tseg,



Pesticide Name (Lub Npe Tshuaj Tua Kab)	
EPA Registration Number (tus naj npawb teev tseg)	
Cov Active Ingredients	xx%
Cov Inert Ingredients	xx%
DANGER	
FIRST AID	
Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur.	
PRECAUTIONARY STATEMENTS	
Hazard to Humans	
Personal Protective Equipment	
Environmental Hazard	
Agricultural Use Requiements	
Em ipsum dolor sit amet, consectetur in voluptate velit esse cillum dolore eu fu.	
DIRECTIONS FOR USE	
Excepteur sint occaecat cupidatat non proident, sunt incul pa qui officia deserunt mollit anim id est laborum.	

(muaj tej txoj cai yeej qhia meej rau cov chaw ua haujlwm kom lawv qhia rau koj paub. (Noog lawv txog daim ntawv qhia A-2 safety leaflet los qhia kom paub txog).

- Muab kev cob qhia kom txaus rau koj yog tias koj siv cov tshuaj uas yuav tsum muaj chaw los kaw tsis pub dim pa, yog closed mixing system. (Noog koj lub chaw ua haujlwm txog daim ntawv qhia A-3 safety leaflet).
- Qhia koj txog siv cov First Aid thiab emergency decontamination kec los pab tiv thaiv thaum muaj xwm txheej. (Noog koj lub chaw ua haujlwm txog daim A-4 safety leaflet).
- Muab kev cob qhia kom txaus rau koj, yog tias koj yuav tsum siv cov raspriator lub looj qhov ntswg ua pa (Noog koj lub chaw ua haujlwm txog daim ntawv qhia A-5 safety leaflet).
- Muab kev cob qhia koj hais txog ntxhua cov ris tsho koj hnav ua haujlwm tsis txhob muab xyaw lwm yam khaub ncaws hnav (noog koj lub chaw ua haujlwm txog daim A-7 safety leaflet).

Hais txog lwm yam kev cov qhia cov safety leaflets hais los no nws yog muab dawb xwb thiab nws yeej muaj nyob hauv koj lub chaw ua haujlwm, thiab nyob hauv koj lub County Agricultural Commissioner, lossis hauv DPR tus website <https://www.cdpr.ca.gov/docs/whs/psishmong.htm>.

Txhua yam ntaub ntawv hais txog koj txoj kev kawm yuav tsum muab sau kaws cia. Koj yeej muaj ntawv teev tseg hais tias yam kev koj tau kawm lawm hais txog yam twg thiab cov tshuaj tua kab uas koj twb tau kawm tiav lawm. Nco ntsoov sau npe tseg hais tias koj twb muaj kev kawm dhau lawm thiab koj yeej nkag siab zoo txog cov kev kawm koj hnov ntawm no.

NWS PUS MUAJ TEJ YAM CAI RAU COV TSHUAJ TUA KAB UAS YOG COV DANGEROUS?

Yeej muaj, nws muaj ob hom tshuaj tua kab uas muaj zog heev uas hauv California yeej muaj kev los tswj nws, rau qhov nws yuav ua kev phomsij loj rau yus: cov organosphosphate thiab cov carbamate yog muaj zog heev tshaj, thiab tseem tshuav cov tshuaj tua kab uas tau raug tsawg zog thiab.



1. Gov Tshuaj Uas Muaj Organosphosphate thiab Carbamate

Cholinesterase yog ib cov khoom uas nws nyob rau hauv yus lub nrog cev pab yus tej roj ntsha ua huajlwm zoo, yog thaum yus rau cov organosphosphate thiab cov carbamate lawm nws yuavua rau yus cov cholinesterase ntawm no tsis ua haujlwm tuaj ces yus yuav muaj mob. Yog hais tias koj ua dejnum los tov tej tshuaj, ntim tej tshuaj, lossis siv cov tshuaj tua kab uas muaj organosphosphate los yog cov carbamates nws muaj lub npe lo lus ceebtoom tias “Danger” lossis “Warning,” xws li no, koj lub chaw ua haujlwm yuav tsum teev ntaub ntawv tseg saib koj ua dejnum nrog cov tshuaj ntawm no pestsawg zaus lawm. Yog tas koj raug ua dejnum nrog cov tshuaj tua kab no ntau tshaj li ntawm Rau Hnuv nyob ntaw 30 hnuv lossis ib lub hlis ntawv, hauv California txoj cai yeej hais meej lawm hais tias koj yuav tsum muaj kev kho mob kom tshwjxeeb tshaj los rau koj. Noog koj lub chaw ua haujlwm txog daim A-10 safety leaflet kom kev los pab qhia ntau txog tej tshuaj tua kab.

Yog koj xav tau kev kho mob tshwjxeeb kom tshaj los pab, koj lub chaw ua haujlwm lawv yeej khaws tej ntaub ntawv yuav qhia koj mus cuag tej kws kho mob saib xyuas txog kev kho mob. Nws yuav muaj cov kws kho mob uas yeej paub tshaj rau koj hais txog cov tshuaj organosphosphate thiab cov carbamate yog:

TUS KWS KHO MOB LUB NPE: _____

CHAW NYOB: _____

COV TOOJ: _____

2. Gov Tshuaj Tua Kab Uas Tau Raug Tsawg (Minimal Exposure Pesticides)

Nov yog cov tshuaj tua kab ua chawv tsawg nyob kev ua liaj teb:

- Bromoxynil (Buctril, Maestro)
- Oxydemeton-methyl (Metasystox-R (MSR), Inject-A-Cide)
- Propargite (Omite, Comite)

Saib Ntawm Daim ntawv nyab xeeb A-6 txawm rau saib kev paub ntxiv txog txoj cai kev nyab xeeb yog tia koj yuav tau ua hauj lwm nrog cov tshuaj tua kab nov.

TXHUA YAM NTAUV QHIA HAUV KOJ QHOV CHAW UA HAUJLWM YUAV TSUM KHAWS TSEG

Tej Ntaub Ntawv QHIA	Thaj chaw
Kev cob qhia training	Thaj chaw ua dejnum
Teev ntawv tseg txog kev cob qhia	Lub plawv nroog ua hauj lwm
Paub txog cov Pesticide Safety information Series (PSIS) A-8	Muab lo tso rau ntawm thaj chaw ua haujlwm thiab thaj chaw sawvdaws los hle tej ris tsho ua dejnum uas yog muaj li 11 leeg tib neeg ua dejnum nroog tej tshuaj rov sauv
Kev siv cov looj qhov ntswg ua pa thiab kev sab laj nroog cov tub ua dejnum	Chaw ua dejnum lub hauv paus loj
Thaum siv lub looj qhov ntswg qhia saib yus pus muaj kev tabkawum	Chaw ua dejnum lub hauv paus loj
Sim saib lub looj qhov ntswg ua pa pus dhos yus zoo, ntaub ntawv teev tseg	Chaw ua dejnum lub hauv paus loj
Kev tso cai rau kev siv lub looj qhov ntswg (yog tias koj lub chaw ua dejnum kam siv)	Muab tso nroog daim PSIS A-8
Thaum muaj teebmeem tshwm sim yuav npaj kev los pab (fumigants)	Thaj chaw ua haujlwm
Daim qauv tshuaj tua kab label	Thaj chaw ua haujlwm
Cov ntaub ntawv qhia Pesticide Safety Information Series Leaflets (A1-A10)	Hauv plawv thaj chaw ua haujlwm
Kev qhia txog Emergency medical care postig	Thaj chaw ua haujlwm lossis tsheb ua haujlwm
Cov ntaub ntawv cob qhia specific information	Nyob hauv plawv thaj chaw ua dejnum
Daim ntawv Safety Data Sheets	Nyob hauv plawv thaj chaw ua haujlwm
Ntawv qhia txog kev twb siv tej tshuaj tas lawm	Nyob hauv plawv thaj chaw ua haujlwm



Yog koj tsi tau txais tej ntaub ntawv kom tiav raws li koj yuav tsum tau kawm kom paub lossis xav hu mus ceebtoom qhia rau lawv paub, koj yuav tau hu rau hauv koj lub County Agricultural Commissioner, lossis hauv DPR mus nrhiav kev pab ntxiv. Koj yeej mus nrhiav tau Coommissioner's lawv tus xovtooj nyob rau hauv local white pages phone directory raws li ntawm no 1-87PestLine, lossis ntawm: www.cdpr.ca.gov/exec/county/countymap/

DPR cov chaw dhia dejnum yog:

- Sab Qaum Teb (Rancho Cordova) 916/603-7700
- Sab Nruab Nrab Teb (Clovis) 559/297-3511
- Sab Qab Teb (Santa Ana) 714/279-7690

PROPOSITION 65

Thaum xyoo 1986, muaj tsab cai uas yog The Safe Drinking and Toxic Enforcement Act of 1986 (Proposition 65) tau muaj los siv. Tsab cai no qhia kom lub xeev California yuav tsum qhia txog cov tshuaj siv uas yuav ua tau muaj mob cancer, birth defects, lossis lwm yam uas yuav ua rau tibneeg xeeb tsis tau menyuum rau lawv tej nroog cev. Tsab cai Proposition 65 tau sau tseg txog txhua yam tshuaj uas xws li cov dyes, cov solvents, cov tshuaj tua kab, tej tshuaj noj tiv thaiv yus lub cev, thiab tshuaj tso rau tej khoom noj. Yog tias yam tshuaj ntawv muaj nyob rau ntawm tsab cai proposition 65, ces koj qhov chaw ua haujlwm yuav tsum qhia rau koj tsam koj ho raug tej tshuaj ua rau koj tsis nyob zoo. Koj lub chaw ua haujlwm yuav tau qhia koj txog tej tshuaj uas muaj nyob rau hauv tsab cai proposition 65 yog thaum muaj cov tshuaj no siv lawm, txawm tias cov tshuaj tsis txov txog kev noj qab haus huv los xij. Raws li tau hais los saum no, Koj lub chaw ua haujlwm yuav tsum khaws tej ntaub ntawv txog tej kev siv tshuaj tua kab cia rau ntawv qhov chaw nyob nplooj ntawv 2 sab nrauv thiab tso cai rau koj mus muab los saib. Yog koj tsis paub meej txog qhov chaw tau hais los no, mus noog koj lub chaw ua haujlwm.

Koj muaj peev xwm nrhiav txog cov tshuaj tua kab uas muaj nyob rau ntawm nqe lus ntawm tsab cais proposition 65 uas tau siv nyob rau hauv California ntawm <http://www.cdpr.ca.gov/docs/dept/factshts/prop65.htm>

Hu Mus Ceebtoom Txog Cov Tshuaj Tua Kab?

1-87PestLine

TUS XOVTOOJ HU RAU

1-877-378-5463

Tag nrho cov ntawv uas yog cov safety leaflets muaj nyob rau ntawm: www.cdpr.ca.gov/docs/whs/psishmong.htm

Kev Tiv Thaix Kom Muaj Kev Nyabxees (Safety Tips)

YUAV TIV THAIV KOJ TEJ TAWV NQAIJ LICAS



- Hnav ris tsho npab ntev, thiab ris ntev, rau khau lossis khau raj, looj thom khwm, ntoo mom lossis daim ntaub npog thaix, thiab hnab looj tes.
- Nco ntsoov tu kom huv si thiab txhob to ntuag.



- Nco ntsoov ntxuav tes ua ntej noj zaub mov, haus dej, haus luam yeeb,, zom xaws nkoo, siv xv tooj lossis muss iv chav dej.
- Tsi txhob muab cov ntoo
- nyob hauv thaj teb los rauv taws ua noj.



- Tej tshuaj tua kab yuav lo kojcov ris tsho ua dejnum, ces yuav nkag tau rau koj tej tawv nqaij.
- Ntxhua koj cov khaub ncaws ua haujlwm ua ntej koj yuav rov hnab nws dua.
- Ntxhua cov khaub ncaws ua haujlwm tawm ntawm lwm yam khaub ncaws hnab.



- Yuav tsum da dej yam sai lis sai tau thaum koj los txog tsev ua ntej koj yuav mus chwv tej menyuum lossis.
- Siv xab npum thiab dej huvsu thiab siv tshuaj zawv plob haus rau koj cov plob haus.
- Hnov cov khaub ncaws uas huvsu.

YUAV UA LICAS YOG THAUM MUAJ MOB




- Tshuj tua kab yuav nkag tau rau koj tej tawv nqaij thiab tej ris tsho yog thaum koj mus chwv tsoob qoob uas koj twb tua tshuaj tag rau lawm, los tej av, tej dej siv rau liaj teb, koj lub tshob tractor laij teb, thiab lwm yam khoom siv, xws li tej ris tsho hnab tiv thaix, loosis raug tshuaj los ntawm tej pa tshuaj ya tuaj raug yus.
- Tej tshuaj yuav nkag tau ntawm koj tej ris tsho mus rau koj tej tawv nqaij
- Ib txhia tshuaj tua kab nws nkag tau yooj yim mus ntawm koj tej ris tsho mus rau koj cov tawv nqaij thiab nws tseem ua rau koj muaj mob tuaj.
- Qhia rau koj luub chaw ua haujlwm nrawm nroos yog tias koj muaj mob (mob taub hau, mob plab, koj ntuav, kiv taub hau) lossis raug mob ntawm koj chaw ua haujlwm.
- Koj lub chaw ua haujlwm txawm lawv yuav yog pojniam lossis txiv neej, leejtwg los xij, tus ntawv yuav tsum coj koj mus ntsib kws kho mob.

Yuav tsum muaj ib tug neeg coj koj mu ntsib kws kho mob yog tias koj muaj mob lossis raug mob **TSI TXHOB TSAVTSEB MUS IB LEEG**

COV KHOOM LOS PAB FIRST AID



- Nco ntsoov ntxuav tej ris tsho thiab tej tawv nqaij uas lo tshuaj yog thaum muaj tshuaj nchuav lossis txaws tuaj lo, siv cov dej hu si uas nyob ze tshaj rau yus loss iv rau.
- Hloov tej khaub ncaws hnab cov kom huvsu.
- Yog muaj tshuaj nchuav nco ntsoov qhia rau koj lub chaw ua haujlwm paub yog thaum koj ntxuav cov tshuaj tiav tag.



- Ntxuav muag kom zoo yog tias koj khaus qhov muag lossis hnab tej tawv nqaij pib khaus lossis mob kub lug tuaj.
- Siv dej kom ntau.
- Qhia rau koj lub chaw ua dejnum paub koj yuav tau mus ntsib kws kho mob.

NCO NTSOOV



- Tsis txhob muab cov tshuaj tua kab tso nrog tej khoom noj thiab tej dej haus.
- Tsis txhob muab tej tshuaj tua kab ua liaj ua teb lossis tej thoob ntim tshuaj nqa los tsev.

NCO NTSOOV TXOG TXOJ KEV NYABXEEB!



- Tsis txhob cia tej menyuum thiab tsev neeg nyob ze tej tshuaj tua kab.
- Nco ntsoov ua kom raws txoj cai thiab tej kev qhia kom txav deb ntawm thaj chaw uas twb txuam tshuaj tua kab rau tag lawm thiab ntawm thaj chaw muaj tshuaj luag tsis pub mus ze.