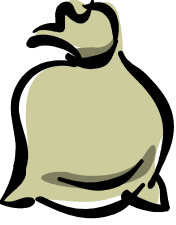







WHAT TO DO WITH WORK CLOTHES

- If you get dirt, mud or grease on your clothing, the dirt is easy to see. If your clothes have pesticides on them, however, you may not be able to see the pesticides; they may be invisible.
- Handling, washing & storing your work clothes properly will help to reduce the amounts of pesticides on your clothes and to keep you and your family safe from pesticides and free from any health problems that might be associated with contact with pesticides.

	<p>1. STORE WORK CLOTHING SEPARATELY FROM CLOTHING OF OTHER FAMILY MEMBERS. Pesticides from work clothes can be easily transferred onto clean clothes, so they should be kept separately. Hang work clothes in a separate closet or storage area, or put them in a plastic bag until you wash them.</p>
	<p>2. WASH CLOTHES AS SOON AS POSSIBLE. Pesticides are much easier to remove if clothes are washed right away.</p>
	<p>3. WEAR GLOVES TO HANDLE WORK CLOTHES. Wear gloves when handling work clothes because the pesticides on them can be easily transferred onto your skin.</p>
	<p>4. WASH YOUR HANDS WITH SOAP AFTER HANDLING WORK CLOTHES. Wash your hands with soap and water after handling work clothes. Wash hands with soap after removing gloves, if you are using gloves.</p>
	<p>5. HANG YOUR CLOTHING OUTSIDE TO AIR OUT: Hang your clothes outside where to air out before washing them.</p>
	<p>6. PRE-SOAK. Rinse your work clothes with a hose or rinse them in a bucket or tub that is only used for work clothes (contaminated clothing). You can also pre-rinse your work clothes in a washing machine. Do not reuse the water you used to presoak or pre-rinse your work clothes.</p>

	<p>7. PRE-TREAT. Use a heavy detergent to soap-up and pre-treat contaminated clothes (work clothes) before washing them.</p>
	<p>8. NEVER WASH WORK CLOTHES WITH OTHER FAMILY CLOTHES. Always wash work clothes separately. Pesticides can float off of work clothing in the wash and contaminate family clothes.</p>
	<p>9. WASH & RINSE WELL. Don't wash your work clothes (contaminated clothing) with other family clothes. Wash them separately. Use a strong detergent and HOT water, if possible. Hot water removes pesticides from clothing better than cold water. Set your washer to the highest water setting and to the setting recommended for heavily soiled clothes (usually 10-12 minutes).</p>
	<p>10. DRY WELL. If you use your dryer, use the high-heat setting.</p>
	<p>11. WASH YOUR WASHING MACHINE, BUCKET OR TUB BEFORE USING THEM AGAIN. This way, pesticides won't be transferred to the next load of wash. Run your washing machine one cycle with hot water and detergent but without clothes to clean it.</p>
	<p>12. WEAR CLEAN CLOTHES TO WORK EVERY DAY. Avoid wearing dirty clothes to work. This could increase your contact with pesticides and make it more difficult to remove pesticides from your clothes when you wash them.</p>

This information is provided by CHAMACOS. CHAMACOS is located at 1441 Constitution Blvd, Salinas, CA 93906. Call us at: (831)-759-6548. CHAMACOS is supported by the National Institute of Environmental Health Sciences (NIEHS) and the Environmental Protection Agency (EPA). These laundering recommendations are based on information provided by the Iowa State University Extension (2000). These suggestions are intended to promote laundering practices to reduce pesticide contamination. Following these procedures cannot guarantee total protection from pesticides.