

### 3. Wash and 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).

### After Washing

1. Dry Well. If you use your dryer, use the high-heat setting.
2. 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.
3. 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.

# How to Eliminate Pesticides From Your Work Clothes



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## The Importance of Washing Your Work Clothes

- If you work in the fields or in a ranch, it is possible that your clothes have pesticides. Even if you wear overalls or gloves, pesticides can still be easily transferred from your clothes onto your skin.
- 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 and storing your work clothes properly will help to reduce the amount 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.



## Steps on How to Properly Wash Your Work Clothes

### Before Washing

1. Store work clothing separately from clothing of other family members. Hang work clothes in a separate closet or storage area, or put them in a plastic bag until you wash them.
2. Wash clothes as soon as possible. Pesticides are much easier to remove if clothes are washed right away.
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.



### How to Wash

1. 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.
2. 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.

