

EMPLOYEE TRAINING RECORD

TRAINING TITLE **Protect Yourself from Exposure to Hazardous Chemicals**

KEY TEACHING POINTS

KNOWLEDGE

- Read the chemical's label and MSDS to learn
 - What health problems can result from exposure
 - What routes of exposure are dangerous
 - What personal protective equipment to wear

PROTECTIVE CLOTHING

- Read the MSDS to learn what PPE will protect you from exposure.
- Remove and dispose of PPE carefully to prevent spread of contamination.

SAFE HANDLING

- Inspect containers regularly and report leaks and missing or unreadable labels.
- Keep containers closed when not in use.
- Remove from the chemical container only the amount you need for a job.
- Store and use chemicals away from substances and conditions that could cause hazardous reactions.

GOOD HYGIENE

- Keep food, drink, cigarettes, cosmetics, and street clothes out of chemical areas
- Wash thoroughly after working with chemicals.
- Don't siphon chemicals by mouth.

EMERGENCY RESPONSE

- Clean up spills and leaks immediately or alert trained responders.
- Take your evacuation route immediately in an emergency.
- Act fast after chemical contact - 1) get to fresh air after inhalation, 2) flush with water after skin or eye contact for a minimum of 15 minutes, 3) get medical attention after swallowing and other first aid.

TEST

| QUESTION | ANSWERS | |
|---|------------------------|-------|
| | TRUE | FALSE |
| 1 To learn about the chemicals health hazards you check the MSDS. | | |
| 2 All exposures to chemicals can cause serious illness or even death. | | |
| 3 You inspect PPE before use to make sure it is washable. | | |
| 4 When you take off PPE, you try to avoid touching any parts that are contaminated. | | |
| 5 Food, drinks, cigarettes, cosmetics, and street clothes should not be kept in areas that contain hazardous chemicals. | | |
| EMPLOYEE'S NAME | EMPLOYEE'S SIGNATURE | DATE |
| INSTRUCTOR'S NAME | INSTRUCTOR'S SIGNATURE | DATE |

1. True 2. False 3. False 4. True 5. True