

# Safety Rules for Pesticide Handlers in Agricultural Settings

The pesticide label, your training, and the Pesticide Safety Information Series (PSIS) leaflets tell you about pesticide dangers at work. To handle pesticides in agriculture (on farms, forests, nurseries or greenhouses) you must be at least 18 years old. Your employer must teach you how to use pesticides safely and how to protect yourself when you use them. Pesticides are chemicals that are used to control pests: unwanted insects, predatory animals, rodents, weeds, and plant diseases. Spray adjuvants are also pesticides under California law.

**EMPLOYERS:** This is the hazard communication leaflet for pesticide handlers. Fill in the blank lines in this leaflet and display a copy of this handout at a central location in the workplace (such as an employee break room). This leaflet must also be posted at all permanent decontamination facilities and decontamination facilities serving 11 or more handlers. If requested, you must read this leaflet to an employee in a language the employee understands.

### EMERGENCY MEDICAL CARE

Your employer must make plans for emergency medical care before you start working with pesticides. If you think that pesticides made you sick or hurt you at work, immediately tell your employer. They must make sure that you are taken to a doctor right away. **DO NOT TAKE YOURSELF.**

Emergency medical care is available at:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

If more space is needed, your employer may attach a list of medical facilities to this leaflet and write, "See attached list" in the above space. If this information changes, your employer must update it within 24 hours.

**REMEMBER:** You DO NOT have to pay for medical care if you get sick or hurt from pesticides at work.

### IF YOU THINK

**pesticides have made you sick at work, immediately tell your employer. Your employer must make sure that you are taken to the doctor IMMEDIATELY.**

### WHAT ARE MY RIGHTS?

Your employer must explain your rights to you. If you need help understanding your rights, call or go to your local County Agricultural Commissioner's office, local legal aid and worker's rights organization, union, or the Department of Pesticide Regulation (DPR).

#### 1. Right to Know

You have the right to know the following about pesticides that have been used recently where you work:

- The crop or site treated and where the treated area is
- When the application started and ended
- The restricted entry interval (REI)
- Name of the pesticide, U.S. EPA registration number, and active ingredient(s)
- The Safety Data Sheet (SDS) for the applied pesticide. The SDS tells you about the pesticide and its dangers.

As part of your training, your employer must tell you where this information is kept. Your employer must also let you see the records anytime you want without having to ask for them.

**You can find information about recent pesticide use at:**

(Employers: This is the application-specific information)

ADDRESS: \_\_\_\_\_

#### 2. Right to Worker's Compensation

If you get sick or hurt **BECAUSE OF YOUR JOB**, you have the right to file for worker's compensation. Worker's compensation will pay for your medical bills, and sometimes, lost pay.

#### 3. Right to Access and Review Records

You have the right to look at pesticide use records, applicable pesticide safety series leaflets, and SDSs for all pesticides used in the last two years where you work. You also have the right to review your training records, medical supervision records, and any other documents related to monitoring or potential exposure. You must be informed of the location of the records before you handle pesticides and in your annual training.

These records are kept at:

ADDRESS: \_\_\_\_\_

If this location changes, your employer must promptly tell you of the new location.

#### 4. Right to Obtain Information

You, your doctor, or your representative designated in writing can receive information about your pesticide exposure, or any other pesticide record your employer is required to keep.

#### 5. Right to Report Unsafe Conditions

Pesticide safety for workers is the top priority of the County Agricultural Commissioner and DPR. You have the right to report unsafe pesticide work conditions and suspected pesticide use violations without being punished or fired. Neither the grower nor your employer will be told who made the complaint. Your statements about the safety problems must be checked out right away.

#### 6. Right to Be Protected From Retaliation

You are protected from being fired, from discrimination, and from any retaliatory action due to the exercise of any of your rights.

### WHO DO I TELL ABOUT DANGERS AT WORK?

Pesticides are only one kind of danger at your work. If you have a complaint about a pesticide safety problem, call your County Agricultural Commissioner. You can look up the Commissioner's number in the government pages of your local phone book, or by calling DPR's information line 1-877PestLine (1-877-378-5463). If you have other health and safety complaints (bathrooms, heat stress, drinking water, etc.), file them with the California Department of Industrial Relations/Cal/OSHA office by calling: 1-844-522-6734.

### WHAT PESTICIDE TRAINING SHOULD I GET?

Your employer must give you training in a way that you understand **BEFORE** you begin working with pesticides, and anytime you work with new pesticides.

You must get training **EACH YEAR** to remind you how to work with pesticides safely. Your employer must:

- Tell you the ways a pesticide can hurt you and how to safely use each pesticide you work with (ask your employer for the A-1 safety leaflet to learn more about training).
- Tell you how to move pesticides from one place to another, or dispose of empty pesticide containers (there are special rules your employer must tell you about. Ask for the A-2 safety leaflet for more information).
- Give you extra training if you use engineering controls such as closed mixing systems (ask your employer for the A-3 safety leaflet).
- Train you on first aid and emergency decontamination (ask your employer for the A-4 safety leaflet).
- Give you extra training if you have to use a respirator (ask your employer for the A-5 safety leaflet).
- Train you to wash your work clothes separately from other clothes before wearing them again (ask your employer for the A-7 safety leaflet).

**Other safety leaflets mentioned in this document should be part of your training. They are free and are available from your employer, your County Agricultural Commissioner, or DPR's website at <http://www.cdpr.ca.gov/docs/whs/psisenglish.htm>.**

All the information about your training must be written down. You will be given a paper to sign to show you have been trained and what pesticides you have been trained on. Only sign this form after you have finished the training and you understand what you heard.

### SUMMARY OF INFORMATION YOUR EMPLOYER MUST KEEP

| Information  | Location   |
|--|--|
| Training records   | Central workplace location   |
| Written training program   | Central workplace location   |
| Completed Pesticide Safety Information Series (PSIS) A-8         | Display at central workplace location and post at decontamination facility serving 11 or more handlers |
| Respirator program and employee consultations                    | Employer's headquarters  |
| Respirator medical evaluation result                             | Employer's headquarters  |
| Respirator fit test records                                      | Employer's headquarters  |
| Respirator voluntary use display (if allowed by employer)        | Display alongside completed PSIS A-8   |
| Accident response plan (fumigants)                               | Work site  |
| Pesticide label  | Work site  |
| Applicable Pesticide Safety Information Series leaflets (A1-A10) | Central workplace location   |
| Emergency medical care posting                                   | Work site or work vehicle  |
| Application-specific information                                 | Central workplace location   |
| Safety Data Sheets   | Central workplace location   |
| Pesticide use records  | Central workplace location   |

### ARE THERE ANY EXTRA RULES FOR VERY DANGEROUS PESTICIDES?

Yes, there are two groups of pesticides that California has extra rules for because they could be especially dangerous to you: organophosphate and carbamate pesticides and minimal exposure pesticides.

#### 1. Organophosphate and Carbamate Pesticides

Cholinesterase is a chemical in your body that helps your nerves work properly. Exposure to organophosphates and carbamates can keep cholinesterase from working and make you sick. If you mix, load, or apply organophosphates or carbamates with the signal word "Danger" or "Warning," your employer must record how often you are exposed to these pesticides. If you handle these pesticides more than six days in any 30 day period, California's rules say you must get extra medical care. Ask your employer for the A-10 safety leaflet for more information on these pesticides.

If you need extra medical care, your employer maintains test results and recommendations of the medical supervisor. The doctor providing extra medical care for organophosphates and carbamates is:

DOCTOR'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

#### 2. Minimal Exposure Pesticides

These are the agricultural minimal exposure pesticides:

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

See the A-6 safety leaflet for more information about safety rules if you have to work with these pesticides.

### PROPOSITION 65

In 1986, a law called the Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65) was passed. It requires California to make a list of chemicals that can cause cancer, birth defects, or other reproductive harm. The Proposition 65 list contains many different chemicals, including dyes, solvents, pesticides, drugs, and food additives. If a pesticide you use is on the Proposition 65 list, your employer must warn you if you could be exposed to enough pesticide to cause a significant health risk. Your employer may also choose to tell you if a pesticide on the Proposition 65 list has been sprayed, even if health problems are not likely. As stated above, your employer must keep information on each pesticide application at the address listed on page 2 and allow you to look at it. If you are not sure of this location, ask your employer.

**You can find the list of pesticides that are on the Proposition 65 list and that might be used in California at <http://www.cdpr.ca.gov/docs/dept/factshts/prop65.htm>.**

### Safety Tips

#### HOW TO PROTECT YOUR SKIN

- Wear clothes with long sleeves and long pants, shoes or boots socks at hat and/or scarf and gloves
- Always wash your hands before eating, drinking, smoking, chewing gum or going to the bathroom
- Pesticides get on work clothes and then on your skin
- Wash work clothes before wearing them again
- Make sure they are clean and without holes
- Do not cook food with wood found in the field
- Take a bath or shower as soon as you get home from work
- Wash with soap & water and use shampoo on your hair
- Put on clean clothes from the store

#### WHAT TO DO IN CASE OF ILLNESS

- Pesticides get on your skin and clothes when you touch sprayed plants, soil, and irrigation water or are exposed to spray drift
  - They can move from your clothes and onto your skin
  - Some pesticides easily go through your skin and can make you sick
  - Tell your employer if you are sick or hurt at work
  - If the illness/injury is work-related, your employer will pay for all medical care of that illness
  - If the condition is work-related, you may be paid for your time off work while sick or hurt
- If someone else drive you to the doctor if you are sick or injured*

#### FIRST AID

#### ALWAYS REMEMBER

#### STAY SAFE!

- Never put pesticides in food containers
- Do not take farm pesticides or other containers home
- Keep children away from pesticides
- Wash immediately with the closest clean water if pesticides are spilled or sprayed on your clothes or skin
- Change into clean clothes
- Tell your employer about the spill after washing
- Wash if your eyes or skin begin to itch or burn
- Use lots of water
- Tell your employer you should go to a doctor
- If you feel sick at work (headache, stomach ache, vomiting, dizzy) tell your employer
- He or she can make sure you are taken to a doctor
- Have someone else drive you to the doctor if you are sick or injured
- Never put pesticides in food containers
- Do not take farm pesticides or other containers home
- Keep children away from pesticides

#### ABOUT NOISE

#### HEARING PROTECTION

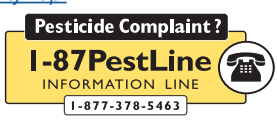
#### WEAR YOUR HEARING PROTECTION

If you don't get all the information you need in your training or want to make a pesticide use complaint, you should call your County Agricultural Commissioner, or the DPR for more information. You can find the Commissioner's number in your local white pages phone directory, by calling 1-877PestLine, or at: [www.cdpr.ca.gov/docs/whs/psisenglish.htm](http://www.cdpr.ca.gov/docs/whs/psisenglish.htm)

DPR's Regional Offices are:

- Northern (West Sacramento) 916/376-8960
- Central (Clovis) 559/297-3511
- Southern (Anaheim) 714/279-7690

All safety leaflets are available at: [www.cdpr.ca.gov/docs/whs/psisenglish.htm](http://www.cdpr.ca.gov/docs/whs/psisenglish.htm)



# Txoj Cai Tiv Thaiv Rau Kev Tshem Tshuaj Tua Kab Ntawm Kev Teeb Thaj Chaw Ua Liaj Teb

**Daim ntawm qhia siv tshuaj tua kab, koj lis kev kawm paub, thiab ntawm Cov Ntauw Ntawm Qhia Txog Kev Nyab Xeeb Los Ntawm Tshuaj Tua Kab (PSIS) qhia koj txog ntawm kev phom sij ntawm tshuaj tua kab ntawm qhov chaw hauj lwm.** Txhawm rau kev ruav tshem cov tshuaj tua kab nyob rau tom liaj teb (tom yav, hav zoov, tsev ua yub kab los si tsev iav) koj yuav tsum muaj hnub nyooq yam tsawg yog 18 xyoox. Koj tu thawj koj yuav tsum qhia vib this siv cov tshuaj tua kab yam nyab xeeb thiab vib this tiv thaiv tu kheej thaum koj siv lawj. Tshuaj tua kab yog cov tshuaj khe mis ua siv los tua cov kab ua noj txhiam xws: kab koaj, kab noj txhiam xws, nas, thiab lwm yam kab mo rau liaj teb. cov tshuaj tshuag kab (Spray adjuvants) los yeej yog cov tshuaj tua kab ua nyob rau hauv Kaslisfausnias txoj cai.

**TU THAWJ COJ:** Nov yog daim ntawm qhia txog kev phom sij rau tu neeg ua siv cov tshuaj tua kab. Sau ntawv rau cov kab ua seem ntawm daim ntawv tai nov thiab qhia daim ntawv thej nov rau tu tsvu cuab ntawm koj qhov chaw ua hauj lwm (xw lis cov tub hauj lwm qhov chaw so). Daim ntawv qhia siv nov yuav tsum qhia txog yam ua yuav ua rau yooj yim rau kev los phem ib sis, thiab yam yuav pab rau kev los phem ua muab kev pab cuam 11 lossis rhuav tshem ntau dua. Yog muaj kev tho, koj yuav tsum tum daim ntawv tai nov rau tu tub hauj lwm los ntawm cov lus ua nw nkas siab.

### KEV SAIB HYUAS KHO MOB MAJ NRAWM

Koj tu thawj koj yuav tsum muaj teeb bheem kho mob maj nrawm ua ntej koj yuav pib nes ua hauj lwm xw txog tshuaj tua kab. Yog koj xav tia tshuaj tua kab ua rau koj raug mob lossis tsim bom koj thaum koj tab tom ua hauj lwm qhia rau koj tu thawj koj tam si. Lawv yuav tsum ntseeg siab tia koj raug xa mu ntisib kws kho mob tam si. **TSI TXOUB MU IB LEEG.** Kev saib hyuas kev kho mob maj nrawm muaj nob ntawm:

NPE: \_\_\_\_\_

CHAW NYOUB: \_\_\_\_\_

XOV TOOJ: \_\_\_\_\_

Yog xav tau chaw sau kev kho mob dab tsi ntxiv, koj tu thawj koj yuav muaj ib daim ntawv los nrog thiab sau tia, "saib cov lus sau ntawm daim ntawv los nrog" nyob rau qhov chaw sab saub. Yog cov ntaub ntawv nov muaj kev heev pauv, koj tu thawj koj yuav tsum muaj kev pauv tshiab nyob rau ntawm 24 xuaj mo.

### YOG KOJ XAV TIA

**tshuaj tua kab ua rau koj mob nyob ntawm chaw hauj lwm, qhia rau koj tu thawj koj tam sis. Koj tu thawj koj yuav tsum tshaub hyuas kom ntseeg siab tia koj rau xa mu ntisib kws kho mob TAM SI.**

**NCO CIA:** Koj TSI XHOB them cov nqis kho mob yog koj raug mob lossis ntisib teeb meem los ntawm cov tshuaj tua kab los ntawm hauj lwm.

### TXOJ CAI NTAUWM KUV YOG DAB TSI?

Koj tu thawj koj yuav tsum qhia koj txoj cai rau koj. Koj xav tau kev pab cuam rau kev nkag siab koj txoj cai hu los si mu ntawm zej zos Fab hauj lwm thawj xwm kav kev ua liaj teb (County Agricultural Commissioner) lub hooj ka. Fab keb pab cuam txoj cai ntawm zej zos thiab Fab hauj lwm neeg ua hauj lwm txoj cai lossis Fab hauj lwm tiv thaj tshuaj tua kab (DPR).

#### 1. Muaj Cai Paub

Koj muaj cai paub tia cov tshuaj tua kab nov yuav rau koj mu siv tsi ntev tom ntej no rau ntawm koj qhov chaw hauj lwm:

- Kev bxiav lossis qhov loj me ua yuav tau siv thiab thawj chaw ua yuav tau siv
- Thaum kev koj lis kev ua pib lossis tom qab tag
- Lub sij hawm seem ntawm yam ua yuav tau ua (REI)
- Lub npe ntawm cov tshuaj tua kab, U.S. EPA Tu lej rau npe, thiab yam muaj feem(s)
- Cov Ntaub Ntawm Kev Nyab Xeeb (SDS) Rau kev siv cov tshuaj tua kab. Daim ntawv SDS yuav qhia koj txog ntawm cov tshuaj tua kab thiab qhov phom sij ntawm xwm.

Nyob rau lub cajj koj kawm paub, koj tu thawj koj yuav tsum qhia tia cov ntaub ntawv nov khaw cia nyob rau qhov twg koj tu thawj koj yuav tsum cia cia koj cov ntaub ntawv teev cia xhua sij hawm ua koj xav tau tsi ta yuav tau noog bog mam muab.

**Koj muaj peev xwm nriav txog tawm kev siv cov tshuaj tua kab zaum kawg nkaw koj thaum twg ntawm:**

(Tu thawj koj: Nov yog cov ntaub ntawv rau tu yuav siv)

CHAW NYOUB: \_\_\_\_\_

#### 2. Txoj Cai Rau Ntawv Kev Them Nqis Zog

Yog tia koj muaj mob lossis raug mob **LOS NTAUWM KOJ TXOJ HAUJ LWM**, koj muaj cai tho koj cov nqis dag zog. Ntawm Kev them nqis zog yuav them koj cov nqis kho mob thiab qee zaus ua muaj kev siv nyaj.

#### 3. Txoj Cai Rau Kev Nkag Mu Thiab Ntsuam Hyuas Kev Teev Cia

Koj muaj cai ua yuav saib cov ntawv teev cia kev siv tshuaj tua kab, Daim ntawv tai cov cuab yeej tiv thaiv kev nyab xeeb los ntawm tshuaj tua kab, thiab SDS los ntawm cov tshuaj tua kab tag rau nrog ua koj tau siv nyob rau ob lub xyoo dhaug los. Dhaug nov lawm, koj tseem muaj cai tshawb hyuas cov kev kawm paub, teev kev saib hyuas kho mob thiab lwm cov ntaub ntawv ua muaj feem rau kev tshawb hyuas lossis yuav tau nthua qhia. Koj yuav tsum tau qhia txoj ntawm thaj chaw ua koj yuav teev ua hauj lwm txog tshuaj tua kab thiab kev kawm paub nyob rau ntawm txhua xyoo ntawm koj.

Cov ntaub ntawv teev nov tau muab teev cia rau ntawm:

CHAW NYOUB: \_\_\_\_\_

Yog thaj chaw nov hloov, koj tu thawj koj yuav tsum qhia koj txog thaj chaw tshiab tam si.

#### 4. Txoj Cai Ntawm Kev Txhai Xov Xwm

Koj, koj tu kws kho mob, lossis tu sawv cev ntawm koj ua tau muaj kev kov npe sau ua ntaub ntawv cia muaj caij tua bai cov xov xwm txog ntawm kev raug cov tshuaj tua kab ntawm koj lossis cov ntawv teev lam cov tshuaj tua kab ua koj tu thawj koj yuav tsum muab.

#### 5. Txoj Cai Ntawm Kev Qhia Lub Cajj Ua Tsi Nyab Xeeb

Kev nyab xeeb ntawm cov tshuaj tua kab rau cov neeg ua hauj lwm yog yam tseem ceeb thaj plaw rau Fab hauj lwm tsawj saib hyuas kev ua liaj teb (County Agricultural Commissioner) thiab DPR. Koj muaj cai qhia kev ua hauj lwm ntawm kev siv tshuaj tua kab ua tsi nyab xeeb thiab ntshai tia muaj kev quab yuam kev siv tshuaj tua kab los ntawm yuav raug bixm los si raug ncaw ntawm. Tu cog thiab koj tu thawj koj yuav tsum paub tia leej twg yog tu qhia. Koj cov lus txog qhov teeb meem ntawv yuav raug tshawb hyuas tam si.

#### 6. Txoj Cai Ua Yuav Tau Txai Kev Kawm Paub Txog Kev Ua Pauj

Koj tau txai kev tiv thaiv los ntawm kev raug ntiab lawm, los ntawm kev xai ua hauj lwm, thiab lwm yam kev ua pib yam koj siv ib txoj cai twg.

### KUV YUAV QHIA KEV PHOM SIJ NTAUWM HAUJ LWM RAU LEEJ TWG?

Tshuaj tua kab yog ib yam ua phom sij nyob ntawm koj chaw hauj lwm. Yog koj muaj kev tho bog teeb meem ntawm kev nyab xeeb ntawm cov tshuaj tua kab, hu rau Fab Hauj Lwm Pwm Kav Kev Ua Liaj Teb ntawm koj. Koj muaj kev xwm saib ntawm cov xov toj tu sab hyuas ntawm phau ntawv nkag yuav xov toj tsoom lwm nyob ntawm zej zos ntawm koj, los si hu rau DPR's boj kab ntiab ntawv, 1-877PestLine (1-877-378-5463). Yog koj muaj kev tho bog kev noj qab haus huv los si lwm yam kev nyab xeeb (Lub chawv dej, ntuab kev lub, dej haus lossis lwm yam), qhia cov teeb meem nov rau Kaslisfausnias Fab Hauj Lwm Kev Sib Koom Ua Lag Luam (California Department of Industrial Relations) Cal/OSHA lub hooj ka los ntawm tu xov toj: 1-844-522-6734.

### KUV YUAV TAU TXAI KEV KAWM PAUB TXOG COV TSHUAJ TUA KAB TAU LIS CA?

Koj tu thawj koj yuav tsum qhia kev kawm paub rau koj lis qhov koj nkag siab UA NTEJ koj yuav pib ua hauj lwm nrog tshuaj tua kab, thiab bua lwm ua koj ua hauj lwm nrog cov tshuaj tua kab hom tshiab.

Koj yuav tsum tau kawm paub **TXHUA XYOO** bawm rau qhia kom koj paub vib this ua hauj lwm nrog tshuaj tua kab yam nyab xeeb. Koj tu thawj koj yuav tsum:

- Qhia koj bog ntawm qhov cov tshuaj tua kab yuav ua rau koj mob thiab vib this siv cov hom ntawm cov tshuaj tua kab ua koj yuav ua hauj lwm nrog (noog koj tu thawj koj txog ntawm daim ntawv kev nyab xeeb A-1 bawm rau kawm paub ntau yam nbv).
- Qhia koj bog ntawm vib this tshem tshuaj tua kab ua rau koj nkag siab UA NTEJ koj yuav pib ua hauj lwm nrog tshuaj tua kab ua koj yuav tau ntau yam nbv).
- Muaj kev kawm paub nbv rau koj yog tia koj yuav siv cov cuab yeej ua yuav tau khoos xws li laj npauv tov ua kaws (noog koj tu thawj koj bog ntawm daim ntawv kev nyab xeeb A-3 bawm rau kawm paub ntau yam nbv).
- Qhia kev kawm paub bog kev kho mob qib pib thiab kev qhia neeg maj nrawm (noog koj tu thawj koj bog ntawm daim ntawv kev nyab xeeb A-4 bawm rau kawm paub ntau yam nbv).
- Muab kev qhia paub nbv rau koj siv lub cuab yeej pab ua pas (noog koj tu thawj koj bog ntawm daim ntawv kev nyab xeeb A-5 bawm rau kawm paub ntau yam nbv).
- Qhia kev kawm paub bog kev nthua khaub ncaw fab nrog lwm cov khaub ua tsi raug tshuaj ua ntej yuav rov koj los hnab dua (noog koj tu thawj koj bog ntawm daim ntawv kev nyab xeeb A-7 bawm rau kawm paub ntau yam nbv).

**Lwm daim ntawv qhia kev nyab xeeb qhia tia cov ntaub ntawv nov yuav tsum yog ib nrab ntawm koj txoj kev kawm paub. Nw dawb xwb thiab muaj nyob ntawm koj tu thawj koj, fab hauj lwm tsawj saib hyuas kev ua liaj teb ntawm koj, lossis DPR tu website: <http://www.cdpr.ca.gov/docs/whs/psisenglish.htm>**

### SUAB SAU COV NTAUB NTAUWM UA KOJ TU THAWJ COJ YUAV TSUM TAU MUAB

| Cov Ntaub Ntawm  | Thaj chaw  |
|--|--|
| Teev qhov kev kawm paub  | Lub plawv nroog ua hauj lwm  |
| Sau teeg hauj lwm ua kawm paub   | Lub plawv nroog ua hauj lwm  |
| Cov Ntaub Ntawm Kev Nyab xeeb Ntawm Cov Tshuaj Tua Kab Ua Tiv Hlos Series (PSIS) A-8 | Nthua qhia thaj chaw ntawm lub tuam ceeb ua hauj lwm thiab qhia txog ntawm lub tuam tshab rhuav tshem yam tsi huav ua muaj kev pab cuam 11 lossis muaj kev ruav tshem ntau dua |
| Teg hauj lwm pab kev ua pas thiab muaj kev sab laj rau cov neeg hauj lwm             | Qhov chaw ua hauj lwm ntawm tu thawj koj   |
| Kev ntsuam hyuas lub cuab yeej pab ua pas ntawm kws kho mob                          | Qhov chaw ua hauj lwm ntawm tu thawj koj   |
| Teev kev sim lub cuab yeej pab ua pas ua tab tom                                     | Qhov chaw ua hauj lwm ntawm tu thawj koj   |
| Nthuv qhia lub npog ntsej muag ntawm lub cuab yeej pab                               |  |