

PESTICIDE SAFETY



Information

CALIFORNIA ENVIRONMENTAL PROTECTION AGENCY

A No. 8

Cov Kev Cai Tswj kev Nyab Xeeb rau Cov Neeg Ua Haujlwm Hauv Kev Siv Cov Tshuaj Tua Kab hauv Cov Chaw Hauj Lwm Kev Ua Liaj Ua Teb

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 lcas rau tej kev ua haujlwm. Thaum sawvdaus 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 hnuv 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 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 ntiv, 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.

NCO 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.

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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 xaus.
- 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.



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 ntiv 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 CAS 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, 1-877-PestLine (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 paub txog txoj hauv kev uas tshuaj tua kab tuaj yeem ua rau koj raug mob thiab yuav siv txhua yam tshuaj tua kab uas koj siv ntawv li cas (Hais kom koj tus tswv ntiav hauj lwm muab daim ntawv luam ntawm daim ntawv qhia kev nyab xeeb A-3 rau koj kom paub ntau ntiv txog tej kev cob qhia).
- Muab kev cob qhia ntiv rau koj yog tias koj siv cov tshuaj tua kab uas raug txwv (saib tshooj tom ntej).
- 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, (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).



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 esse cillum dolore eu fugiat nulla pariatur.	
PRECAUTIONARY STATEMENTS Hazard to Humans Personal Protective Equipment Environmental Hazard	
Agricultural Use Requirements 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.	

- 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?

Yog lawm, Xeev California muaj cov kev cai tswj ntxiv rau peb pawg tshuaj tua kab uas muaj kev phom sij ntau dua. Cov pawg tshuaj no thiab lawv cov cai tswj yog:

1. Cov Tshuaj Uas Muaj Organophosphate 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 organophosphate 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 organophosphate 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 Hnub nyob ntaw 30 hnub 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 organophosphate thiab cov carbamate yog:

TUS KWS KHO MOB LUB NPE: _____

CHAW NYOB: _____

COV TOOJ: _____

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

- Cov no yog cov tshuaj tua kab hauv liaj hauv teb uas pub chww tau tsawg kawg nkaus thiab qee cov piv txwv ntawm cov npe khoom:
- Bromoxynil (Moxy, Maestro, Cleansweep)
- Oxydemeton-methyl (Tsis muaj cov khoom us tau zwm npe)
- Propargite (Omite, Decimite, Comite)

Saib daim ntawv qhia txog kev nyab xeeb A-6 kom paub ntau ntxiv txog cov cai tswj kev nyab xeeb yog tias koj yuav tsum ua haujlwm nrog cov tshuaj tua kab no.

3. Cov Tshuaj Tua Kab Uas Raug Txwv

Cov tshuaj tua kab raug txwv yog tias lawv muaj feem ntau dua li lwm cov tshuaj tua kab uas yuav ua rau koj mob los sis ua rau muaj kev phom sij rau lwm tus neeg los sis rau ib puag ncig. Yog tias koj siv cov tshuaj tua kab raug txwv, koj tus tswv ntiav haujlwm yuav tsum muab kev cob qhia ntxiv rau koj:

- yuav txheeb xyuas cov tshuaj tua kab no tau li cas,
- uas koj yuav tsum tau txais kev saib xyuas los ntawm tus kws tshaj lij uas raug lees paub,
- tus kws tshaj lij uas raug lees paub ua lub luag haujlwm los muab cov ntaub ntawv tshwj xeeb rau koj txog cov tshuaj tua kab thiab qhov chaw tua tshuaj, thiab
- yuav tiv tauj tus kws tshaj lij uas raug lees paub tau li cas.

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 nrog tej tshuaj rov sau
Kev siv cov looj qhov ntswg ua pa thiab kev sab laj nrog 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 nrog 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

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 nrog 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 mee 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>



Yog koj tsis tau txai cov cov kev qhia uas koj yuav tsum tau muaj kev kawm lossis yog koj xav qhia txog txoj cai koj muaj uas tsis tau txais kev kawm hais txog tej tshuaj tua kab koj hu tau rau hauv County Agricultural Commission, Los yog DPR mus nrhiav kev pab. Koj mus nrhiav Ag Commissioner's tus xovtooj nyob hauv phau ntawv Phone Directory, yog hu 1-87PestLine, lossis qhov web site:

www.cdpr.ca.gov/exec/county/countymap/

DPR Qhov chaw ua haujlwm yog:

- Qaum Teb (West Sacramento) (916) 376-8960
- Nruab Nrab Teb (Clovis) (559) 297-3511
- Qab Teb (Anaheim) (714) 279-7690

Hu mus qhia txog kev siv tshuaj tua kab?

1-87PestLine
INFORMATION LINE

1-877-378-5463



Tag nrho cov ntawv safety leaflets muaj nyob rau:

www.cdpr.ca.gov/worker-health-and-safety/education-series

Paub Txog Tej Kev Nyab Ceeb (Safety Tips)

YUAV TIV THAIV KOJ TEJ TAWV NQAIJ LICAS



- Hnav lub tsho tes ntev thiab lub ris ntev, txhais khau los sis khau raj, thom khwm, lub kaus mom thiab / los sis txoj phuam vas caj dab, thiab hnab looj tes
- Nco ntsoov tu kom huv si thiab txhob to ntuaq



- 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



- Ntxuav ib ce los sis da dej sai li sai tau thaum koj rov tom hauj lwm los txog tsev thiab ua ntej kev chww tej me nyuam yaus los sis cov neeg hauv tsev neeg
- 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 chww tsoob qoob uas koj twb tua tshuaj tag rau lawm, los tej av, tej dej siv rau liaj teb, koj lub tsheb tractor laij teb, thiab lwm yam khoom siv, xws li tej ris tsho hnab tiv thaiv, 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
- Nw yuav tsum ua kom nteeg siab tia tau koj mu ntsib kws kho mob.

Yuav tsum muaj ib tug neeg coj koj mu ntsib kws kho mob yog tia koj muaj mob lossis raug mob TSI TXOB TSAV TSEV MU IB LEEG

KEV KHO MOB QIB PIB



- Ntxuam tam si los ntawm cov dej huv yog tia koj koj cov khaub ncaw los cov tshuaj tua kab lossis koj lis cev nqaij daim tawv
- Hloov cov khaub ncaw ua huv
- Qhia koj tu thawj coj txog ntawm qhov to txom qab ntxuav tag)



- Ntxuav koj lub qhov muag lossis cev nqaij daim tawv yog tia muaj qhov khaus lossis kub hyiab
- Siv dej kom ntau
- Kom koj tu thawj coj koj koj mu ntsi kws kho mob

NCO NTSOOV TA LIS



- Tsi txob muab cov tshuaj tua kab tso nrog cov zaum mov noj thiab dej haus
- Tsi txob muaj cov tshuaj tu kab ua koj tua tsuaj tom teb coj los tso ze tsev)

NYOB NTAWV QHOV NYAB XEEB XWB



- Tsi txob pub me nyuam yaus thiab tsev neeg nyob ze ntawm cov tshuaj tua kab
- Ua raw lis cov lus qhia txog ntawm kev tiv thantawm qhov chaw ua hauj lwm thiab qhov chaw ua txwv tsi pub mus