

# The Farmworker's Guide to Laundering Work Clothes

Even if you do not spray or handle pesticides, you may work around treated crops. You are also exposed to dust, plant toxins, and other irritants. These irritants can build up on clothing, causing skin irritations. Build up can be avoided by using the safe laundering practices discussed below:

If you do not wash your used work clothes immediately, put them in a basket separate from the family laundry. Never wash your children's clothes with work clothes.



Wash your work clothes with hot water and detergent before using them again. Wash them separately from the family laundry.

Wash your hands and arms after putting your work clothes into the washer.



Hang clothes on a clothesline to dry. Sunlight helps get rid of any remaining chemicals. Be sure to dry clothes completely.

For more information contact:

**WAKE FOREST**  
UNIVERSITY  
HEALTH SCIENCES  
(336) 716-4982

Thomas A. Arcury, Ph.D.  
Sara A. Quandt, Ph.D.  
Drawings by: C.M. Lane, Jr., M.A.

Copyright 2003  
Wake Forest University  
School of Medicine

Supported with grants from:  
National Institute of Environmental Health Sciences  
(R01 ES08739)  
and  
Syngenta Crop Protection, Inc.