

# Got everything covered?

Keep yourself working safe by reading these helpful tips each day



## before spraying.....

- To protect my lungs, wear a full-face supplied-air respirator
- To help me see and to keep mask clean, use a peel-off shield
- To protect my skin, wear a full-bodied suit and chemical-resistant gloves
- To keep the ventilation system operating at its best, make sure the filters are clean

## after spraying.....

- Remember to wash my hands and face before eating and drinking
- If I experience symptoms, such as shortness of breath or skin irritation, tell my supervisor and my doctor

For more information on protecting yourself from the hazards of isocyanate exposure during spray-on truck bedliner application:

Contact the **National Institute for Occupational Safety and Health** at 1-800-CDC-INFO (1-800-232-4636)

Also visit the NIOSH Isocyanate Topic Page at <http://www.cdc.gov/niosh/topics/isocyanates/>



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health

