Follow the 9 easy steps

1. Only use pesticides when needed. Get advice before buying pesticides and only purchase them at authorised retailers.

2. When transporting pesticides make sure they are securely stored away from people, animals and food.

3. When storing pesticides make sure they are kept in a well-ventilated, securely locked place.

4. Carefully read the product label and leaflets and follow the instructions.

5. Check sprayer regularly for leaks and that nozzles work properly. Wear personal protection equipment while mixing and loading.

6. Triple rinse empty pesticide containers into the spray tank. Then puncture the container so it cannot be used for water or food storage. Take empty, rinsed containers to the nearest approved collection site.

7. While spraying pesticides, always wear personal protection equipment and only use calibrated equipment with no leaks. Spray early in the morning or late in the evening when it is less windy. Do not eat, drink or smoke while spraying.

8. Do not spray pesticides near water sources. Do not pollute the environment by misusing pesticides or leaving empty containers in the field.

9. After spraying pesticides, take a shower and put on clean clothes. Wash the spray equipment and personal protection equipment while protecting water sources and the environment. Store all equipment separately and safely.

In case of accidental contamination, wash and apply first aid according to the label. Then take the person to the nearest medical centre and bring the product label with you.