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..............**

- Check: Remember to wash my hands and face before eating and drinking
- Check: 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/](http://www.cdc.gov/niosh/topics/isocyanates/)

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