

**Chemicals at work can harm your health.
Take precautions to protect yourself.**

1 INGESTION

A chemical is swallowed by eating and drinking contaminated food.

2 CONTACT

A chemical, usually a liquid, makes contact the skin or eye.

3 INHALATION

Breathing in contaminated air that can include gases, vapors, dust, mist, smoke and fumes.

4 ABSORPTION

A chemical is absorbed through the skin into the bloodstream where it travels to target organs in the body.

5 INJECTION

A sharp object (e.g., needle) punctures the skin and injects a chemical (or virus) directly into the bloodstream.

