**Objective:** To give an overview of the routes of entry and protective strategies for each

The **route of entry** is how a hazardous substance gets into your body. This can happen in one or more of the following routes of exposure:

* **Ingestion**: Through the digestive tract by swallowing
* **Absorption**: Through the eyes, skin, or mucous membranes
* **Inhalation:** Through the respiratory tract by breathing
* **Injection**: Piercing the skin, involving cuts or needles

The following are strategies to protect you from each type of route. In addition, always know what hazardous chemicals you are working with, consult the safety data sheets (SDS’s), and complete all training to make sure you know:

* How to minimize your exposure with personal protective equipment (PPE) and guidelines.
* What to do in the event of an exposure for each hazardous substance.

**Ingestion**

* When working with a hazardous chemical, never:
* Eat.
* Drink.
* Smoke.
* Chew gum.
* Apply cosmetics, including lip balm.
* While handling chemicals, avoid touching your face or mouth with your hands until after you have removed your gloves and washed your hands.
* Always wash your hands after handling chemicals to prevent ingestion from eating, drinking, or smoking.

**Absorption**

* Always wear the required PPE.
* To protect your skin from chemicals, wear chemical-resistant gloves, aprons, disposable gowns, and other appropriate clothing, such as long sleeves, closed-toe shoes, and pants.
* Wear safety glasses when working with chemicals that could splash into the eyes.
* Wear safety goggles when working with chemicals that have hazardous vapors.
* Wear a face shield to prevent splashes to the nose or mouth.
* If a chemical contacts your skin:
* Rinse, preferably with the emergency shower, as soon as possible.
* Review the SDS for additional requirements.
* If a chemical contacts your eye:
* Rinse with the emergency eye wash for 15 minutes as soon as possible.
* Seek medical attention.
* Review the SDS for additional requirements.

**Inhalation**

Prevent inhaling the chemical by:

* Wearing an approved respirator. (See the appropriate SDS.)
* Removing the hazard from your breathing zone by isolating the chemical in a confined glove box or fume hood.
* Using local exhaust ventilation to remove any gas, vapors, or dust from the workspace.

**Injection**

* Use extreme caution when handling needles to prevent accidental needle sticks.
* Be aware of the potential for puncture wounds if you work around high-pressure equipment of any kind.
* Never use compressed air to clean your hands, arms, or clothing.

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: Date:

Trainer: Trainer’s Signature:

**Class Participants:**

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

Name: Signature:

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