# Chemical Hygiene Plan Appendix B: Signs and Symptoms of Chemical Exposure

The ability to recognize the signs and symptoms of chemical exposure is important. Then, if adverse effects do arise despite all precautions taken to avoid exposure, those effects can be recognized at an early stage and appropriate action taken. Such action would include seeking medical attention and contacting the CHO. For signs and symptoms of exposure to specific chemicals, consult the SDS Section 4 “First- aid Measures. The acute and chronic effects of exposure are generally found under “health hazard information” or a similar section. Chemical exposures to the skin may cause the skin to become dry, whitened, reddened, swelled, blistered, and itchy or exhibit a rash.

* If you smell a chemical, you are inhaling it. However, some chemicals can be smelled at concentrations well below harmful levels. On the other hand, a chemical might be present even if you cannot smell it. Some chemicals cannot be smelled, even at harmful levels.
* Inhaling or ingesting a chemical may also leave a taste in your mouth. Some chemicals have characteristic tastes.
* Other symptoms associated with chemical exposures include tearing of the eyes, burning sensation of the skin, nose or throat, a cough, dizziness or a headache.