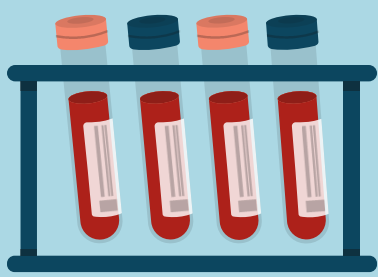


# The California Medical Supervision Program at a Glance

For agricultural workers who regularly handle the most toxic organophosphate and carbamate pesticides



# 1

## Obtain Samples

- Measure both RBC and Plasma cholinesterase (ChE).
- Store blood samples on ice or at 4°C immediately after drawing.
- Include the purpose of the test; Baseline, Follow-up, or Recovery.

Send samples to a **certified lab!**

# 2

## Establish a Baseline

- Check ChE activity levels after a 30-day exposure-free period.
- Taking the average of two tests (done 3-14 days apart) is recommended.
  - Although one test is permissible.
- Verify the baseline at least every 2 years.

Do not use lab normal values as baselines!



## Follow up

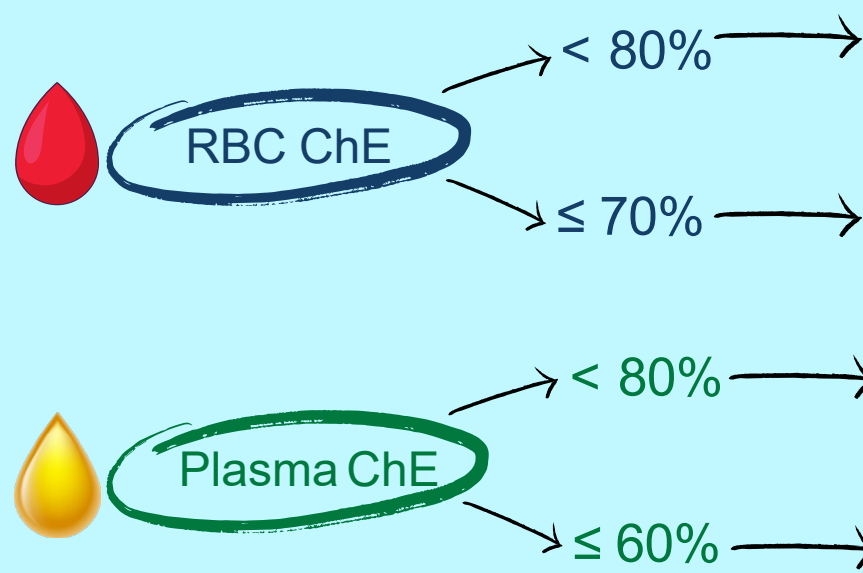
# 3

- Test within 3 days after each of the first three 30-day qualifying periods.
- Then test every other 30-day qualifying period thereafter.

Always compare ChE results to patient's baseline.



## Cholinesterase Depression Thresholds as a Percentage of Patient's Baseline



## Recommendations

Promptly retest the worker. The employer should investigate work practices.

Worker should be immediately removed from further exposure.

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Worker should be immediately removed from further exposure.

# 4

## Notification

- Notify worker and employer of results and recommendations as soon as possible, but within 14 days.
- Test weekly to monitor their Recovery.
- Allow return to work with these pesticides once both RBC and plasma ChE levels return to ≥ 80% of baseline values.

Report ChE depression indicating pesticide exposure to the Local Health Officer within 24 hours!



If you have any questions or concerns about cholinesterase testing for workers, contact [med-supe@oehha.ca.gov](mailto:med-supe@oehha.ca.gov)



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