

PLAYING IT SAFE



Preventing Bites and Stings

Safety precautions for outdoor workers

Outdoor pests that can cause mild to severe injury or illness by biting or stinging include the following:

- Rodents (carry disease)
- Snakes (inject poisonous venom)
- Ticks (carry Lyme disease, typhus and Rocky Mountain spotted fever)
- Fleas, lice and mites (carry infection)
- Bees, wasps, hornets (venom)
- Mosquitoes (carry West Nile Virus and St. Louis encephalitis)
- Spiders (poisonous bites)
- Scorpions (allergic reactions and lethal venom stings)
- Bats (carry rabies)

Prevention

Consider the following safety tips:

- Never touch a rodent, whether dead or alive.
- Do not approach nests or dens.
- Never pick up, disturb or corner a snake. Move away immediately.
- Never pick up or disturb a spider.
- Avoid contact with animals that attract pests like fleas, ticks, lice, mites, bees, wasps and hornets whenever possible.
- Avoid wearing fragrances, scented lotions and brightly colored clothing
- Avoid areas like swamps, dense woods, fields and brush, if possible.

Protection

Since it is not always possible to avoid potentially dangerous animals and other pests, taking appropriate protective measures is also important:

- Use insect or other types of repellents, as appropriate.
- Keep as much of your skin covered as possible. Pay attention to cuffed areas such as ankles and wrists.
- Wear clothing made of tightly woven material, and tuck pants into work boots.
- Use caution when working near nests and hiding places, such as rock piles, lumber piles, tree stumps, old buildings and outdoor restrooms.
- Walk in open areas, wear heavy boots and carry a stick to disturb brush in front of you if snakes are a threat.
- Keep your work area clean, and control food and garbage odors.
- Check skin for clinging ticks following exposure.
- Keep medication with you if you have a serious allergy to stings.

Be safe and healthy on the job at with these helpful tips provided by **NSPS Insurance Program**.

“While bites and stings may seem like minor injuries, they have the potential to be severe or life threatening.”

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