



Toolbox TALK

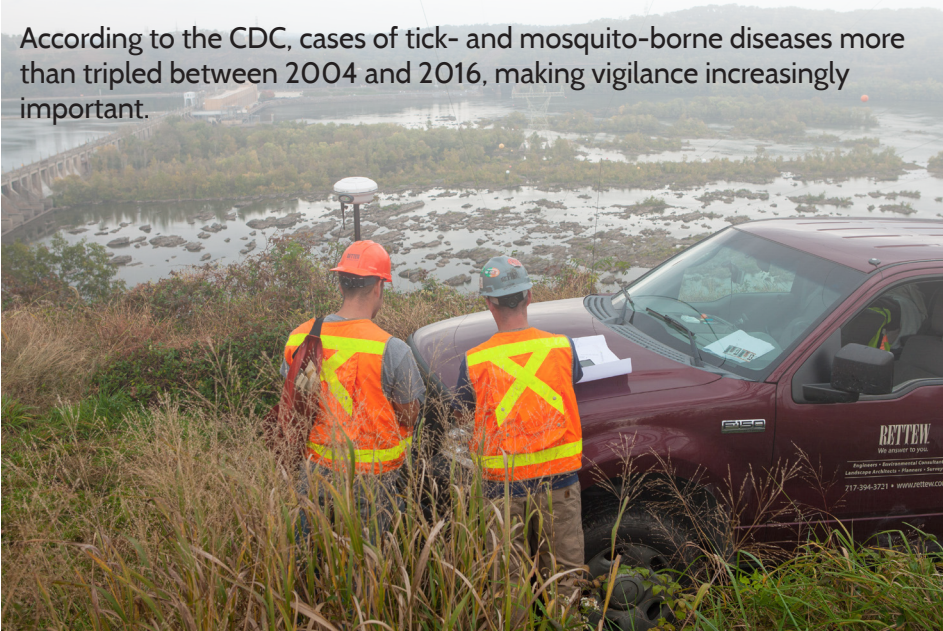
TICKS ARE ON THE RISE

Workers in the field are particularly susceptible to tick bites. Anyone working in grassy or wooded areas must take steps to protect themselves from these parasites.

Tick Tips:

- Apply a repellent, such as permetherin, to your clothing, boots, and equipment before you enter a potential tick area.
- Use DEET-containing repellents and follow the manufacturer's instructions for reapplication. Recent studies have determined that DEET is safe to use on the skin.
- Wear long-sleeve shirts and tuck your pants into your boots or socks to reduce open pathways to your body.
- Perform a daily tick check. Ticks are often found in constricted areas like waistbands and are attracted to the groin, underarms, and any areas with hair.
- Remove ticks with a dedicated tick removal tool or tweezers. Grasp the tick close to the skin and pull firmly to remove.
- If any part of the tick is not removed, or you develop infection symptoms, seek medical care immediately.

According to the CDC, cases of tick- and mosquito-borne diseases more than tripled between 2004 and 2016, making vigilance increasingly important.



Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: