



# Toolbox TALK

## TICK SAFETY

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 creatures.

### Tick Tips:

- Apply a repellent to your clothing, boots, and equipment. Permethrin is one that is safe to use on equipment.
- Use DEET-containing repellents on the skin. Follow the manufacturer's instructions for reapplication.
- Wear long-sleeved shirts and tuck your pants into your boots or socks to reduce open pathways to your body.
- Perform a daily check for ticks, focusing on constricted areas like waistbands. Ticks 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 it.
- If you cannot remove the whole tick or you develop symptoms of an infection, seek medical care immediately.
- Report all insect bites to your company immediately!



Date:

### ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: