

Summer Safety

Other Summer Hazards



TOOL BOX TALKS

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The summer months pose more than heat and sun exposure risks for outdoor workers. Insect-borne illnesses, and poisonous plants are additional hazards workers must manage and protect against.

Tick-Borne Diseases



- Use Tick Repellants. Tick-borne diseases, such as Lyme Disease and Rocky Mountain Spotted Fever, are transmitted to people by bacteria from bites from infected ticks. When working outdoors, workers should protect themselves by using tick repellent on all areas except the face.
- Wear Protective Clothing. When working outdoors, wear long-sleeved, light-colored clothes to more easily see ticks. Wear high boots or closed shoes, and tuck pant legs into socks or boots.
- Shower and Examine Your Body. After working outdoors, always shower and examine your body for ticks. Remove any attached ticks with fine-tipped tweezers. Do not use petroleum jelly, a hot match, or nail polish to remove the ticks. Wash and dry your work clothes promptly on a high temperature.
- Know the Symptoms of Tick-Borne Diseases. In the case of Lyme Disease, most, but not all, victims will develop a bulls-eye rash. Other symptoms of tick-borne diseases may include flu-like muscle aches, fever, swollen lymph nodes, neck stiffness, general fatigue, headaches, and migrating joint aches. Seek medical attention.



Poisonous Plants

- Train Employees to Recognize Poisonous Plants. Educate employees on the identification of poison ivy, poison oak, and poison sumac. These plants have a poisonous sap in their roots, stems, leaves, and fruits. About 85% of the people who encounter this sap develop an allergic rash. Burning these plants can also cause lung irritation.

West Nile Virus



- Get Rid of Standing Water. West Nile Virus is transmitted by the bite of an infected mosquito. By ridding the area of sources of standing water, such as in used tires or buckets, it reduces or eliminates mosquito breeding grounds. Take extra care at dusk and dawn when mosquitoes are most active.
- Wear Protective Clothing. Limit the amount of skin you expose when working outdoors. Wear long sleeves, long pants, socks, and closed shoes or boots.
- Use Insect Repellent. Apply Picaridin or DEET insect repellent to skin and clothing. While permethrin can be sprayed on clothing, never apply it to exposed skin.
- Know the Symptoms of West Nile Virus. Mild symptoms of West Nile Virus can include fever, headache, and body aches. Occasionally, swollen lymph glands and a skin rash will appear on the trunk of the body. More severe symptoms include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. Seek medical attention immediately.



- Wear Protective Clothing. Wear long-sleeved shirts, long pants tucked into boots, and cloth or leather gloves.
- Protect the Skin. Apply barrier creams to protect exposed skin. Keep rubbing alcohol nearby. It removes the sap if applied within 30 minutes after exposure.

