

SAFETY NEWS

AUGUST 2016

news & notes

BUGGING OUT



Ticks can transmit Lyme disease, Rocky Mountain spotted fever and other illnesses. If you work in tick-

infested areas, check your body for ticks after every shift. They often attach near the hairline, behind the ears and behind the knees. If you find a tick attached to you, remove it using tweezers and monitor your health for several weeks. Seek medical attention if you develop a rash, flu-like symptoms or other unusual symptoms.

Bee, hornet and wasp stings are painful but generally harmless. If you are allergic to bees and wasps, carry an Epi-Pen® when working outdoors or in insect-prone areas, and know how to use it.

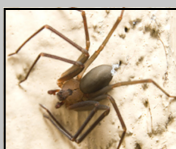
Spider bites are generally harmless. But if you are bitten by a black widow or brown recluse spider, seek immediate medical attention.



Black widows are small — less than a half-inch in diameter — and have a red hourglass mark on the

underside of the abdomen. They live in woodpiles, sheds, basements, warehouses and storage rooms.

The **brown recluse** is even smaller than black widows and has a white pattern on their backs that resemble a violin.



**ALABAMARETAIL
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Take the sting out of outdoor work *Avoid bites, too*

When working outdoors, you may encounter a variety of insects and arachnids (spiders) that can bite or sting. These bites and stings can transmit diseases, cause infection and trigger allergic reactions. Some are also poisonous. Therefore, it is important that you know how to prevent and respond to these encounters while working outdoors.

In most cases, insect, tick and spider bites will not lead to serious outcomes, but they can be uncomfortable.

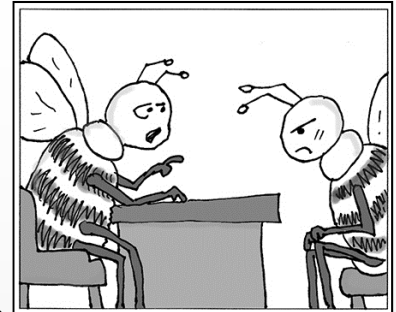
If you are bitten or stung, remove the stinger if there is one, treat itching with calamine lotion or hydrocortisone cream and apply ice to reduce swelling. Monitor yourself for any more serious symptoms, but in most cases, this simple first aid will be sufficient.

Follow these tips for preventing bites and stings when working outdoors:

- **DO apply a U.S. Environmental Protection Agency-approved insect repellent**, and always follow the label directions for safe use. DEET and picaridin are two common, effective repellents. If your store sells insect repellent, download a free Zika virus flier to post near repellent in your store at: alabamaretail.org/wp-content/uploads/ZikaVirusStoreAd.pdf
- **DO wear long sleeves, long pants, socks, gloves and outdoor shoes** to cover your skin. In hot conditions, light weight versions can be substituted to prevent overheating.
- **DO tuck your shirt into your pants, and tuck your pant legs into your socks.**
- **DO wear light-colored clothing** because it makes insects easier to see.
- **DON'T wear perfume or cologne** when working outdoors because it may attract insects.
- **DON'T swat insects**, since this might actually attract them.
- **DON'T do outdoor work if you're severely allergic** to insect bites and stings.

If you're allergic to insect bites and stings — especially if you're severely allergic — first aid is critical, so you must be prepared.

- Carry any allergy kit prescribed by your doctor and learn how to use it. Also train friends, family and coworkers to help you use it. Keep your kit near you at all times when you're outdoors around insects.
- Wear a medical identification tag that will inform others of your allergy.
- You might also want to discuss allergy shots with your doctor. Treatment with allergy shots may be appropriate and help control or prevent a severe allergic reaction.



"Next time, file a complaint. You can't just sting your supervisor."

IT'S A JUNGLE OUT THERE

6 Strategies for Avoiding Animal Bites

1 Keep well clear of wild animals and domesticated animals you don't know. This is the best strategy for preventing an attack.

3 Leave animals alone when they are eating. They might attack to defend their food.

2 Don't get between two animals – for example, two dogs fighting.

five Remember an animal's instinct always is to protect their babies. Do not touch or go near animal babies and never get between a mother and her babies.

4 If an animal approaches you in a threatening manner, back away slowly. Don't panic and run. Talk to the animal in a calm tone. If you are holding food, drop it.

If you think an animal is ready to bite or attack you, wrap your lower arm in a jacket, sweatshirt or towel and hold it out in front of you to shield your body.

6



Main hazards of animal bites

Infection & Rabies

DID YOU KNOW...
Scratches that break the skin can be just as serious as animal bites.

Are your employees at risk?

-  Veterinary employees
-  Delivery personnel
-  Warehouse workers
-  Landscape workers
-  Maintenance personnel

