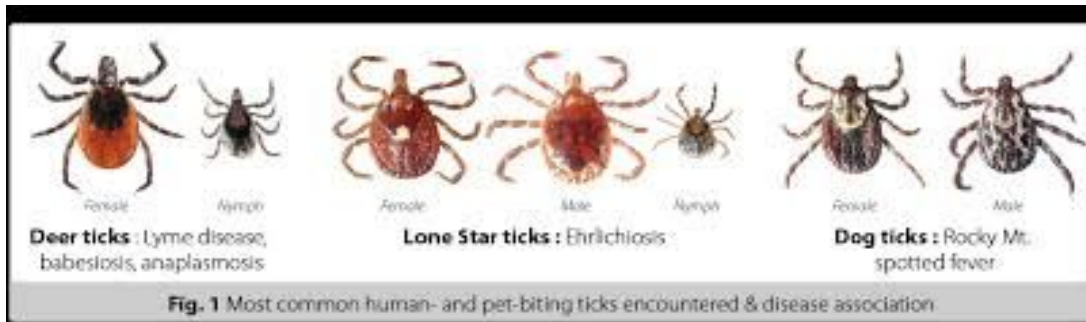


SAFETY BULLETIN

TO: All Employees
FROM: Dean Argenta - Field Safety Coordinator
DATE: June 13, 2016
REFERENCE: Ticks and Lyme Disease



Concerns for outdoor workers

Ticks present concern for outdoor workers. They can cause Lyme disease when they attach themselves to a host and feed for six to 13 days.

Ticks may be found in tall grass areas, shrubs, brushy areas, river bottoms and woodlands. They are most active in the spring, summer and fall, but can be active for the entire year in warmer parts of the United States.

CLothing Tips

- Tying or taping pant legs tight around the ankle to prevent ticks from crawling inside.
- Tuck in shirts to make ticks easier to spot and remove.

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- ❑ Wear light-colored clothing to make ticks easier to spot.
- ❑ Clothing should be washed regularly to kill any remaining ticks.

Repellent Use

- ❑ Repellents containing permethrin work well at protecting against ticks. Avoid applying *it* directly to the skin.
- ❑ Repellents containing DEET will protect the exposed skin of a worker.
- ❑ Workers should read and follow all instructions on the packaging before applying any repellent.

Removing a Tick

- *Workers may not notice a moving tick on their body or even feel a bite, so clothing must be **checked** regularly.*
- *According to CDC, tweezers should be used to remove attached ticks with a slow and steady pull away from the body.*
 - ➔ *Twisting and jerking can cause the mouthparts of the tick to remain on the skin. If this occurs, use the tweezers to remove any remains.*
 - ➔ *If a tick is removed from the skin, keeping the tick for a few weeks in a vial labeled with the date and location of the bite may be helpful to medical professionals.*
- ❖ *A worker who develops a rash or fever within several weeks of removing a tick needs to visit a doctor.*

Please contact me at 570-903-2893 or Dargenta@scenv.com with any questions or comments.

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