



Mission Success Starts With Safety

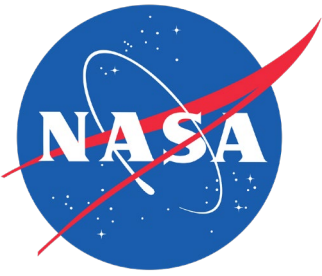


SSC Monthly Construction Contractor Meeting

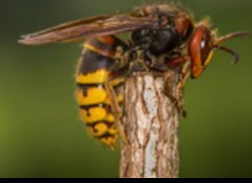
Safety Presentation

Insect Bites & Stings

July 11, 2024



Summer Sting and Bite Safety



NASA Safety Center and National Institute for Occupational Safety and Health (NIOSH)

Working outdoors means potentially encountering pesky pests like bees, wasps, hornets and fire ants. While most insect bites and stings only cause mild discomfort, some may require immediate emergency care.

According to the Centers for Disease Control and Prevention (CDC), thousands of people are stung by insects each year and as many as 90-100 people in the United States die because of allergic reactions.

This year, there have been three sting/bite reported mishaps at SSC. An insect bite was reported in March, a tick bite in April, and most recently, a wasp sting in June.

Safe Plan of Action

Those who work outside should be aware of their risk of exposure to insects and take steps to protect themselves.

When a person develops symptoms other than localized pain soon after a bite or sting, severe allergic reaction is a major concern, and they should receive medical treatment immediately. If you are bitten or stung and develop symptoms such as difficulty breathing, swelling in the throat, mouth, or tongue, or generalized itching or hives, call 911 immediately or have someone drive you to the emergency room. As a precautionary measure while working on-site, insect/arachnid bites/stings should be reported, and the injured party taken to the clinic (minimally for observation).

Protecting Yourself from Insects

The health effects of stinging or biting insects or scorpions range from mild discomfort or pain to a lethal reaction for those workers allergic to the insect's venom. Anaphylactic shock is the body's severe allergic reaction to a bite or sting and requires immediate emergency care. Stinging insects send more than half a million people to the emergency room every year. Young children, the elderly and especially those with allergies are most at risk.

Tips for Working Around Stinging Insects

- Don't disturb bee or wasp nests.
- Wear light-colored, smooth-finished clothing that covers as much as possible.
- Avoid perfumed soaps, shampoos and deodorants and don't wear cologne or perfume.
- Wear clean clothing and bathe daily.
- Avoid flowering plants, if possible.
- Keep work areas clean and free of discarded food and drinks.
- Remain calm if a single stinging insect is flying around; swatting may cause it to sting.
- Run to get away if attacked by several stinging insects.
- Do not jump in water, as some bees hover above water.
- Go indoors, if possible or run to a shaded area.
- Stop slowly and open the windows if an insect is trapped in your vehicle.

Number of Deaths from Hornet, Wasp, and Bee Stings* Among Males and Females
— National Vital Statistics System, United States, 2011–2021 (CDC)

