

Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting

Safety Presentation

Bug Bite Awareness & Prevention

September 02, 2021



NIOSH

Fast Facts

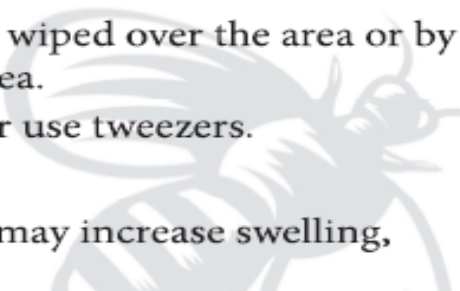
Protecting Yourself from Stinging Insects

Flying Insects

Outdoor workers are at risk of being stung by flying insects (bees, wasps, and hornets) and fire ants. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may cause death.

First Aid

If a worker is stung by a stinging insect:

- Have someone stay with the worker to be sure that they do not have an allergic reaction.
 - Wash the site with soap and water.
 - Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area.
 - Never squeeze the stinger or use tweezers.
 - Apply ice to reduce swelling.
 - Do not scratch the sting as this may increase swelling, itching, and risk of infection.
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Avoid Bug Bites!

Summer means spending more time outdoors. Unfortunately, with these longer, warmer days come the biting, stinging insects. If you are going to be outdoors, you need to protect yourself from these pests. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may cause death.

The barrier method is always a good place to start — put an item of clothing between you and the critters such as long sleeves and pants. Here in the south where it's a little warmer year-round, look for protective clothing made of light-weight materials or materials with wicking that can help keep you cool in the heat. Spray repellents are another popular option that can help protect you from insect bites and stings.



Even if you take proper precautions, it is possible that you could get bit or stung. If this happens, seek medical treatment immediately. Although it may seem insignificant, it can become infected if not properly treated or you could experience an allergic reaction to the venom. If you have a known severe allergy and your doctor has prescribed epinephrine, carry it with you any time you potentially could be exposed to insects.



Prevention

In general, the prevention of infestations, bites and stings begins with awareness. Once a risk is identified, appropriate control measures can be implemented. Here are some suggestions:

- ❖ Learn to identify flying and crawling creatures.
- ❖ Wear light-colored, smooth-finish long-sleeved shirts and long pants and enclosed footwear. Some outdoor stores sell clothing and gear pre-treated with repellent.
- ❖ Manage your environment by checking the area before starting work. Insects and ants may be hidden in dark corners, or under wood piles, fallen logs or animal carcasses. Areas with abundant flowers attract bugs and bees.

- ❖ Keep work areas clean - Some insects are attracted to discarded food.
- ❖ Do not disturb hives, mounds or nests. Be aware of swarming bees and insects, stay calm and leave the area if they become agitated.
- ❖ Consult a pest control specialist. Sprays, vacuum sweepers, improved ventilation and moisture reduction are among approaches that may be effective preventive interventions.



Bee

Wasp

Hornet