



SPRING TIME INSECT SAFETY

TOOLBOX TALK SERIES – INSECT AND WILDLIFE

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As the weather warms up and we spend more time outdoors, it's important to be mindful of insect safety to prevent bites, stings, and potential health risks. Follow these guidelines to stay safe from insects this spring:

- 1. Use Insect Repellent:** Apply insect repellent containing DEET, picaridin, or oil of lemon eucalyptus to exposed skin and clothing before heading outdoors. Reapply as directed, especially if sweating or swimming.
- 2. Wear Protective Clothing:** Wear long-sleeved shirts, long pants, socks, and closed-toe shoes to minimize exposed skin. Tuck pant legs into socks or boots to prevent insects from crawling inside clothing.
- 3. Avoid Peak Mosquito Activity:** Mosquitoes are most active during dawn and dusk. Limit outdoor activities during these times or use additional protective measures such as mosquito nets or screens.
- 4. Inspect Outdoor Areas:** Before spending time outdoors, inspect the area for insect nests, hives, or breeding sites. Remove standing water from containers, gutters, and other areas where mosquitoes breed.
- 5. Protect Against Ticks:** Wear light-colored clothing to make it easier to spot ticks. Tuck pants into socks and wear insect repellent containing permethrin on clothing for added protection against ticks.





6. **Stay Away from Hives and Nests:** Be cautious around areas where bees, wasps, or hornets may build nests, such as under eaves, in trees, or in bushes. If you encounter a nest, leave the area calmly and avoid swatting or disturbing the insects.
7. **Know How to Treat Bites and Stings:** If bitten or stung, wash the affected area with soap and water. Apply a cold compress or ice pack to reduce swelling and pain. If you experience severe reactions, such as difficulty breathing or swelling of the face or throat, seek medical attention immediately.

8. **Be Aware of Allergies:** Some individuals may have allergies to insect bites or stings. Know your own and your coworkers' allergies, and carry necessary medications such as epinephrine auto-injectors if prescribed.



9. **Educate Others:** Share insect safety tips with coworkers, family members, and friends to promote a safe outdoor environment for everyone.
10. **Report Infestations:** If you notice an increase in insect activity or discover nests or hives near the workplace, report it to the appropriate authority for safe removal and treatment.

By following these springtime insect safety tips, you can enjoy the outdoors while minimizing the risk of insect-related incidents and discomfort.