

Ensuring your employees are protected from outdoor dangers, such as insect bites, is just as important as addressing indoor hazards. Employees should receive appropriate training before they perform outdoor work, and employers should not assume that all employees know what common insects and bugs look like. Training should cover equipment use, plant and insect safety, first aid, and the working alone policy when needed.

### Best Practices & Safety Tips

Use insect repellent. Spraying clothing instead of the body helps the repellent last longer, especially when perspiring, and may prevent an allergic reaction to the repellent. Mosquitoes are attracted to people by skin odours and carbon dioxide from breathing. Insect repellents do not kill mosquitoes but repel or keep away insects. Repellents are effective only at short distances from the treated surface, so you may still see mosquitoes nearby. The effectiveness and duration of protection of different products varies and is affected by factors such as temperature, perspiration and water exposure. Always read the label carefully. Reapply the repellent if you start to get mosquito bites.



Mosquito



Horse Fly



Bee

Products containing permethrin can be used on clothing, shoes, bed nets and camping gear, and are registered by the EPA for this use. Permethrin on clothing both kills insects and acts as a repellent. Permethrin products should NOT be used directly on the skin. Read the label and follow instructions when applying. Treated clothing protects for up to 2 weeks and can be machine washed several times before losing effectiveness. Pretreated clothing is also commercially available at outdoor and sporting goods stores. In addition to repelling mosquitoes, permethrin-treated clothing also repels and kills ticks.

When sunscreen is to be used in conjunction with insect repellents or other barrier creams, apply the sunscreen first, wait at least 30 minutes, and then apply the repellent or secondary cream. It may be necessary to reapply creams throughout the day. The CDC recommends against the use of single combination



Tick



Wasp

products containing DEET and sunscreen because the instructions for insect repellent and sunscreen use are different (sunscreen usually needs to be applied more often than insect repellent). Instead, use separate insect repellent and sunscreen products. DEET and Picaridin KBR 3023 are more conventional repellents. Oil of Lemon and Eucalyptus PMD - 4. IR3535 - is derived from natural materials. An increasingly popular yet more expensive solution for single-site work is the use of propane mosquito traps.

Wear long sleeves and long pants, even if it is 40 • C outside. Wear lightly coloured clothing (i.e. tan, khaki) to help spot ticks and to be less attractive to insects such as bees. Stay aware of your hand and foot placement when working in wooded areas or places where snakes and spiders may be present. Use a stick or other long-handled item to turn rocks over before picking them up to make sure there is no threat. Do not leave sugary drinks unattended for long periods and dispose of garbage after eating food.

### When Bites, Stings or Exposures Occur

- Report the incident.
- Do not scratch the affected area.
- If stung by a wasp or hornet, use a fingernail or object like a credit card to scrape the stinger out.
- Watch for allergic reactions, such as hives, nausea, fever or difficulty breathing.
- Seek medical attention, depending on the severity.
- Keep the insect, bug, or animal if possible, in case the medical professional needs it to determine treatment. Take a picture or be able to describe the animal or insect if the actual body is not available.