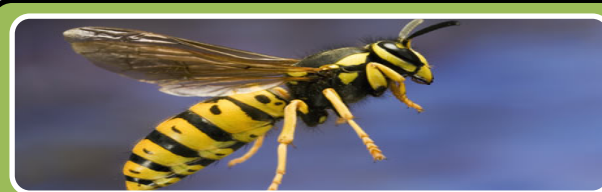




Stinging & Biting Insect Safety Tips

Stinging or biting insects can be hazardous to Ohio State University employees who predominantly work outdoors. Some of these stinging or biting insects include bees, wasps, hornets, fire ants, and spiders. Some examples of outdoor workers at risk of exposure to insects include groundskeepers, agricultural workers, construction/maintenance workers, painters, roofers, and any other workers who spend time outside. The health effects of stinging or biting insects range from mild discomfort or pain to lethal reaction for individuals that are 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. Thousands of people are injured by insects every year, and as many as 100 people in the United States alone die as a result of allergic reactions. This literature will help to train you about what insects to look out for, how to prevent and protect yourself from stings and bites, and what you should do in the event that you are bit or stung.



Bees/Wasps/Hornets

- These insects are most abundant in the warmer months
- Nests and hives may be found in trees, under roof eaves, and behind siding



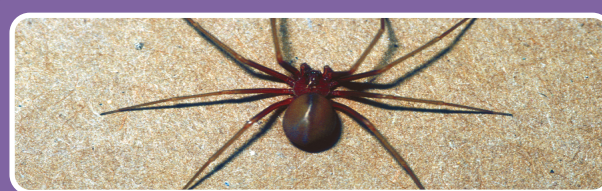
Ants

- Ants (fire ants) are aggressive when stinging and inject venom, which causes a burning sensation
- Ant mounds can be commonly found under logs, rocks, and under bark in trees



Ticks

- Ticks are biting insects that can spread many types of diseases
- These insects can be found in areas of high grass, brush, and around wood piles



Spiders

- There are many types of spiders that can bite humans, with some being extremely poisonous
- The black widow and brown recluse spiders both have very poisonous venom that can be fatal

Sting & Bite Prevention Tips



- Wear light colored clothing
- Avoid perfumes and colognes
- Wear clothing to cover as much of the body as possible
- Remain calm if a single insect is flying around you. Do not swat at it.



- Do not disturb or stand on/near ant mounds
- Be careful when lifting items off the ground, as they may be covered in ants
- Always be aware of your work area

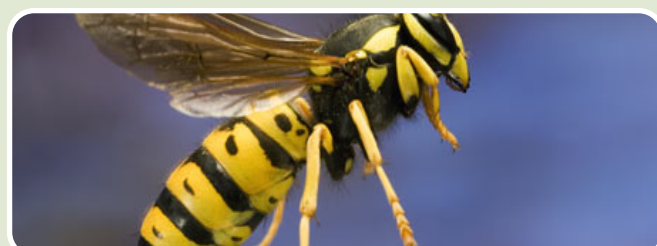


- Avoid wooded and bushy areas with high grass if possible
- Wear clothing to cover as much of the body (lower body especially) as possible
- Inspect clothing/body after work



- Wear clothing to cover as much of the body (arms/legs especially) as possible
- Do not disturb spiders if possible
- Inspect outdoor items for spiders before lifting or moving them

What to do if you are stung or bit



- Wash the site with soap & water
- Remove the stinger if possible by scraping fingernail over the area
- Never squeeze the stinger or use tweezers
- Apply ice to reduce swelling
- Get medical attention immediately if you are allergic



- Rub ants off briskly, as they will attach to the skin with their jaws
- Seek medical attention if adverse health effects arise such as severe chest pain, nausea, severe sweating, swelling, or slurred speech



- Remove tick by using tweezers and grasp the tick as close to the surface of your skin as possible
- Pull backwards gently, do not jerk
- After removing tick, wash area with soap & water
- Seek medical attention if you feel it is necessary



- Clean the area with soap & water
- Apply a cool compress to reduce swelling
- If you suspect the spider is poisonous, elevate the bite area, and seek immediate medical attention

