



1 MEETING OBJECTIVES:

The primary objectives of Safety Talk 6: Bug Bites are:

1. Increase knowledge and awareness of bug bites and the potential risks.
2. Spark innovative conversations and ideas for preventing bug bites in the workplace.
3. Encourage open communication and the expression of concerns within the group.
4. Develop a plan to explore and investigate ideas and concerns raised.

2 SAFETY TALK:

Take 5 minutes to review Safety Talk 6: Bug Bites on the next page. Your team may choose to each read the Safety Talk individually or take turns reading out loud.

3 KNOWLEDGE CHECK:

As a team, spend a couple minutes completing this knowledge check:

- What are the potential health risks associated with tick bites, bee and wasp stings, and mosquito bites?
- Can you name three preventive measures for avoiding bug bites?
- How can we implement these measures in our workplace?

4 GROUP DISCUSSION:

Take a few minutes to share with your team your thoughts, experiences, and innovative ideas for preventing bug bites at work. Questions to guide the discussion can include:

- Have you experienced bug bites at work?
- How can we further promote awareness of bug bite prevention within our team?
- Are there any additional safety measures we should consider?

5 CONCLUSION & POST-MEETING FOLLOW-UP:

The supervisor will be responsible for investigating any raised occupational health, safety, and/or wellness innovations, issues, or concerns as well as establishing a timeline for follow-up and reporting back to the group.

To learn more about this topic, the following documents on CKCentral can be reviewed:

1. Infogram - 001 - Bee Stings
2. Infogram - 018 - West Nile Virus
3. Infogram - 048 - Ticks
4. Infogram - 42 - Bed Bugs

BUG BITES

Section 1: Lyme Disease and Ticks

How is Lyme Disease Spread?

Lyme disease is transmitted by black-legged ticks when they bite. The tick must remain attached for at least 24 hours to transmit *Borrelia Burgdorferi*, the bacterium responsible for Lyme disease.

Where Do Ticks Live?

Ticks thrive in high humidity and moderate temperature environments. Commonly found in tall grass, dense vegetation, and wooded areas. They prefer habitats with wildlife to feed on.

Signs and Symptoms

Includes throat tightness, difficulty breathing, hives, redness, swelling, and itching at the bite site. Can include flu-like symptoms such as fatigue, fever, headache, muscle aches, and joint pain. "Bull's-eye" rash called erythema migraines.

How to Remove a Tick:

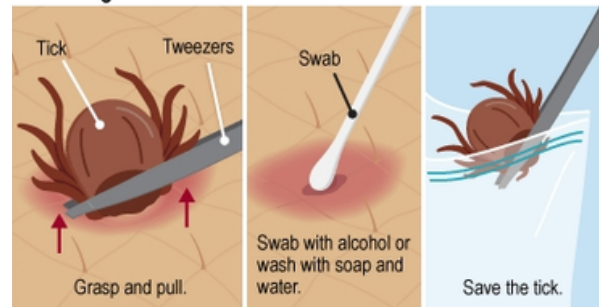
- Using a pair of tweezers, gently, but firmly grasp tick.
- Tug the tick straight up.
- Put the tick in a sealed container and bring to the Wish Centre for identification.

Protection:

Check for ticks and shower after outdoor activities.

Dry clothes on high heat. When working outdoors, wear light-coloured long-sleeved shirts, long pants, and closed-toed shoes. Use insect repellent with DEET or Icaridin.

Removing a Tick



Section 2: Bee and Wasp Safety

Signs and Symptoms of a Bee/Wasp Sting:

Some individuals may experience severe allergic reactions to bee and wasp stings. Symptoms can include pain, redness, swelling, hives, anaphylaxis, and more. Serious allergic reactions can include throat tightness, difficulty breathing, hives, and more.

Prevention Tips:

Stay calm and avoid sudden movements around bees. Wear light-coloured clothing and avoid perfumes. Cover food and keep outdoor areas clean. Be cautious around flowering plants. Seal openings to prevent bee nests. Before working outdoors, check for bee or wasp nests. Avoid areas with bee or wasp nests to prevent stings.

First Aid for Stings:

Seek medical help if stung on the mouth or nose. Remove the stinger with a blunt object. Wash the area and use ice packs. Antihistamines may help reduce symptoms.

Section 3: West Nile Virus

West Nile Virus is a mosquito-borne virus affecting mammals like horses, birds, and humans.

Signs and Symptoms of West Nile Virus:

Mild flu-like symptoms, fever, headache, body aches, rash. Can impact the brain or spinal cord.

Protecting Yourself:

When possible, stay indoors. Wear long-sleeved clothing and socks. Avoid early morning and evening outdoor activities. Use insect repellent containing DEET or Icaridin.