Toolbox Talks are intended to facilitate health and safety discussions on the job site. For additional Toolbox Talks, please visit SAFETY.CAT.COM™

TOPIC: Jobsites are often teaming with plants, animals and insects. Knowing how to avoid and treat wildlife related injuries will make every jobsite safer.

**Insect Stings**
- **AVOID** wearing bright colors, jewelry and floral scents. Move slowly away from stinging insects. Rapid movement may provoke a sting.
- **CARE**
  - Scrape stinger/sac from skin with a long fingernail or plastic card
  - Wash the site with soap and water, cover and keep it clean
  - Apply a cold pack to reduce pain and swelling
  - Observe victim for at least 30 minutes for signs of an allergic reaction

**Tick Bites**
- **AVOID** by tucking pants into socks and applying repellent to shoes, ankles and legs when in tick habitats. Inspect clothing frequently.
- **CARE**
  - Wearing gloves, grasp tick with tweezers and pull slowly
  - Do NOT burn the tick off or apply petroleum jelly or nail polish
  - Wash the bite with soap and warm water
  - Apply antiseptic or triple antibiotic ointment and wash hands thoroughly
  - Seek medical care if rash, flu-like symptoms or joint pain appear

**Snake Bites**
- **AVOID** reaching into dark crevices, heavy brush or hollow logs without investigating the area first. If bitten, move away from snake immediately to avoid a second bite. A snake’s striking distance is about ½ the total length of the snake.
- **CARE**
  - Carry victim or, if alone, walk very slowly to help - Do NOT allow heart rate to increase
  - Wash bite with soap and water and get antivenin from medical facility (must be given within hours)
  - Do NOT apply ice, suction or a tourniquet
  - Do NOT cut the wound or use electric shock

**Poisonous Plants**
- **AVOID** by recognizing and avoiding poison ivy, oak and sumac. Wear long sleeves, pants and gloves when it is not possible to avoid.
- **CARE**
  - Mild reactions: clean with soap and water, then apply rubbing alcohol
  - Severe reactions: seek physician-prescribed corticosteroids

* For severe reactions to plants and wildlife, seek immediate medial treatment.

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