



Preparing for Summer Related Hazards - Insects

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

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Insect bites and bee stings are a common exposure for workers primarily in outdoor environments. In many cases, bee stings are minor; however, if you are allergic or get stung multiple times emergency treatment may be required.

Employers and employees should know how to recognize and prevent this exposure and treat bites, stings and other unwanted attention from dangerous insects.

Pre-planning work involves knowing what insects are in your area and how to identify and avoid them. Common Insects of Concern include:

- Honeybees
- Wasps
- Yellow Jackets
- Fire Ants
- Hornets
- Ticks (also carry Lyme disease)
- Fleas/Sand Fleas
- Mosquitoes
- Scorpions
- Spiders
- Biting Flies



Image by PolyDot from Pixabay

Tips for Prevention:

- Survey the work area for visible signs of hives or a lot of insects flying around. Nest and hives are commonly in undisturbed areas
- Wear light \-colored clothing and avoid bright colors that are similar to food sources such as flowers
- Wear a hat and closed shoes (not sandals)
- Avoid wearing perfumes, colognes, and after shaves
- Avoid shiny buckles and jewelry
- Keep sweet-smelling foods or drinks tightly covered and be sure to empty garbage regularly, especially if you know bees are nearby
 - Avoid beverages in cans and other containers where you cannot secure the lid or see the contents
- Avoid angering bees or wasps by coming in close contact with their nests
- Be careful not to mow over a nest in the ground or disturb a nest in a tree

What do you do if you are stung and what are the reactions to bee stings?

1. Remove the bee's stinger by scraping the area with a fingernail or a plastic card. DO NOT squeeze the area as you may release more venom.
2. Wash the area well with soap and water.
3. Place an ice pack on the sting for about 10-15 minutes.
4. If the swelling becomes severe, it is best to be seen by your health care provider for further evaluation and treatment.
5. NEVER leave the employee alone. Have a coworker or supervisor observe for signs of allergic reaction.
 - **Normal reaction** –Sting site is painful, reddened, may swell and itch, but will dissipate.
 - **Large local reaction** – Lasts for days. Sting site is more painful, swelling and itching may be present both at the sting site and in surrounding areas.
 - Seek medical attention as necessary
 - **Severe allergic reaction** – Can commence rapidly after the sting occurs. The whole body is involved and the person may feel dizzy, nauseated and weak. Symptoms may include: breathing difficulties, dry hacking cough, swelling and itching around the eyes, skin rash, wheezing, rapid pulse, and a sense of uneasiness.
 - **Emergency medical attention and Epinephrine is required.**
 - **If someone has a sensitivity, they should keep an auto injector nearby at all times.**



Image from Wikimedia Common

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