

# Trail Tips & Safety Smarts



There are always inherent risks in nature. Please be respectful of wildlife and cautious of all dangers.



Please follow Reserve rules, use caution on uneven trail surfaces, and be observant of your surroundings.



Please report all suspicious activity, dangerous trails, and concerns to WPNR staff at 724-537-5284.



In case of an emergency or injury, please call 911 or Saint Vincent College Public Safety at 724-805-2311.

## ! DANGEROUS PLANTS

### POISON HEMLOCK



*Can cause general effects on the nervous system, vomiting, trembling, problems in movements, nausea, coma, and death if consumed or inhaled.*

Plants can be 8-10 feet tall with bright green, fern-like leaves. They have a reddish/purple spotted stem and clusters of tiny white flowers with 5 petals.

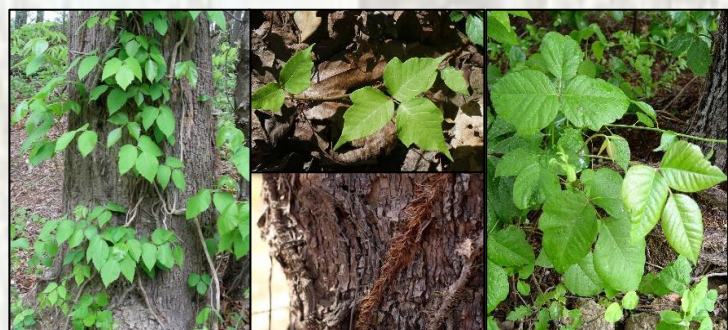
### STINGING NETTLE



*Can cause skin irritations and rashes if touched.*

Plants have pairs of leaves with pointy teeth and small stinging hairs on the undersides and on the stems. They have bunches of small green flowers.

### POISON IVY



*Can cause redness, itching, and swelling of the skin and sometimes blisters in the affected area.*

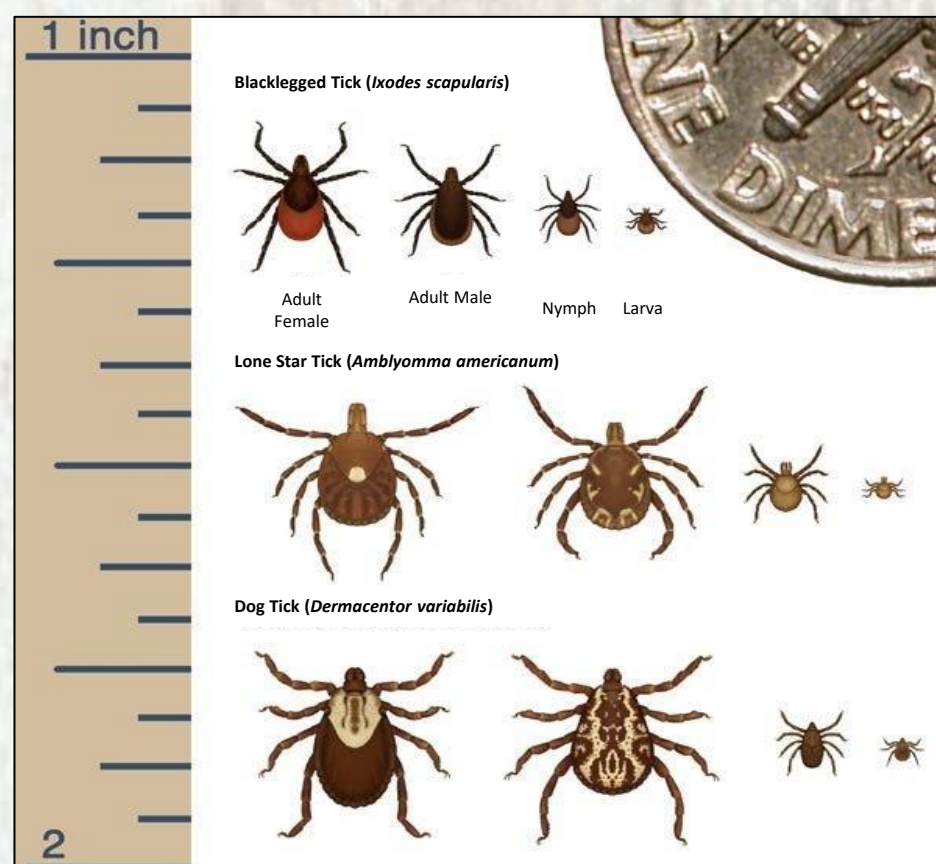
Plants have groups of three leaves and a red stem. The middle leaf has a longer stem. They have a hairy vine and can have white berries.

## ! TICKS

*Always check yourself, your children, and your pets for ticks after being outside.*

If you are heading outside for any exploration or activity, consider the following proactive habits:

- Avoid tick habitats.
- Spray skin with insect repellent.
- Wear light-colored clothing to see ticks more easily.
- Tuck your pants into your socks.
- Wear long sleeves/pants.
- Wear enclosed shoes.
- Pull back and secure long hair and/or wear a hat.
- Shower as soon as possible-check head to toe, front to back.



## ! VENOMOUS AND NONVENOMOUS SNAKES IN PENNSYLVANIA

Pennsylvania Has Three Species of Native Venomous Snakes: the Timber Rattlesnake, the Eastern Massasauga Rattlesnake, and the Copperhead.

Nostril  
Pit

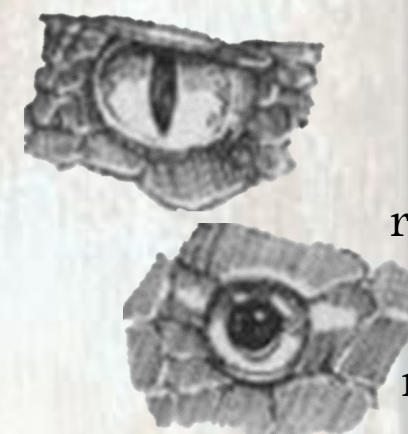
Venomous snakes belong to the pit viper family and possess a heat-sensing pit on each side of the head, between the eye and the nostril.



Venomous with Rattle

Nonvenomous Scales In Double Row

Venomous Scales In Single Row



The eyes of Pennsylvania's venomous snakes have vertical, elliptical pupils resembling those of a cat. Nonvenomous snakes have round pupil like a human eye.

*\*Venomous snakes have never been reported at WPNR but that does not mean they may not be present. It is important to give all snakes space and respect.*