

Preventing Tick Bites, Insect Stings, and Related Illnesses

Construction employees often work in grassy, wooded, and brush-covered areas where ticks, mosquitoes, bees, and other insects are common. While most bites and stings are minor, some can cause serious illness or allergic reactions.

Tick Safety

Ticks can carry diseases such as Lyme disease and other tick-borne illnesses.

To protect yourself:

- Wear long sleeves and long pants when working in wooded or grassy areas.
- Tuck pants into socks when practical.
- Use EPA-approved insect repellent according to the manufacturer's instructions.
- Stay on cleared paths and avoid tall grass and brush when possible.
- Check your body, clothing, and equipment for ticks after working outdoors.

Insect Sting Safety

Bees, wasps, and hornets can cause painful stings and severe allergic reactions.

To reduce your risk:

- Be aware of nests around the worksite.
- Avoid swatting at flying insects.
- Keep food and beverages covered when outdoors.
- Report nests or insect hazards to your supervisor.

Signs of a Serious Reaction

Seek immediate medical attention if you experience:

- Difficulty breathing
- Swelling of the face, lips, or throat
- Dizziness or fainting
- Rapid heartbeat
- Widespread rash or hives

What to Do If Bitten or Stung

- Remove ticks promptly using fine-tipped tweezers.
- Wash the area with soap and water.
- Apply ice to insect stings to reduce swelling.
- Notify the site nurse or supervisor if symptoms worsen or if you develop fever, rash, or flu-like symptoms after a tick bite.

