



# SafetyAlert

We're Serious About Safety

## Protecting Workers from Ticks and Mosquitoes

Outdoor workers may be exposed to vector-borne diseases spread from the bites of infected ticks and mosquitoes. Ticks and mosquitoes may carry bacteria, parasites or viruses. One of the most common tick-borne diseases in the U.S. is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. They are most active during the spring, summer and fall, but in warmer areas may be active all year round.



One of the most common diseases carried by mosquitoes in the U.S. is West Nile virus infection. Mosquitoes may be found near standing water, or in weedy or wooded areas. They are usually most active during dawn and dusk in the warmer months.

### Symptoms of Vector-borne Diseases

- Body/Muscle Aches
- Headaches
- Rash
- Fatigue
- Joint Pain
- Stiff Neck
- Fever
- Paralysis

If you develop symptoms of a vector-borne disease, seek medical attention promptly. Tell your doctor that you work outdoors and report any ticks or mosquito bites.

### Decrease Mosquito Populations

- Eliminate standing water.
- Remove, turn over, cover, or store equipment.
- Remove debris from ditches.
- Fill in areas that collect standing water.
- Place drain holes in containers that collect water and cannot be discarded.

### Decrease Tick Populations

- Remove leaf litter.
- Remove, mow, or cut back tall grass/brush.
- Discourage deer activity.

Information courtesy of U.S. Department of Agriculture, Centers for Disease Control and Prevention, and the National Institute for Occupational Safety and Health.

### Safety Recommendations for Workers

**Clothing:** Wear a hat and light-colored clothing (so ticks can be easily spotted), including long-sleeved shirts and long pants tucked into boots or socks. Be sure to wash and dry work clothes using the “hot” settings to kill any ticks present.

**Use insect repellents:** Use repellents containing 20-50% DEET on exposed skin and clothing. Reapply as needed. (Follow product labels.)

**Use insecticides such as permethrin for greater protection:** Permethrin can be used on clothing, but not on skin. One application to pants, socks, and shoes may be effective through several washings.

**Check skin and clothing for ticks daily:** Check hair, underarms, and groin. Immediately remove ticks using fine-tipped tweezers by grasping the tick firmly, as close to your skin as possible. Pull the tick's body away from your skin with a steady motion and then clean the area with soap and water.



Beacon Mutual offers a variety of training opportunities for employees, supervisors and managers. Visit [www.beaconmutual.com](http://www.beaconmutual.com) for more information, safety resources, and services.

This material is being provided to you as a service of The Beacon Mutual Insurance Company for information purposes only and is not intended, nor shall it be relied upon, as a comprehensive statement of all possible work-related hazards to your employees or of the federal, state or local laws and regulations which may be applicable to your business. It is your responsibility to develop and implement your loss prevention policies. You should direct questions concerning specific situations to informed and appropriate advisors.