

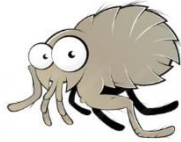
TICK AWARENESS

"safety is a core value and business priority"

Ticks are small arachnids that require blood meals to complete their complex life cycles. Ticks do not jump, fly or drop, they simply reach out with their legs and grab or crawl onto a host.

Where do ticks live:

- ☐ Grass
- ☐ Trees
- ☐ Shrubs
- ☐ Leaf Piles



Dangers of tick bites:

- ☐ Can cause allergic reactions
- ☐ Can carry and transmit diseases
- ☐ Can go unnoticed if no symptoms occur

How to Prevent Tick Bites:

- ☐ Avoid grassy areas and shrubs where ticks populations may be high
- ☐ Wear light-colored clothing so ticks can be easily seen, and brush them off.
- ☐ Tuck pants into boots or socks to avoid ticks crawling up loose pant legs.
- ☐ Apply insect repellent designed to repel ticks
- ☐ Wear a hat



Safe Removal:

- ☐ Fine-tipped tweezers to grasp the tick close to the skin's surface.
- ☐ Pull upward with steady even pressure. Don't twist or jerk the tick.

Treatment After a Bite:

- ☐ Wash hands and clean the bite area with warm water and gentle soap.
- ☐ Apply alcohol to the bite wound to prevent infection.
- ☐ See a health care provider immediately if the tick has burrowed into skin or if the head, mouthparts, or other tick remains cannot be removed.

Supervisor
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Talk



West Fraser