

Safety Alert

INSECT AND SPIDER BITES

Recently, an employee experienced a spider bite after they placed their hand into a pair of gloves and was bitten. We would like to share this information with you in hopes that you can avoid and bring awareness home to your families about this issue

THE DANGER OF MOST INSECT AND SPIDER BITES:

- Most spiders found in the United States are harmless, with the exception of the black widow and the brown recluse spiders (sometimes called the violin spider). Both of these spiders are found in warm climates.
 - If you are stung by a bee, remove the stinger gently (with tweezers, if possible) and avoid squeezing the poison sac. Apply an ice pack or a cloth dipped in cold water to reduce swelling and itching. A sting from a yellow jacket can be deadly. These insects feed on dead animals and can cause blood poisoning. If you have an allergic reaction to a bite, get medical help immediately.

TREATMENT FOR AN INSECT AND/OR SPIDER BITE:

- A physician or an emergency medical provider should determine specific treatment for a brown recluse spider bite. Typical first aid instructions are:
 - Wash the area well with soap and water.
 - Apply a cold or ice pack wrapped in cloth, or a cold, wet washcloth to the site.
 - To protect against infection, particularly in children, apply an antibiotic lotion or cream.
 - Give acetaminophen for pain following over-the-counter dosage.
 - Elevate the site if the bite occurred on an arm or leg (to help prevent swelling).
 - Seek immediate emergency care for further treatment. Depending on the severity of the bite, treatment can range from administering cortisone steroids and other medications to surgery of the ulcerated area. Hospitalization may be needed.
 - Prompt treatment is essential to avoid more serious complications, especially in children.

PREVENTION AND PRECAUTIONS YOU CAN UTILIZE TO PREVENT INSECT AND/OR SPIDER BITE:

- Experts say spiders typically don't go looking for human prey. Spiders are generally shy and try to avoid contact with humans. Leave them to their dark, secluded spaces – under rocks, in debris piles, sheds, closets and attics, and there's no worry. Invade their space, though, and risk a bite. Spiders will attack if trapped or if pressed against the skin.
- All PPE should be stored in a way as to mitigate or discourage insects and spiders from utilizing our PPE as their homes or refuge.
- Shake out or slap gloves, boots, hard hats, etc. prior to use.
- Ensure good housekeeping and ensure food wastes are properly disposed of to minimize insects in the work area.

“Everyone Arrives Home Safely”