



3D Safety talks

FROM THE ISAO SAFETY COMMITTEE: TICKS



As the weather gets warmer, especially in Ontario, we're exposed to a new set of hazards. Many of us have likely experienced that creepy-crawly feeling upon finding a tick that's hitched a ride on our clothing, hair or skin. Although most sightings are in spring and summer, ticks can be found any time of year when the temperature is above freezing. You'll find ticks in wooded, brushy areas - so they're often found in exactly those places where arborists work.

DESCRIBE the hazards

- ◆ The most well-known hazard from ticks is Lyme disease. This disease is transmitted by the bite of an infected black-legged tick (also known as a deer tick). Ticks can also carry diseases such as anaplasmosis, and babesiosis
- ◆ Black-legged ticks can vary in size from tiny (almost invisible) to larger (the size of a grape) when engorged
- ◆ Black-legged ticks don't fly or jump, they latch onto us when we brush against them
- ◆ You may not feel a tick bite and symptoms may take a few hours to a few weeks to develop
- ◆ Signs of Lyme disease include a ring-like rash that spreads out from the bite; Symptoms include fever, muscle/joint pain, headache or fatigue.
- ◆ Symptoms of anaplasmosis and babesiosis include fever, headache, nausea and fatigue
- ◆ Note that not all black-legged ticks transmit the bacteria responsible for Lyme disease, and not everyone who is bitten by a tick will display clear signs

DISCUSS control measures

- ◆ Wear pants and long-sleeved shirts when working outdoors
- ◆ Wear light coloured clothing as this can help you see ticks
- ◆ Tuck your pants into your socks
- ◆ Regularly check yourself for ticks including your hair, around your ears, armpits, groin and belly button
- ◆ Removal of a tick within 36 hours may reduce the likelihood of Lyme disease infection
- ◆ Wear insect repellent that contains DEET
- ◆ Apply insect repellent safely (avoid spraying on open cuts, into your eyes, etc.)
- ◆ If you find a tick on your skin use proper procedures to remove it: using tweezers, gently grasp the tick as close to the skin as you can and pull the tick upwards. Don't squish the tick as this may crush it, causing bacteria to enter your bloodstream. Once removed, wash the area with soap and water and then disinfect with rubbing alcohol or iodine. You can submit a photo of the tick to www.eticck.ca
- ◆ If you think you may have been exposed to a tick and have symptoms of an infection, contact your local public health unit www.ontario.ca/page/public-health-unit-locations and your family doctor (or a health care professional)

DEMONSTRATE knowledge

- ◆ Demonstrate the proper application of insect repellent
- ◆ Review the safe method of tick removal
- ◆ Review the Public Health Ontario website to see current risk areas for ticks

Date: _____

Location: _____

Presenter: _____

MEETING WAS ATTENDED BY
(Each participant is to sign below)
