



# SAFETY TALK

Working outdoors in spring, summer and fall can expose you to Lyme disease.

## What's the danger?

Lyme disease is caused by tick bites and can be a serious, potentially fatal disease if left untreated.

Symptoms can include:

- Fever
- Muscle and joint pain
- Fatigue
- Severe skin rash

## How to protect yourself

### What should employers do?

Ensure workers understand, the risks of tick bites and how to minimize exposure and treat tick bites if they do occur.

## Preventing Lyme disease

### What should workers do?

- Use insect repellents containing DEET to repel ticks – apply to clothes and skin.
- Check for ticks on or under clothing. Pay attention to armpits, in and around ears, behind knees, areas with body hair, the navel and groin areas. Have someone check in hard to see areas if needed.
- Carefully remove ticks attached to the skin. Use fine-pointed tweezers; gently grasp tick as close to the skin as possible. Pull slowly to remove the *whole* tick.
- Seek medical attention if symptoms develop – early treatment usually results in a complete recovery.

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Performed by: \_\_\_\_\_

Concerns: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Employee Name: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

Corrective Actions: \_\_\_\_\_

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Employee Signature: \_\_\_\_\_

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