



# FSANL Safety Moment

## Insects

We all look forward to the warmer temperatures and being able to work in the woods without all the snow we have during our winter operations. It is much easier to get around and a lot more comfortable to work in.

One issue we face in the summertime of course is insects. All kinds of insects, they are everywhere. Some like the butterfly are nice to observe fluttering around pollinating flowers, while others like the wasp are also pollinating but become very aggressive if disturbed.

Protecting ourselves against insect bites and stings is very important as not only do they itch and are painful, but we can also contract diseases from them.

**Mosquito** bites are itchy and have raised bumps at the location of the bite. Mosquitos can carry the West Nile virus, malaria and other illnesses that can be harmful to humans. Once bitten you can use a product called After Bite which relieves the itch, or you can also use hand sanitizer on the site which does the same thing. To prevent the bite in the first place cover exposed skin with the appropriate clothing applicable to the work you are doing. Use insect repellent that wards off mosquitos. There are many different things from citronella to insect spray. Studies show that the best working agent for repelling insects are repellents with a chemical called Deet. Find the repellent that works best for you. Avoid leaving windows and doors open to prevent insects from getting into your vehicle or building.



**Ticks** are very abundant in our province. They are of major concern as they can carry Lyme disease. This disease can cause many different adverse health effects if you are bitten and not treated. Ticks are found on long grass, leave piles, branches, etc. The tick will grab onto the clothing or fur of a warm body and crawl to the skin surface and embed itself into the skin.



If you find the tick partially embedded into your skin you can use a tick removal tool or a pair of tweezers and gently remove it without crushing or breaking off a part of the tick in your skin. If the tick is completely embedded into your skin, you will see a bullseye rash on the surface of the skin. Cover the area with Vaseline and the tick will crawl back out onto the surface of the skin. Take the tick in a container and go the hospital and get checked for Lyme disease. To prevent tick bites, wear light colored clothing, tuck your pants into your socks and check your clothing when you go back inside.



**Wasps & Hornets** are a cause for concern as the sting is very painful and you are usually dealing with multiple insects when a nest has been disturbed. You will find wasp nests under tree branches and hornets will sometimes burrow and build a nest in the ground. Once the nest is disturbed the insects become very aggressive and will attack and sting whatever is in the immediate area.



Wasps and hornets will sting multiple times and inject small amounts of toxins with each sting. Besides the pain caused by the stings those who suffer from anaphylaxis will require an auto injector and must be taken to the hospital immediately. The auto injector will keep the airway open for 10-15 minutes. If first aid is not administered immediately this person will die.

Working together to create a safer work environment for our forest industry.