



# 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 and 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 are educated to understand:
  - the risk of tick bites and Lyme disease
  - how to prevent tick bites or minimize exposure
  - how to treat a tick bite

### What should workers do?

- Use insect repellents containing DEET to repel ticks – apply to both clothes and skin
- Check for ticks on or under clothing and pay attention to armpits, in and around ears, behind knees, areas with body hair and the navel and groin areas
- Carefully remove ticks found attached to the skin. Gently use fine pointed tweezers and grasp tick as close to the skin as possible. Pull slowly to remove the *whole* tick
- Seek medical attention if any 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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Employee Signature:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_