

**Parks – 5 Minute Safety Session**  
**Bee stings, Insect bites, Animal Bites and Poisonous Plants**

**Know what to look out for:**

Learn to identify the insect, animal and plant hazards of the area you are working in. Know if that big spider can hurt you or just scare you. Be aware of surroundings you are working. Warn others of location of bees nest, poison ivy, poison sumac, etc.

**Communicate your known allergic reactions:**

If you *know* that you have a particular allergic health reaction to bee stings or poison ivy etc, inform your supervisor and co-workers. If you carry any medicine (Epi-kits, etc.) to take in case you get stung, let others know about this potential, how they can help you administer it.

**Prevention from bites and stings:**

Wear long sleeved shirts and pants, tuck your pant legs into your boots and sox, and tuck your shirt into your pants. Wear light colored clothing, making it easier to see small ticks and insects.

Check your body over completely for ticks, during and more thoroughly after you are in tick infested areas.

Use repellents such as DEET.

If you encounter a poisonous snake or biting animal, back out the way you came into area. Do not tease or harass wildlife. Don't place your unprotected hands and arms into areas that you cannot see.

**Be prepared in case you do get stung, bit or come in contact with poisonous plant:**

Have a freshly stocked First Aid kit *with* you out on the trail, in the woods, in the field, on the water. It does little good 30 minutes away back in the truck. It should include some way to clean, cool and cover bites and stings. Some items in first aid kits do have expiration dates on them. Check them periodically.

**Signals of occurrence needing first aid from bite, sting or poisonous plant reaction:**

Stinger present or bite mark, pain, swelling, rash, difficulty breathing or swallowing, nausea and vomiting.

**General first aid for bites, stings and poisonous plant reactions:**

Remove victim from source of bites, stings and poisonous plants.

Maintain open airway, normal breathing and blood circulation.

Control any external bleeding.

Remove stinger or insect (tick) with tweezers or plastic credit card.

Wash wound.

Cool wound, if swelling occurs.

For poisonous snakebite, keep bitten part still and lower than the heart.

Cover any animal bite.

Transport to medical care for any life threatening condition.

For more information on Infectious Insect bites see Centers for Disease Control web site:

<http://www.cdc.gov/ncidod/diseases/insects/diseases.htm>

For more information on Allergic Reactions - poisonous plants; View DNR video: Poisonous Plants in MN