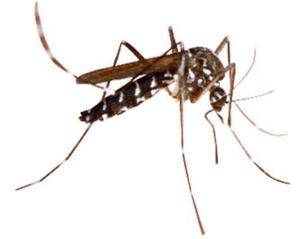


As a parcel delivery driver or courier, you are faced with a variety of hazards. Those hazards can vary greatly dependent upon the climate, season and/or area within you operate. Regardless of where you live and work, one of the hazards that you face is insect bites and stings. This Safety Minute provides some tips to help prevent being stung or bitten by an insect while delivering packages as well as steps to take to steps to take if you have a known allergy to bee stings or other insect bites.



TYPES OF INSECT BITES

Listed below are common insects that often bite or sting and general descriptions of the appearance including the result of a bite or sting.

Bees

Pain, redness, swelling, or itching occurs at the site of the sting.

A white spot appears where the stinger punctured the skin.

A bee can only sting one time.

Fire Ants

Bites appear as swollen red spots that develop a blister on top.

Stings burn, itch, and last up to a week.

They may cause a dangerous, severe allergic reaction in some people, resulting in swelling, generalized itching, and difficulty breathing.

Mosquitoes

Leaves a small, round, puffy bump that appears soon after you've been bitten.

The bump will become red, hard, swollen, and itchy.

Ticks

Bites can cause pain or swelling at the bite area.

They may also lead to a rash, burning sensation, blisters, or difficulty breathing.

The tick often remains attached to the skin for an extended period.

WHO IS AT RISK?

Anyone can be bitten or stung by an insect, and bites and stings are very common. Individuals are at greater risk if extended time is spent outdoors, especially in rural or wooded locations. Older adults may have more severe reactions to bites and stings.

SYMPTOMS OF A SEVERE REACTION

Symptoms of a severe reaction to an insect bite/sting include but are not limited too; fever, difficulty breathing, nausea or vomiting, rapid heartbeat, swelling of the lips and throat and/or confusion. If you believe you are experiencing a severe reaction, contact 911 immediately.

INSECT BITE PREVENTION

Ensure nests aren't built on the delivery trucks as insects are often known to build in cracks and crevices such as doors or handles.

Be aware of surroundings and do not disturb hives, mounds or nests.

Be aware of swarming bees and insects at delivery locations, stay calm and leave the area if they become agitated.

Use insect repellent that contains DEET or Picaridin.

Workers with a history of severe allergic reactions should consult a medical professional about carrying an epinephrine auto-injector and wearing an allergy identification band.