

Lyme Disease and Ticks

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Tick exposure peaks in summer, and the bite that causes trouble is usually the one nobody noticed. Untreated, Lyme disease can cause lasting joint, heart and neurological problems.

WHAT GOES WRONG

- Working in tall grass, brush or wooded edges in shorts and low shoes.
- No check at the end of the shift, so a tick stays attached overnight or longer.
- A tick pulled off with fingers, twisted, or burned, leaving mouthparts behind.
- A spreading rash or flu-like symptoms in summer put down to heat.

CONTROLS: BEFORE YOU START

- Wear long pants tucked into boots and long sleeves in overgrown or wooded areas.
- Use an appropriate repellent on skin and treat clothing where the exposure warrants it.
- Check yourself at the end of every shift, including scalp, waistband, armpits and behind knees.
- Remove a tick with fine tweezers, straight out, close to the skin. No twisting, no burning.
- Get any spreading rash or summer flu symptoms looked at, and mention the tick.

ASK THE CREW

1. Which parts of this site are wooded or overgrown?
2. Who is working in that area this week?
3. Where are the tweezers kept on this job?
4. Who checked themselves at the end of yesterday's shift?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE