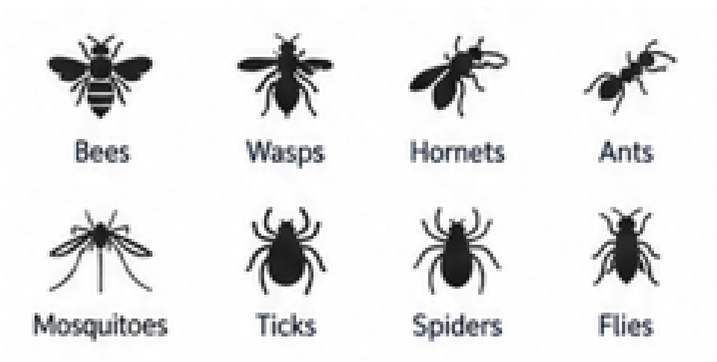
UNIVERSITY OF GUELPH | Health, Safety & Wellness | Human Resources

Working Outside:
Insect Bites and Stings



HAZARDS

Insects and arachnids you may encounter:



Most bites and stings cause temporary pain, redness, swelling or itching, but some can lead to vector-borne diseases such as mosquito-borne infections like West Nile Virus and tick-borne infections like Lyme Disease.

Allergic Reactions
Swelling of the face or neck, dizziness, hives or severe swelling, difficulty breathing, rapid pulse, vomiting or diarrhea

Infection
Scratching bites or stings can increase the risk of infection

Vector-borne diseases such as West Nile Virus or Lyme Disease

PREVENTION

Dress for protection
- Wear long sleeves, long pants, and closed-toe footwear
- Choose light-coloured clothing
- Tie back long hair

Use insect repellent
- Products containing 20–30% DEET can provide several hours of protection
- Follow the product label for proper use and reapplication
- Never spray directly on your face or apply on broken skin, cuts,or wounds
- Do not spray insect repellent on your PPE (e.g., hard hat, respirator, etc.) as it can damage the material

Be aware of your surroundings
- Check your work area for nests and hives before starting
- Be mindful of flowering plants or garbage cans with food that may attract insects
- Avoid leaving food or garbage exposed and in work areas
- Avoid using and applying scented products that may attract insects

Around stinging insects
- Stay calm and avoid sudden movements or swatting
- If several stinging insects approach, move away from the area or move indoors
- If an insect enters a vehicle, stop safely and open the windows

INCIDENT REPORTING

If you experience an insect bite or sting at work, inform your Supervisor and complete the University Incident Report Form.

FIRST AID

Seek immediate medical attention if experiencing:
- Difficulty breathing
- Hives
- Dizziness or confusion
- Rapid pulse
- Seizures
- Facial/neck swelling
- Vomiting or diarrhea

General First Aid
1. Clean the area
2. Reduce swelling using ice
3. Do NOT scratch
4. Monitor your symptoms

For **immediate medical attention** contact the University Campus Safety Office at 519-824-4120 ext. 2000 **OR** 519-840-5000 **OR** 911 **OR** using the Safe Gryphon App

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