

Talk Led By: \_\_\_\_\_ Date: \_\_\_\_\_

Site/Location: \_\_\_\_\_ Time: \_\_\_\_\_

Weather Report/Conditions:

\_\_\_\_\_ High: \_\_\_\_\_ °C Wind Speed: \_\_\_\_\_ km/hr  
\_\_\_\_\_ Low: \_\_\_\_\_ °C Wind Gusts: \_\_\_\_\_ km/hr

## Preventing Insect Stings

When it comes to health and safety, prevention is key, and this is the area where most of your efforts should be spent. Prevention is just as important when it comes to insect stings as it is with any other hazard.

### Preparing To Do Work Where Stinging Insects May Be Present

- Pre-inspect the worksite for hazards. Check to see if there are any signs of a hive or nest; this may be seeing a large number of insects flying around or entering/exiting from the place (sometimes wasp nests can be located in the ground).
- Wear long sleeve shirts, long pants and closed-toed footwear.
- Tape your pant legs to your boots and your sleeves to your gloves with duct tape. If weather or working conditions permit, consider wearing an extra layer of clothing (wasp stings can typically only reach through one layer of clothing).
- Depending on the circumstances, consider wearing a beekeeper's hat or one similar with netting to cover your head, neck and shoulders.
- Tractors, lawnmowers, ATVs, weed eaters, chainsaws and other loud and vibrating equipment will aggravate the insects and, in some situations, may cause the insects to swarm.

### When Working Near Insects That Sting

- Don't wear scents when working in areas with stinging insects. If you happen to spill juice or another sugary drink on yourself, you will want to change your clothes.
- Most stinging insects won't sting unless they are aggravated.
- If a stinging insect does decide to land on you, don't panic. You can calmly and gently brush it off you or wait for it to leave you alone.
- Wear light coloured clothing (beige, white, etc.) and avoid clothing with bright colours, dark colours (black, dark blue, etc.) and patterns.

### Other Considerations

- Don't keep food in your pockets or out in the open near you, as it may attract stinging insects. Keeping coolers and hard lunchboxes closed can help with this.
- Remove garbage and fallen or overripe fruit from work areas.
- Plan the work and who will be doing it; you won't want to assign someone who is severely allergic to stings to perform a task with a high likelihood of being stung.

### Farm Specific Talking Points

*What precautions does your farm take to prevent insect stings? Do you inspect the work area in advance for insect and sting hazards, avoid wearing scents, wear closed footwear, etc.?*



*Does your farm have a plan to handle a severe allergic reaction? If so, does it consider someone working at a remote location or working alone? How would someone with a known serious or severe allergy ever at risk of a sting get help?*

