SNAKES

SIGNS: Puncture marks at wound. Redness and swelling. Severe pain at site of the bite. Nausea and vomiting, labored breathing, numbness or tingling around face or limbs.

PREVENTION: Stay away from tall grass, rocks and piles of leaves when possible. Wear boots and long pants.

SUGGESTED RESPONSE: Remember color and shape of snake. Keep still and calm. Seek medical attention immediately. Lay or sit down with bite below heart. Wash the bite with soap and water and cover with clean, dry dressing. DO NOT: attempt to catch snake, apply tourniquet, slash wound, suck out venom or apply ice.

INSECTS

SIGNS: Ticks - Body aches, fever, headaches, fatigue, rash, stiff neck, facial paralysis.

Bees, Wasps, Hornets - Severe pain at sting site.

Fire Ants - Burning sensation, red bumps may form white fluid-filled pustules.

PREVENTION: Ticks - Wear repellent with Deet, long pants. Avoid sites with woods, bushes, tall grass.

Bees, Wasps, Hornets - Avoid perfumed soaps, shampoos and deodorants. Bathe daily. If one is attacking, do not run. If many, run indoors or jump in water.

Fire Ants - Wear long pants, socks, tucked in. Avoid ant mounds. They may also be found on trees or in water.

SUGGESTED RESPONSE: Ticks - Remove ticks with fine-tipped tweezers. Grasp tick firmly as close to skin as possible. Clean area with soap and water.

Bees, Wasps, Hornets - Ensure no allergic reaction, wash site with soap and water. Remove stinger using gauze wiped over area or by scraping fingernail over area (no tweezers). Apply ice. Antihistamines may help.

Fire Ants - Seek medical attention if sting causes chest pain, nausea, severe sweating, and loss of breath, or slurred speech.

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SAFETY CONSIDERATIONS
&
POTENTIAL HAZARDS

SAFETY CONSIDERATIONS

You are about to enter a hazardous situation...be careful.

TIPS

- $\sqrt{}$ Be aware of your surroundings at all times
- $\sqrt{}$ If a situation appears dangerous, <u>BACK OUT</u>.
- Use good judgment; remember that emergency personnel may be delayed in assisting you and your team if you are hurt.
- $\sqrt{}$ For all medical emergencies, call 9-1-1 immediately.

POTENTIAL HAZARDS

HEAT STRESS & EXPOSURE

SIGNS: Headaches, dizziness, vomiting, dry hot skin, confusion, seizures, loss of consciousness.

PREVENTION: Block out sun, rest regularly, drink lots of water (at least 1 cup every 20 minutes), avoid alcohol and caffeine.

SUGGESTED RESPONSE: Move to cool, shaded area. Loosen or remove heavy clothing. Provide cool drinking water. Fan and mist the person with water and call 9-1-1.

SEVERE WEATHER

SIGNS: Sudden reversal of wind direction, rise in wind speed, sharp drop in temperature, heavy rain, hail and lightning.

PREVENTION: Watch for onset conditions and retreat to safety before the weather arrives.

SUGGESTED RESPONSE: Take shelter in a building if possible. If there is no shelter, avoid high objects, sit or lie down. Drop to ground if electrical charge is felt.

DOWNED POWER LINES

SIGNS: Downed power line, downed conductor.

PREVENTION: Assume electrical lines are energized. DO NOT drive over downed power lines. Look for downed conductors as they may energize other objects (fences, water pipes, bushes, trees, etc.).

SUGGESTED RESPONSE: If vehicle is electrified, do not get out unless car is on fire. If on fire, attempt to jump completely clear (not touching vehicle and ground at same time). Land with both feet together and hop to safety.

FLOOD WATER CONTACT

SIGNS: Bacterial infection: stomach ache, fever, vomiting, and diarrhea.

PREVENTION: Wear boots and rain gear. Protect from cuts and scrapes. Wash hands often.

SUGGESTED RESPONSE: Use soap and water to clean exposed areas. See doctor if ill.

POISONOUS PLANTS

SIGNS: Red rash within days. Possible bumps, patches, streaking or weeping blisters. Swelling, itching.

PREVENTION: Wear long pants, boots. Identify plants using "Leaves of 3, let it be".

SUGGESTED RESPONSE: Rinse skin with rubbing alcohol or degreasing soap. Do not scratch. Take antihistamines and apply wet compresses, calamine lotion or hydrocortisone cream to reduce itching.

AGGRESSIVE DOGS

SIGNS: Growling, snarling, snapping, hissing, tail high and stiff, hair on back standing up.

PREVENTION: Remain still. Avoid direct eye contact. Allow space for animal to escape. Put something between you and dog (ex. Clipboard).

SUGGESTED RESPONSE: Protect your head, if you fall. Curl into a ball with your hands over your ears and remain motionless. Wash wounds immediately with soap.

ARACHNIDS

SIGNS: Spiders - Itching or rash, pain radiating from bite, muscle pain, reddish to purplish color skin or blister.

Scorpions - Stinging or burning sensation-very little swelling. Extreme pain when sting is tapped. Restlessness, convulsions, and thick tongue sensation.

PREVENTION: Spiders - Wear long pants. Avoid stacked or undisturbed piles of materials and tall grass.

Scorpions - Wear long pants. They may hide under rocks and wood on ground.

SUGGESTED RESPONSE: Spiders - Identify type of spider if possible, wash bite area with soap and water, apply ice, and elevate bite area. Seek medical attention.

Scorpions - Apply ice to sting site, do not take sedatives. If possible, capture scorpion. Contact poison control for advice.