

NBSIA Member Services Safety Bulletin

April 2015

SPRING TIME ALLERGY AWARENESS



It is often said that, "April showers bring May flowers," but the seasonal change also brings an influx of insects and allergens. Here are some tips to help protect you from bug bites and sneezes this spring.

Bites, Stings and Itchy Things

- When entering/exiting buildings or vehicles, be sure to close doors securely behind you to prevent bugs from entering.
- When working outside or in environments where insects (such as bees, mosquitoes or ticks) may be present, wear long pants, socks and long-sleeved shirts.
- Use non-aerosol insect repellents. Those containing DEET are most effective.
- Most insect bites or stings are not cause for a doctor's care. If the area swells much worse than normal, gets warm in temperature, or you begin to feel symptoms that signal an allergic reaction, then seek medical attention.
- Avoid disturbing insect hives or homes. If you must do so, be sure to wear appropriate personal protective equipment.

Pollen, Pollen Everywhere!

- Be aware of your allergies. Each person is unique. Be conscious of your specific allergies and take care to avoid exposure.
- Avoid outdoor activity during mid-day when pollen counts are highest. If you need to be outdoors, consider wearing a dust mask to limit your intake of pollen.
- Keep your space clean. "Spring cleaning" helps eliminate allergens in your everyday spaces.

- If needed, and under the supervision of your doctor, use allergy medicines as appropriate.
- Wear cotton clothing. Studies suggest that synthetic fabrics, when rubbed together, create static that attracts pollen.
- Take off your shoes when you go into your house; to prevent spreading pollen and allergens.
- Wear gloves when doing yard-work. Try to avoid directly touching plants and grass.

Things that Creep, Crawl and Slither

The warm weather awakens critters and brings them forth into the sun. Beware of your surroundings in order to avoid confrontation with snakes, squirrels, birds and other animals.

- When working outdoors, be cautious of holes in the ground that might be home to snakes, gophers or squirrels. Avoid stepping on or around holes.
- Do not approach animals, if you come across an animal that must be moved, call Animal Control.



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Keep a copy of this bulletin in your Injury and Illness Prevention Program (IIPP) binder and be sure employees receive a copy.